



ACTON BOARD OF HEALTH

Sheryl Ball
Health Director

472 Main Street
Acton, MA 01720

Telephone 978-929-6632
Fax 978-929-6340

March 31, 2020

Dear Acton Resident:

English - This is an important notice. Please have someone translate.

Spanish - Este es un aviso importante. Por favor, que alguien traduzca

Russian - Это важное замечание. Пожалуйста, попросите кого-нибудь перевести.

Simplified Chinese - 这是重要的通知。请有人翻译。

Portuguese - Este é um aviso importante. Por favor, alguém traduza.

The Acton Board of Health, Acton Nursing Service, and the Town of Acton hope you stay well during the coronavirus pandemic.

The Town of Acton is sending this letter to inform all residents about how to lower your risk of coronavirus infection and what to do if you think you have it.

The Massachusetts Department of Public Health strongly advises residents who are not working in essential services to stay home, taking only essential trips outside the home for food and medication.

Since testing for coronavirus is unavailable to many, the Town of Acton wants to identify persons who have symptoms of coronavirus infection and advise them on how to begin home isolation.

Do you have a fever and cough? You might have coronavirus infection. 80% of persons with coronavirus will have mild illness and can recover at home.

If you have a fever and cough, please follow these steps:

1. Contact your primary care physician.

Your doctor needs to know that you have symptoms that may be caused by coronavirus. The illness could last up to 2 weeks, so your doctor needs updates on your condition. If you need to visit the doctor's office, an emergency room, or hospital, please call ahead so they can prepare for your arrival.

2. Contact the Town's Acton Nursing Services at (978) 929-6650.

The Acton Nursing Services will follow those who report illness to ensure they stay at home, assess their need for food and prescriptions, and answer any questions.

3. Begin home isolation now.

This means stay at home, stay in a specific "sick room," and keep 6 feet away from other members of the household. Use a separate bathroom if available.

You can discontinue home isolation when the following conditions are met:

- You have no fever for at least 72 hours
- All your symptoms have improved
- At least 7 days have passed since your symptoms first appeared

If you have **NO** symptoms, please follow the Department of Public Health's recommendations to Stay at Home.

- You can run essential errands such as going to the grocery store or pharmacy but practice social distancing when shopping. If you are 70 years or older or have any chronic medical conditions, you should ask your pharmacy/grocery store's hours for high-risk individuals.
- You can continue to exercise outdoors but remain 6 feet from others.
- When going to the pharmacy, ask if you can fill your prescriptions for 90 days; you may want to use a pharmacy's mail-order service, so your medication is delivered to your home.
- You can still go to the gas station, order and pick up take-out food, and receive packages delivered to the house.
- You are encouraged to use remote modes of communication such as telephone or video chat (e.g. Facetime, Skype, Facebook Messenger Video Chat) instead of visiting friends or family. This is especially true for residents in assisted living facilities or in other residential care settings.
- Non-essential medical care like physical exams, teeth cleanings, and elective procedures should be rescheduled.
- If available, healthcare visits may be done remotely, reducing contact with other patients. Ask your doctor.
- Parents should not arrange play dates for children during this time.
- All individuals must eliminate close-contact activities such as pick-up sports games.

Sources of reliable information and recommendations about the coronavirus pandemic:

Local

<https://actonma.gov/covid19>

State

<https://www.mass.gov/>

Select “Coronavirus Update”

National

<https://www.cdc.gov>

Select “Learn More About COVID-19”

Additionally

The Town of Acton has set up a COVID-19 hotline, it can be accessed by calling 978-929-6619. The Annual Town Meeting has been postponed to a future date set by the Board of Selectmen. The Annual Town Election as well as the Special State Election has been postponed to **Tuesday, June 2, 2020**. Early voting by mail is encouraged and is now available. Complete the application at <https://www.actonma.gov/598/Elections-Voting>.

Email completed application to:
clerk@actonma.gov

Mail completed application to:
Town Clerk
472 Main St.
Acton, MA 01720

OR

Any absentee ballots already sent for either election will still be valid. If you have already received your absentee ballot, you do not need to request another.



TOWN OF ACTON
472 MAIN STREET
ACTON, MA 01720

BULK RATE
U.S. POSTAGE PAID
ACTON, MA 01720

**POSTAL PATRON
ACTON, MA 01720**