

COMMUNITY UPDATE COVID-19

December 17, 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	142	(updated 12/17 08:00)
Positive Cases recovered	472	
Total tested positive since beginning:	634	
Mansfield Community Designation Level	Red	Red-higher risk Yellow- moderate risk Green- lower risk
Covid-19 Related Deaths	20	Last Covid death in Mansfield 12/17/20

- **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 and Quarantine Guidance**

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

Close contacts must quarantine. Current quarantine guidance is based on recent CDC data showing that shortened quarantine periods result in only a small chance that someone may develop COVID-19 after leaving quarantine. The small risk that someone may develop COVID-19 after a shortened strict quarantine period is outweighed by the expected benefit of reduced transmission from the expected increased cooperation with adherence to the quarantine, according to the CDC.

- The majority of COVID-19 cases have incubation periods fewer than 10 days, although the possible incubation period is still 14 days. During the quarantine period, people must not have visitors in their homes and they cannot have contact with other people who live in their homes.
- The 14-day quarantine recommendation remains in place for any person experiencing any COVID-19 symptoms during the quarantine period, even if they have a negative test, and for those unwilling or unable to conduct active self-monitoring of symptoms.
- Under the new guidance, people who have no symptoms and have either a negative PCR or antigen test taken on Day 5 or later, can be released on Day 8 (following 7 days of quarantine).
- If the person does not have a test and does not have symptoms, they may be allowed to leave quarantine on Day 11 (following 10 days of quarantine).
- Under either option, the individual must conduct active monitoring of their symptoms through Day 14 and get tested and isolate if they develop any sign of disease.
- The guidance for a person who has tested positive for COVID-19 has not changed, which means they should stay in self-isolation for 10 days. They can resume public activities after the 10 days as long as they have gone for 24 hours without a fever and without taking fever-reducing medications like Tylenol and have experienced improvement in other symptoms, such as a cough that has gotten much better.

- [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 the Health Department at 508-261-736.

FACT vs FICTION

What you should know about a negative COVID-19 test result

<div style="display: flex; align-items: center; justify-content: center; margin-bottom: 5px;"> <p style="font-weight: bold; margin: 0;"><u>FICTION:</u></p> </div> <p style="font-size: small;">If I get a negative result, I can see friends and family again and not worry about spreading the virus</p>	<div style="display: flex; align-items: center; justify-content: center; margin-bottom: 5px;"> <p style="font-weight: bold; margin: 0;"><u>FACT:</u></p> </div> <p style="font-size: small;">A person can be asymptomatic and test negative and still have the virus; unknowingly passing it on to others</p>
<div style="display: flex; align-items: center; justify-content: center; margin-bottom: 5px;"> <p style="font-weight: bold; margin: 0;"><u>FICTION:</u></p> </div> <p style="font-size: small;">If I am exposed to someone with COVID-19 today I will test positive for the virus tomorrow</p>	<div style="display: flex; align-items: center; justify-content: center; margin-bottom: 5px;"> <p style="font-weight: bold; margin: 0;"><u>FACT:</u></p> </div> <p style="font-size: small;">It can take 3-5 days after exposure before a test result will show up as positive</p>

Regardless of your COVID-19 test result, you must quarantine for length of time advised by your public health authority

For more information visit mass.gov/wait4results