

## COMMUNITY UPDATE COVID-19

**October 13, 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	11	(updated 10/13 08:00)
Positive Cases recovered	208	
Total tested positive since beginning:	233	
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

- **Contact Tracing**

The Commonwealth of Massachusetts created the COVID-19 Community Tracing program to help support local health departments from every community in their contact tracing work. The program focuses on reaching out to people who have tested positive for COVID-19 and the contacts they have been close to, making sure they have the support they need to isolate or quarantine. When the MA COVID Team calls, you can do your part by answering the phone and providing helpful information that will help flatten and reduce the curve in Massachusetts.

### **Why your help matters**

Through what's called contact tracing, local health departments and the Collaborative are reaching out to everyone who tested positive and people who have been exposed. We are proud to be the first state in the nation to initiate contact tracing and your participation is

critical to our shared success. Contact tracing is your way to impact the lives of many in our state and beyond and help stop the spread of COVID-19.

### **What the Community Tracing Collaborative is**

The Commonwealth of Massachusetts is a partnership with the Department of Public Health and Partners In Health, supporting local health departments in contact tracing. The program focuses on reaching out to the contacts of confirmed positive COVID-19 patients to ensure they have the support they need to self-isolate, and to help protect others who have been potentially exposed to the virus. The COVID-19 Community Tracing Collaborative's goal is to keep you healthy and slow the spread of the novel coronavirus. Your participation in contact tracing will not only help connect you to medical support and resources, answering the call will keep your loved ones and community safe.

### **How can I verify MA COVID Team or my local health department is calling?**

Calls from the MA COVID Team will use the prefix 833 and 857 and your phone will say the call is from "MA COVID Team." Calls will be made daily from 8 a.m. to 8 p.m. Your local health department will use their local phone numbers to contact you.

### **What happens during the call?**

When we call, a MA COVID team member or representative from your local health department will ask you for a list of all of the people you were within six feet of during the two days before you had symptoms. If you don't have symptoms, we'll ask about your activity during the two days before your diagnosis. We will also ask for the phone numbers of anyone you tell us about, so they can be called and cared for.

We will encourage you to let your contacts know about your illness, but we will not be sharing your information with them. We'll call your contacts and let them know they have been exposed so they can get tested, but not tell them your name.

If you are staying at home during the isolation period, the MA COVID team member or local health department representative will also discuss any needs you may have and may connect you with a care resource coordinator who will help you get the support you need. Throughout your illness, a MA COVID team member or your local health department will check in to monitor your symptoms and needs.

### **Why community tracing matters**

Although social distancing has been proven effective in slowing the spread of the virus, there is more that we can do to take care of each other. With contact tracing in place, we can track the spread and reduce additional exposure to others by encouraging testing, supporting quarantine and social distancing. Many people who have COVID-19 don't show any symptoms and don't realize that they may be spreading the virus. So, if you get a call keep your family and friends safe by answering the call. We are all in this together and by sharing information and listening

to the direction of the Community Tracing Collaborative and your local health department, we can spread the word to stop the virus.

### About your privacy

The confidentiality of your private information is protected by Massachusetts law. It will only be used to help the Commonwealth respond to and prevent cases of an infectious disease. We will not release your name to anyone with whom you've been in contact.

## How answering the call stops the spread



- [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](http://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](http://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](mailto: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](mailto:DPH.IRB@mass.gov) or by phone (617) 624-5647.