



Town of Mansfield

6 Park Row, Mansfield, Massachusetts 02048

Town Manager

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Community Update – COVID19

May 1, 2020:

The Town of Mansfield continues its community update on our website Monday-Friday with our up to date information and important tips for the public as it relates to the COVID-19 pandemic. We urge the public to continue the important practices of social distancing in place at all times as we continue our fight against the virus in addition to regular hand washing on a regular basis. We are constantly learning more about the spread of this virus every day. What we do know is that there are many more asymptomatic people than originally thought and people may be contagious up to 2 days before showing symptoms. Even if you feel fine, you may still be a carrier and you must take precautions to not spread the virus to others.

- As of today, please see the below chart that represents our communities COVID-19 related cases:

Mansfield Covid-19 Workflow	#		
Positive COVID-19 under isolation	36	(updated 5/1 1200)	
Total cases subject to quarantine & isolation	45	(updated 5/1 1200)	
Positive Cases recovered	75		
			Total tested positive since beginning: 111
Covid-19 Related Deaths	12	(updated 5/1 1200)	

- **Governor Baker orders all Massachusetts Residents to Wear Masks and Face Coverings in Public:** *Effective May 6, 2020*, face coverings or masks must be worn inside grocery stores, retail stores, and while riding public transportation. Information on this order can be found at <https://www.mass.gov/doc/may-1-2020-masks-and-face-coverings/download>.
- **Governor Baker orders an Extension of the Stay at Home Advisory:** The stay at home advisory has been extended to *Monday, May 18, 2020*. All non-essential businesses must

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remain closed or work remotely. Information on this order and details about what services are deemed essential and not subject to the order can be found at <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirusdisease-2019-covid-19>.

- **Combating Isolation and Loneliness:**

- During this time of social distancing, consider creative ways to fight isolation and loneliness which can worsen some mental health symptoms. Some tips include:
- Find a pen pal! Write a letter to a friend or family member. Writing has been shown to help people feel less sad or upset. Don't forget to wash your hands after you get back from dropping the letter in the mailbox!
- Schedule a virtual "hangout" with friends or loved ones using an online video system such as FaceTime or Google Hangout.
- Call a neighbor or friend to check-in on how they are doing.
- If you are healthy, offer to run an errand for an elderly or infirm neighbor. Helping others can help us feel connected and gives us a sense of purpose during this difficult time. Be mindful to wash your hands before and after the errand and maintain a distance of at least 6 feet between you and the person you are helping. Even seemingly healthy people can transmit illnesses.
- Go for a walk and simply wave or greet others from a safe distance.
- Social media can help us maintain connections to others, especially family and friends who live far away. Too much exposure, however, can make anxiety or depression worse. Be mindful of how much time on social media helps you feel connected and less alone versus overwhelmed.
- There is a dedicated section for Mental Health on the Health Department's coronavirus page listing these resources. Please, stay well, both physically and mentally.

- **PLEASE REMEMBER!** As cabin fever starts creeping in and the weather starts improving, please remember that social distancing and staying at least 6 feet away from others not in your household applies to both indoors and outdoors. If you cannot stay at least 6 feet apart, please wear a cloth face covering or mask to stop the spread of the virus.

Here Are Some Tips on Staying Safe Outside:

- Carry a cloth face covering or mask with you to put on when you may cross paths with another person.
- If you are walking on the sidewalk and see somebody up ahead, cross the street when it is safe.
- Avoid crowded areas, such as conservation areas or more densely populated sections of town.
- Walk, run or bike during less popular times. It can definitely be difficult these days when there is only about 1-2 hours a day of no rain. If you think it's going to see others, bring a face covering or mask with you to put on.
- Please!! **NO TEAM SPORTS.** Being active may cause additional virus particles to be expelled and sports such as basketball, soccer, lacrosse, baseball, football, rugby,

and so many others do not allow for the necessary space between players to prevent possible contamination.