

COMMUNITY UPDATE COVID-19

November 5, 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 | 22 | (updated 11/5 08:00) |
| Positive Cases recovered | 250 | |
| | | |
| Total tested positive since beginning: | 288 | |
| | | |
| Mansfield Community Designation Level | Red | Red-higher risk Yellow- moderate risk Green- lower risk |
| | | |
| Covid-19 Related Deaths | 16 | Last Covid death in Mansfield 10/28/20 |

- **New Orders and Advisory begin tomorrow**

Stay At Home Advisory: The Administration issued a revised Stay At Home Advisory to ensure residents avoid unnecessary activities that can lead to increased COVID-19 transmission. The revised Stay At Home Advisory instructs residents to stay home between 10 PM and 5 AM. The Advisory allows for activities such as going to work, running critical errands to get groceries and address health needs, and taking a walk.

Click here to read the revised Stay At Home Advisory: www.mass.gov/stayhome.

Early Closure of Businesses and Activities: Governor Baker issued a new executive order that requires the early closure of certain businesses and activities each night at 9:30 PM. The 9:30 PM closure requirement is aligned with the Stay At Home Advisory and together the two new initiatives are designed to further limit activities that could lead to COVID-19 transmission.

Effective November 6, the following businesses and activities must close to the public each day between the hours of 9:30 PM and 5:00 AM.

- Restaurants (in-person dining must cease at 9:30 PM, although takeout and delivery may continue for food and non-alcoholic beverages, but not alcohol)
- Liquor stores and other retail establishments that sell alcohol must cease alcohol sales at 9:30 PM (but may continue to sell other products)
- Adult-use marijuana sales must cease at 9:30 PM (not including medical marijuana)
- Indoor & outdoor events
- Theaters/movie theaters (including drive-in movie theaters), and performance venues (indoor and outdoor)
- Youth and adult amateur sports activities
- Golf facilities
- Recreational boating and boating businesses
- Outdoor recreational experiences
- Casinos and horse tracks/simulcast facilities
- Driving and flight schools
- Zoos, botanical gardens, wildlife reserves, nature centers
- Close contact personal services (such as hair and nail salons)
- Gyms, Fitness Centers and Health Clubs
- Indoor and outdoor pools
- Museums/cultural & historical facilities/guided tours

[Click here to read the new executive order](#) (including full list of businesses required to close at 9:30 PM).

Face Covering Order: Governor Baker also signed an updated order related to face-coverings. The revised order requires all persons to wear face-coverings in all public places, even where they are able to maintain 6 feet of distance from others. The revised order still allows for an exception for residents who cannot wear a face-covering due to a medical or disabling condition, but it allows employers to require employees to provide proof of such a condition. It also allows schools to require that students participating in in-person learning provide proof of such a medical or disabling condition.

[Click here to read the revised face-coverings order.](#)

Gatherings Order: Governor Baker also signed an updated order restricting gatherings. The new gatherings order reduces the gathering size limit for gatherings at private residences: indoor gatherings at private residences are limited to 10 people and outdoor gatherings at private residences are limited to 25 people. The limit on gatherings held in public spaces and at event venues (e.g. wedding venues) remains the same. The new order also requires that all gatherings (regardless of size or location) must end and disperse by 9:30 PM.

The new gatherings order also requires that organizers of gatherings report known positive COVID-19 cases to the local health department in that community and requires organizers to

cooperate with contact tracing. The gatherings order authorizes continued enforcement by local health and police departments and specifies that fines for violating the gathering order will be \$500 for each person above the limit at a particular gathering.

[Click here to read the revised gatherings order.](#)

- **Things to Know about the COVID-19 Pandemic**

As COVID-19 continues to spread across the country and the world, we all must remain vigilant. The changes we have had to make to routines and daily life are extremely hard, but these changes are even more important now and in the future. We must stop the spread of this new and dangerous virus. The more steps you and your family can take to prevent the spread of COVID-19, the safer you will be.

Three Important Ways to Slow the Spread

- Wear a [mask](#) to help stop the spread of COVID-19 to others.
- [Stay at least 6 feet \(about two arm lengths\)](#) from others who don't live with you, particularly in crowded areas.
- [Wash your hands](#) with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

How to Protect Yourself When Going Out

- Wear [a mask that covers your nose and mouth](#) to help protect others.
 - [Choose a mask](#) with two or more layers of washable, breathable fabric that fits snugly against the sides of your face.
- Stay 6 feet apart and avoid crowds.
 - The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Avoid indoor spaces as much as possible, particularly ones that aren't well ventilated.
 - You may find it harder to stay 6 feet apart in indoor spaces.
- [Wash your hands often](#).
 - Use soap and water for 20 seconds, especially after you have been in a public place or hand sanitizer if soap and water aren't available.

If You are at Risk of Getting Very Sick

- People of any age can get COVID-19, even healthy young adults and children.
- [People who are older](#) or have [certain underlying medical conditions](#) are at higher risk of getting very sick from COVID-19.
- [Other groups](#) may be at higher risk for getting COVID-19 or having more severe illness.

What to Do If You're Sick

- [Stay home](#) except to get medical care. Most people with COVID-19 have mild illness and recover at home without medical care.
- [Isolate yourself](#) from other members of your family to prevent spread to them and the people that they may have contact with, like grandparents.
 - If you have to leave isolation, wear a mask, stay 6 feet apart from others, wash your hands frequently, and clean all touched surfaces.
- Even if you don't feel sick, you can spread COVID-19 to others. Be sure that you protect everyone as though they are the most fragile person in your family.
- Get care immediately if you are having [emergency warning signs](#), like trouble breathing, pain or pressure in chest.

How to Get a Test for Current Infection

- You can visit your [state](#) or [local](#) health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and [want to get tested](#), call your healthcare provider first.
- If you have symptoms of COVID-19 and choose to not get tested, it is important to stay home. Find out [what to do if you are sick](#).

How to Cope with Stress

- [Care for yourself](#) one small way each day.
- Unwind by doing yoga, listening to music, or gardening.
- Find new ways to [connect with family and friends](#), get support, and share feelings.
- Eat healthy foods and get enough rest
- Relax by reading, listening to music, or starting a new hobby.

What Symptoms to Watch For

The [most common symptoms](#) of COVID-19 are

- Fever
- Cough
- Headaches
- Fatigue
- Muscle or body aches
- Loss of taste or smell
- Sore throat
- Nausea
- Diarrhea

Other symptoms are [signs of serious illness](#). If someone has trouble breathing, chest pain or pressure, or difficulty staying awake, get medical care immediately.

COVID-19 CAUTION FATIGUE

WHAT IS IT?

As the COVID-19 pandemic continues in the U.S., isolation and decreased sensitivity has caused many people to become lax in following safety guidelines like wearing a mask and following social distancing rules.

WHAT YOU CAN DO

SET UP VISUAL CUES

Leave a mask in your car or by your door to remind yourself to put it on. Keep hand sanitizer in your car so you're reminded to use it after going in public.



REDUCE STRESS

Stress changes how our brain functions and makes it easy to forget things. Take time to practice self-care and recharge: meditate, do hobbies you enjoy, get enough sleep, exercise, etc.



REFRAME YOUR MINDSET

Remember social distancing is about the common good - by keeping yourself safe, you are keeping your community safe and improving public health.

Remain vigilant: Continue to wear a mask, wash your hands frequently, limit gatherings and follow local guidelines regarding number of people allowed.



**Stay safe,
Be well, and
Wear a mask.**

