

COMMUNITY UPDATE COVID-19

November 19, 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	44	(updated 11/19 08:00)
Positive Cases recovered	286	
Total tested positive since beginning:	346	
Mansfield Community Designation Level	Yellow	Red-higher risk Yellow- moderate risk Green- lower risk
Covid-19 Related Deaths	16	Last Covid death in Mansfield 10/28/20

- **COVID-19 Guidance for Returning College Students**

On November 18th, the Baker-Polito Administration released updated travel guidance to colleges and universities in advance of the approaching holiday season. These updated guidelines are focused on a robust testing initiative to reduce the risk of college students bringing COVID-19 home to their families and communities before Thanksgiving.

Students who leave campuses for the holidays should first receive a negative COVID-19 test administered by the college within 72 hours of their planned departure. Residential colleges should also offer COVID-19 tests to students living off campus that plan on returning home for the holidays.

Prior to sending students home for Thanksgiving and the upcoming holiday season, colleges and universities are urged to inform all students of the serious risks associated with going home before first receiving a negative COVID-19 test result.

Testing Positive:

Students who receive a positive test result before they are scheduled to leave campus should instead immediately isolate in campus housing designated for COVID-positive students.

Students in Isolation:

Students who have previously tested positive for COVID-19 and are already isolating in campus housing should remain in place until they have completed the 10-day isolation period.

Students in Quarantine:

Students who are quarantined on campus housing due to close contact with someone who tested positive should remain in place until they complete the 14-day quarantine period, as prescribed by the Department of Public Health.

Quarantined students may leave campus housing after 10 days if they do not have any symptoms and they receive a negative result from a molecular diagnostic test administered at least 8 days after exposure to someone diagnosed with COVID-19.

Return to Campus:

Students returning to campus from either within Massachusetts or from other states must produce a negative COVID-19 test result administered within 72 hours of their return to campus. Colleges should administer tests immediately to any student who returns to campus that has not been tested within 72 hours. Testing should apply to all students living both on and off campus.

- **Massachusetts Travel Order**

According to the [Massachusetts travel order](#), all visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

- Complete the [Massachusetts Travel Form](#) **prior** to arrival, unless you are visiting from a [lower-risk state](#) designated by the MA Department of Public Health. As of November 17, lower risk states include New Hampshire, Vermont, Maine, and Hawaii.
- Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.
- If your COVID-19 test result has not been received prior to arrival, **visitors and residents must quarantine until they receive a negative test result.**

- **[Contact Tracing](#)**

Through contact tracing, local health departments and the state COVID-19 Community Tracing Collaborative are reaching out to everyone who tested positive and people who have been exposed. Contact tracing is your way to impact the lives of many in our state and beyond and help stop the spread of COVID-19.

The COVID-19 Community Tracing program focuses on reaching out to people who have tested positive for COVID-19 and the contacts they have been close to, 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.

When called, a MA COVID team member or representative from the Mansfield 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, you'll be asked about your activity during the two days before your diagnosis. You'll also be asked for the phone numbers of anyone you tell us about, so they can be called and cared for.

You are encouraged to let your contacts know about your illness, but your information will not be shared with them. Your contacts will be called and notified they have been exposed so they can get tested, but they will not be told 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.

- **Getting Tested**

If you develop symptoms of COVID-19, even if they are mild, please contact your healthcare provider and a test site near you to schedule a test. You can also [check your symptoms online](#).

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever, chills or shaking chills
- Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)
- Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
- Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, diarrhea), rash, and inflammatory conditions such as "COVID toes".
- In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

More information about testing can be found on the [COVID-19 Testing](#) webpage.

- **Close Contacts**

If you have been in close contact with a COVID positive person, please get tested right away.

You are a close contact of a COVID-19 positive person if:

- you were within 6 feet of them, for at least 10-15 minutes, while they were symptomatic or within the 48 hours before symptom onset
- you were within 6 feet for at least 10-15 minutes over a 24 hour period of someone who tested positive for COVID-19 in the 48 hours before their test was taken or anytime in the 10 days after the test

[New quarantine guidelines](#) were issued on November 18th. You will need to remain quarantined for:

- at least 14 days from the date of last exposure; or
- at least 10 days, provided all of the following are satisfied:
 - you have not had, and do not have, any symptoms;
 - you are tested on day 8 of your quarantine period or later using a molecular diagnostic test (e.g., polymerase chain reaction (PCR)) to detect the presence of the virus;
 - you receive a negative test result; and
 - you monitor yourself for symptoms for the full 14 days. If you develop symptoms you should contact your health care provider and be re-tested.
- [Information sheet: How to Self-quarantine and Self-isolate](#)
- [What should I do if someone in my household is quarantined?](#)
- [Quarantine related to travel to Massachusetts](#)

- **Testing Positive**

If you have **tested positive for COVID-19**, you will be directed to **self-isolate** by separating yourself from others to keep your germs from spreading.

- [Information sheet: How to Self-quarantine and Self-isolate](#)
- [CDC Isolation Guidance](#)

If you have questions about isolation or quarantine, you can call your Local Board of Health or the Department of Public Health's On-call Epidemiologists at 617-983-6800.

- **New stay at home advisory as of November 6th**



STAY AT HOME BETWEEN 10PM – 5AM

(effective Nov 6, 2020)

**BETWEEN 10PM-5AM THE
FOLLOWING GUIDELINES APPLY:**

ONLY leave your home for:

- Work, school or essential needs
- Essential needs include:
 - Emergency medical care
 - Grocery store
 - Pharmacy
 - Picking up take-out food
 - Receiving deliveries

NO gatherings at home with members outside your household

REMEMBER to wear a mask and practice social distancing if you need to leave home

**NEW STAY-AT-HOME
ADVISORY
GUIDELINES**

ACADEMIC
**PUBLIC
HEALTH
VOLUNTEER
CORPS**

For more information visit:
<https://www.mass.gov/news/stay-at-home-advisory>

- **Updated Metrics for Cities and Towns**

The Governor has updated metrics for cities and towns. Using a 2 week period to assess trends, the metrics are:

CITY & TOWN METRICS

Population			
Group	Under 10k	10k - 50k	Over 50k
Grey	Less than or equal to 10 total cases	Less than or equal to 10 total cases	Less than or equal to 15 total cases
Green	Less than or equal to 15 total cases	<10 avg cases/100k AND >10 total cases	<10 avg cases/100k AND >15 total cases
Yellow	Less than or equal to 25 total cases	≥10 avg cases/100k OR ≥5% pos rate	≥10 avg cases/100k OR ≥4% pos rate
Red	More than 25 total cases	≥10 avg cases/100k AND ≥5% pos rate	≥10 avg cases/100k AND ≥4% pos rate

Learn more at [Mass.gov/StopCOVID19](https://www.mass.gov/StopCOVID19)

