

COMMUNITY UPDATE COVID-19

October 8, 2020:

The Town of Mansfield continues its community update on our website with our up to date information and important tips for the public as it relates to the COVID-19 pandemic. For more complete information, please see the town [coronavirus webpage](#).

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

<i>Mansfield Covid-19 Workflow</i>	#	
Positive COVID-19 under isolation	9	(updated 10/8 08:00)
Positive Cases recovered	199	
Total tested positive since beginning:	222	
Mansfield Community Designation Level	Green	Red-higher risk Yellow- moderate risk Green- lower risk
Covid-19 Related Deaths	14	(updated 10/8 08:00) Last Covid death in Mansfield 5/18/20

- **Safe Gatherings**



Gatherings of any size with people outside of your household can be an easy way for COVID-19 to spread. Please remember these guidelines when hosting or attending a gathering.

Hosting gatherings or cook-outs

Remind guests to stay home if they are sick

- Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 [symptoms](#). Anyone who has had [close contact](#) with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.
- Consider keeping a list of guests who attended for potential future [contact tracing](#) needs.

Encourage social distancing

- Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart – just 6 feet away from other families.
- If planning activities for adults and/or kids, consider those where social distancing can be maintained, like sidewalk chalk art or frisbee.
- When guests arrive, minimize gestures that promote close contact. For example, don't shake hands, do elbow bumps, or give hugs. Instead wave and verbally greet them.

Wear masks

- Wear [masks](#) when less than 6 feet apart from people or indoors.
- Consider providing masks for guests or asking them to bring their own.

Clean hands often

- Consider providing hand sanitizer in addition to clearly marked hand washing areas.
- [Wash your hands](#) for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Make sure there is adequate soap or hand sanitizer containing at least 60% alcohol available in the restrooms and encourage guests not to form a line at the door. Consider also providing cleaning supplies that allow guests to wipe down surfaces before they leave.
- Remind guests to wash their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so guests do not share a towel.

Limit the number of people handling or serving food

- Encourage guests to bring their own food and drinks.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails.
- Use gloves when removing garbage bags or handling and disposing of trash. [Wash hands](#) after removing gloves.
- [Clean and disinfect](#) commonly touched surfaces and any shared items between use when feasible.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

Attending an event or gathering

Prepare before you go:

- Stay home if you have been diagnosed with COVID-19 ([symptoms of COVID-19](#)), if you are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19.
- Check with the organizer or event venue for updated information about any COVID-19 safety guidelines and if they [have steps in place](#) to prevent the spread of the virus.
- Prioritize attending outdoor activities over indoor activities and stay within your local area as much as possible.
- Bring supplies to help you and others stay healthy—for example, [masks](#) (bring extra), hand sanitizer with at least 60% alcohol, and drinking water.

Use social distancing and limit physical contact

- Maintain a distance of at least 6 feet or more from people who don't live in your household. Be particularly mindful in areas where it may be harder to keep this distance, such as check-in areas, parking lots, and routes of entry and exit.
- Select seating or determine where to stand based on the ability to keep 6 feet of space from people who don't live in your household, including if you will be eating or drinking.
- Arrive to the event early or at off-peak times to avoid crowding and congested areas.
- Avoid using restroom facilities or concession areas at high traffic times, such as intermission, half-time, or immediately at the end of the event.

Wear masks

- Wear a [mask](#) when interacting with other people to minimize the risk of transmitting the virus.
 - Wearing masks is most important when social distancing is difficult.
 - Masks are strongly encouraged in settings where individuals might raise their voices, such as shouting, chanting, or singing.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails and cashless payment options when possible. Otherwise, exchange cash or card by placing payment in a receipt tray, if available, or on the counter.
- Avoid any self-serve food or drink options, such as buffets, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.
- Use disposable food service items including utensils and dishes, if available.
- [Wash your hands](#) with soap and water for at least 20 seconds or use hand sanitizer immediately before eating food or after touching any common surfaces like hand railings, payment kiosks, door handles, and toilets.

- [**Get a Flu shot**](#)

Influenza (flu) is a disease of the body's respiratory system, which includes the nose, throat, and lungs. Flu is caused by a virus and it can be very serious. Every year in the U.S. seasonal flu causes thousands of hospital admissions and deaths. Getting an annual flu vaccine is the best protection. Getting a flu shot is even more important this year due to COVID-19. Many symptoms of the flu and COVID are similar. A flu shot protects you, your family, and preserves health care resources during the pandemic.

Find out where you can get a flu vaccine by asking your primary care provider, going to a local pharmacy, or visiting [vaccinefinder.org](https://www.vaccinefinder.org). The flu vaccine helps your body protect against the flu and it is your best protection against the virus. Getting flu vaccine will not give you the flu.

- [**Halloween During COVID-19**](#)

Tips for a Safe and Healthy Halloween

As a reminder, the following COVID-19 prevention and mitigation standards apply to all activities in Massachusetts, including Halloween activities. Residents should adhere to each of the following:

- Wear a face mask or face covering. For more information on face masks and face coverings, please see the state's [Mask Up MA](#) webpage.
- Observe good hand hygiene, including hand washing and use of alcohol-based sanitizers with at least 60% alcohol. Carry hand sanitizer and use it often, especially after coming

into contact with frequently touched surfaces and before eating candy.

- Refrain from touching your face.
- Stay home and refrain from Halloween activities, including handing out Halloween treats, if:
 - you feel unwell;
 - you have tested positive for COVID-19;
 - you have been exposed to someone with COVID-19; or
 - you have traveled to or from a state that is not classified as lower risk within the last 14 days. For more information on lower risk states, please see the state's COVID-19 [Travel Order](#) webpage.
- Maintain social distancing of at least 6 feet of physical distance from all other participants who are not members of the same household.

Halloween Activities

Residents and communities should follow the [Halloween activity guidance released by the Centers for Disease Control and Prevention](#) to understand alternative ways to participate in Halloween that may limit the risk of exposure to COVID-19. As a reminder, any Halloween activities are subject to the current [gathering size limits](#) as well as applicable [sector-specific workplace safety standards](#).

- **A Small Survey for Health, a Big Impact for you**

How has the COVID-19 crisis impacted your life? The Massachusetts Department of Public Health is trying to better help people through the COVID-19 crisis by hearing about their experiences and challenges right now. By taking this survey, you will provide information that will directly affect your community. Along the way you'll also be provided resources that help connect you with things like **FOOD, ECONOMIC ASSISTANCE, MENTAL HEALTH SERVICES, SUBSTANCE ABUSE SERVICES, and PARENTING RESOURCES**. Your answers are anonymous. The survey will ask questions about the following:

- Your experience protecting yourself from COVID-19
- If you had COVID-19, what your experience was like with symptoms and testing
- Your ability to access basic needs like medical care and essential supplies
- Your physical health and mental wellbeing
- How the COVID-19 crisis has impacted your housing, education, employment and income
- Basic questions about you, like your age, gender, race, and where you live (but we do not ask about sensitive information that can be used to identify you)

Survey Link: www.mass.gov/COVIDsurvey

This survey takes about 10-15 minutes to complete. Anyone 14 or older who lives in Massachusetts can take the survey. If you have any questions about this survey, you may contact:

covid19survey@mass.gov. Frequently Asked Questions: [FAQ document](#)

This research will be reviewed by the Massachusetts Department of Public Health Institutional Review Board (MA-DPH IRB). If you wish to speak with someone from the MA-DPH IRB, you may contact them at DPH.IRB@mass.gov or by phone (617) 624-5647.