



ACTON BOARD OF HEALTH

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December 1, 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 Town of Acton Board of Health and Nursing Service would like to help you all stay healthy during this pandemic and are sending important information to assist you during these troubling times. Below are some steps that we want to share and we are asking you all to help the Town in doing your part to help reduce the spread of the coronavirus. As of December 3rd, Acton is designated as “yellow” by the Massachusetts Department of Public Health due to the case volume over the previous 14-day period. We are deeply concerned that we will proceed into the “red” unless we all do our part to help reduce the transmission of the virus. Please remain vigilant and follow all safety protocols, including, wearing a face covering, washing your hands, stay home if you are sick and stay at least 6’ from others.

MASK ORDER

Residents are reminded of Mask Order #55 which requires masks in all public places, including public roadways. Please ensure that your face covering covers both your mouth and nose and remember that you are wearing it not only to help protect yourself but also for protection to others. You can read the entire order here. <https://www.mass.gov/doc/covid-19-order-55/download>

GATHERING ORDER

The Holiday season is upon us and we would like to remind you of Gathering Order #54. Our recommendation is to keep gatherings to those within your own household and finding ways to virtually connect with other family members and friends. The order states that for private residences, you may have no more than 10 people inside or 25 people outside your home. All gatherings must end by 9:30 PM. Notification must be sent to the Board of Health for any public gatherings of more than 50 people no later than one week before the event. You can read the entire order here <https://www.mass.gov/doc/covid-19-order-54/download>.

We wish you all a safe and happy holiday season but please stay safe during by doing your part and following all recommended guidelines.

PLAN TO GET A FLU SHOT

The influenza vaccine is considered your best defense against the flu. According to the Mayo Clinic, even when the vaccine does not completely prevent the flu, it may lessen the severity of your illness and the risk of serious complications. There are additional steps you can take to help protect yourself from the flu and other viruses including handwashing, and avoiding crowds when the flu is prevalent.

Where to get a Flu Shot

- There are pharmacies such as CVS and Walgreens that offer flu shots for no or low cost.
- Primary care physicians offer flu shots in their offices.
- Other medical providers offer flu shots in their facilities.

WHERE TO GET A COVID-19 TEST

Your Primary Care Provider is your most important source of accurate and timely information on testing locations and procedures. Contact your Primary Care Provider first. You may be asked several questions by the medical office before you can schedule a COVID-19 test.

During the coronavirus pandemic, there are several sites that perform tests for COVID-19. It is recommended that you contact the facility directly with any questions or to make an appointment, if needed. The Commonwealth of Massachusetts maintains a web site that allows you to find testing locations. Use the link for testing sites <https://www.mass.gov/covid-19-testing>

If you test positive, please contact the Acton Nursing Service as soon as possible at 978-929-6650 to report your results to a Public Health Nurse. By self-reporting, we can assist you with all needed information regarding isolation and recommendations quickly.

HEALTH AND SAFETY REMINDERS

Now that the schools are open, it's especially important for all residents and especially our senior and vulnerable population to remain committed to maintaining health and safety while the coronavirus is still active.

Any residents who work outside the home or are attending school please be sure to maintain physical distance, wear a face covering and sanitize your hands to help avoid spreading coronavirus germs.

Take special care when gathering with anyone outside of your immediate household members as the incidence of transmission is high for small gatherings such as family dinners, birthday parties, showers etc., especially where members of different households are gathering. If meeting, try to meet outside, social distance and wear a face covering even with people you are comfortable with.

ISOLATION AND LONELINESS

During the pandemic, isolation and loneliness can increase due to more limited social interactions and health concerns. Loneliness can increase as you age due to losing friends, loved ones, and social connections.

Do you know someone who is feeling isolated or struggling with depression?

Free confidential help is available. There are services available to provide support and help to reduce the ill effects of isolation and loneliness. To learn more, contact the Public Health office in your city or town. For Acton please call the hotline at 978-929-6600 and your call will be directed to the correct person.

Sources of reliable information and recommendations about the coronavirus pandemic:

Local <https://actonma.gov/COVID19>

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

Select “COVID-19 Updates and Information”

National <https://www.cdc.gov>

Select “Learn More About COVID-19”

Additionally

For general questions call the Town Services Hotline. 978-929-6600.

Sign up to receive regular COVID-19 updates and other Town news directly to your email by going to <http://www.actonma.gov/subscribe>. Call the hotline if you need assistance signing up.

The 2021 Annual Town Meeting has been postponed to a future date to be determined by the Board of Selectmen.

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



TOWN OF ACTON
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U.S. POSTAGE PAID
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