

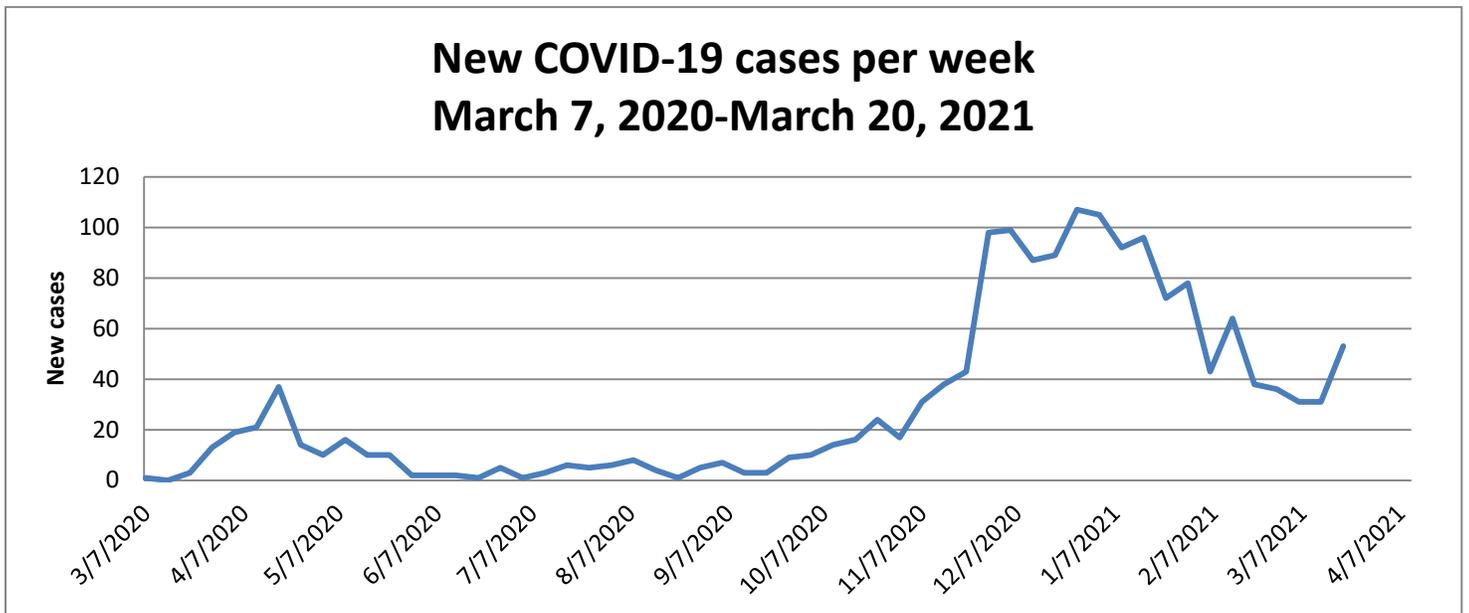
COMMUNITY UPDATE COVID-19

March 22, 2021:

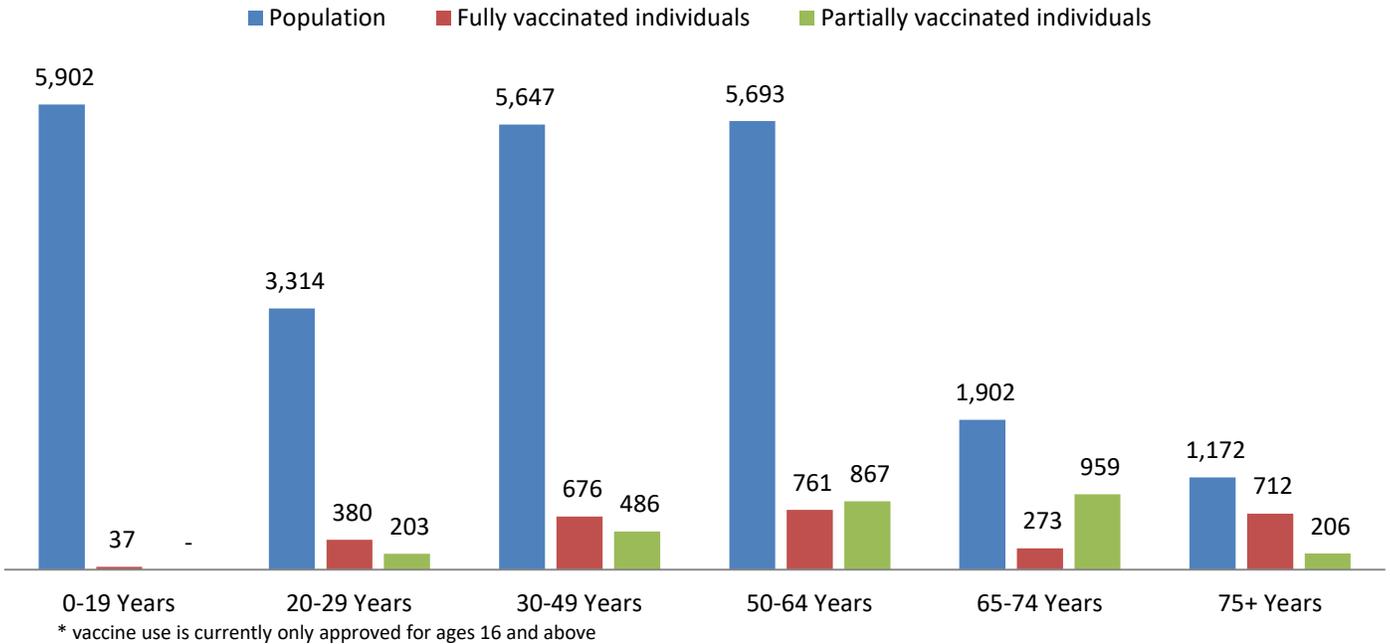
The Town of Mansfield continues its community update on our website with our up to date information and important tips for the public as it relates to the COVID-19 pandemic. For more complete information, please see the town [coronavirus webpage](#).

- **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 | 59 | (updated 3/22 08:00) |
| Positive Cases recovered | 1499 | |
| Total tested positive since beginning: | 1581 | |
| Mansfield Community Designation Level | Yellow | Red-higher risk Yellow- moderate risk Green- lower risk |
| Covid-19 Related Deaths | 23 | Last Covid death in Mansfield 03/01/21 |



Vaccine Distribution in Mansfield as of March 18, 2021

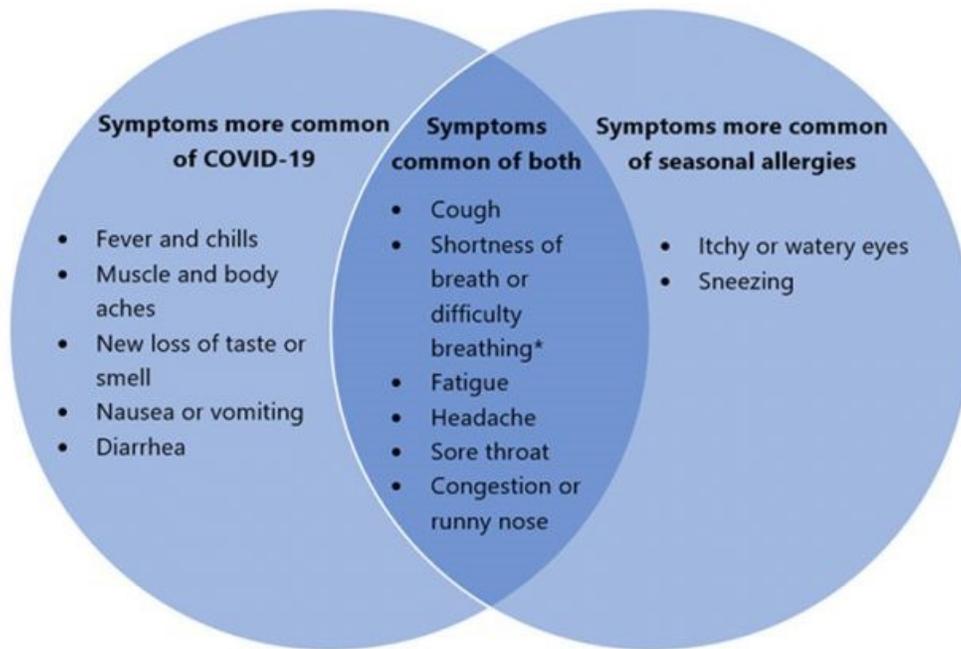


- [COVID-19 and Seasonal Allergies FAQs](#)

What is the difference between COVID-19 and seasonal allergies?

COVID-19 is a contagious respiratory illness caused by infection with a new coronavirus (called SARS-CoV-2, the virus that causes COVID-19). Seasonal allergies triggered by airborne pollen can lead to seasonal allergic rhinitis, which affects the nose and sinuses, and seasonal allergic conjunctivitis, which affects the eyes.

COVID-19 and seasonal allergies share many symptoms, but there are some key differences between the two. For example, COVID-19 can cause fever, which is not a common symptom of seasonal allergies. The image below compares symptoms caused by allergies and COVID-19. Because some of the symptoms of COVID-19 and seasonal allergies are similar, it may be difficult to tell the difference between them, and you may need to get a test to confirm your diagnosis.



**Seasonal allergies do not usually cause shortness of breath or difficulty breathing, unless a person has a respiratory condition such as asthma that can be triggered by exposure to pollen.*

This is not a complete list of all possible symptoms of COVID-19 or seasonal allergies. Symptoms vary from person to person and range from mild to severe. You can have symptoms of both COVID-19 and seasonal allergies at the same time.

If you think you have COVID-19, follow CDC’s guidance on [“What to do if you are sick.”](#) **If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.**

Get more information on [COVID-19 symptoms](#), or more information on [seasonal allergy symptoms](#).

Does having seasonal allergies increase my risk of contracting COVID-19 or having more severe symptoms if I do contract COVID-19?

There is not enough scientific information at this time to know whether having seasonal allergies puts you at higher risk of contracting COVID-19 or having more severe symptoms if you do contract COVID-19. We do know that older adults and people who have severe underlying medical conditions like obesity, diabetes, or heart or lung disease are at higher risk for developing more serious complications when they have COVID-19. Get more information on people at [high risk for severe COVID-19](#).

Will I be protected from seasonal allergies if I wear a mask?

CDC recommends wearing [masks](#) to slow the spread of COVID-19. Everyone should wear a mask covering unless they are under 2 years of age, have breathing problems, or are unconscious or incapacitated and would need assistance removing a mask. Masks also offer some protection against seasonal allergies because they can prevent some larger particles from being inhaled. However, if you have seasonal allergies, masks should not be your only protection against pollen exposure because smaller particles can still get through the covering and be inhaled.

Wash your masks after each use, particularly if you suffer from seasonal allergies, because the covering may carry particles such as pollen. See information on how to [wash masks](#).

How can I protect myself from seasonal allergies?

The best way to protect yourself against seasonal allergies is to reduce your exposure to pollen.

During high pollen days:

- Limit your time outdoors and seek indoor spaces with clean air.
- Create a cleaner air space at home to protect yourself from outdoor air irritants during the COVID-19 pandemic. Use a portable air cleaner in one or more rooms. Portable air cleaners work best when run continuously with doors and windows closed. [Do-it-yourself box fan](#) filtration units are a low-cost filtration alternative, but they should never be left unattended.
- Keep your cleaner air space a comfortable temperature by using air conditioners, heat pumps, fans, and window shades.
- If you have a forced air system in your home, consult a qualified heating, ventilation, and air conditioning (HVAC) professional about different filters (HEPA or MERV-13 or higher) and settings (“Recirculate” and “On” rather than “Auto”) that can be used to reduce indoor air irritants.
- If outdoors, avoid activities that stir up pollen, such as mowing lawns or raking leaves. When you return indoors, take a shower and change your clothes.

The EPA website on [indoor air and COVID-19](#) and the [EPA Guide to Air Cleaners in the Home](#) provide additional information on improving indoor air quality. You can also find out the daily pollen levels in your area by checking local weather forecasts and [pollen counting stations](#). Learn more about [reducing your exposure to respiratory triggers](#).

- **Phase 4, Step 1**

Effective Monday, March 22, all communities in Massachusetts have moved into Step 1 of Phase IV of the state’s reopening plan. This will open a range of previously closed business

sectors under tight capacity restrictions that are expected to be adjusted over time if favorable trends in the public health data continue. Effective on the planned advancement to Step 1 of Phase IV, the following large capacity sports and entertainment venues will be permitted to operate at a strict 12% capacity limit after submitting a plan to the Department of Public Health (DPH):

- Indoor and outdoor stadiums
- Arenas
- Ballparks

Also effective on March 22, gathering limits for event venues and in public settings will increase to 100 people indoors and 150 people outdoors. Outdoor gatherings at private residences and in private backyards will remain at a maximum of 25 people, with indoor house gatherings remaining at 10 people.

Additionally, dance floors will be permitted at weddings and other events only, and overnight summer camps will be allowed to operate this coming summer. Exhibition and convention halls may also begin to operate, following gatherings limits and event protocols. Other Phase IV sectors must continue to remain closed.

- **New Travel Advisory**

All persons entering Massachusetts, including returning residents, are advised to quarantine for 10 days upon their arrival if they have been out of the state for 24 hours or more.

The advisory does not apply to anyone in the following categories:

- Anyone who is returning to Massachusetts after an absence of fewer than 24 hours.
- Travelers who have a negative COVID-19 test result that has been administered up to 72 hours prior to their arrival in Massachusetts.
- Workers who enter Massachusetts to perform critical infrastructure functions (as specified by the Federal Cybersecurity and Infrastructure Security Agency) while they are commuting to or from or while at work.
- Travelers who are fully vaccinated (i.e. who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Johnson & Johnson vaccine, 14 days or more ago and who do not have symptoms).

Travelers are additionally encouraged to consult and follow the [CDC's guidelines and requirements for travel](#).

- **Vaccine Eligibility Timeline**

When can I get a COVID-19 vaccine in MA?

PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- First responders (EMS, Fire, Police)
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care

December - February
Estimated timeframes

PHASE TWO

In order of priority

- Individuals 75+
- Individuals 65+ and individuals with 2+ certain medical conditions (those that are at increased risk for severe illness)
- K-12 educators, K-12 school staff and child care workers
- **MARCH 22:** Individuals 60+ and workers in certain sectors (including transit, grocery, utility, food and agriculture, sanitation, public works and public health workers)
- **APRIL 5:** Individuals 55+ and individuals with one certain medical condition

February - April

PHASE THREE

APRIL 19: Individuals age 16+

April 19th
Updated 3/17/2021

For more information on vaccine distribution visit [Mass.gov/COVIDvaccine](https://www.mass.gov/COVIDvaccine)

- **Eligible today:** Age 60 and older; [Certain workers](#) including restaurant or café workers, food meatpacking, beverage, agriculture, consumer goods, retail or food service workers, grocery and convenience store workers, food pantry workers or volunteers, medical supply chain workers, vaccine development workers, public works, water wastewater or utility workers, sanitation workers, public health workers, court system workers, and funeral directors and funeral workers.
- **Effective 4/5/21:** Age 55 and older; [People with 1 Certain Medical Condition](#)
- **Effective 4/19/21:** Individuals 16 and older

More details on all the COVID-19 vaccination phases can be found [here](#).

- **Steps to Get Your Vaccination**

Step 1: Check your eligibility below or [use our tool](#)

Step 2: Preregister for a mass vaccination location or find a location and schedule your appointment

There are different ways to find a vaccine appointment:

- Preregister at VaccineSignUp.mass.gov to be notified when it's your turn to schedule an appointment at one of **7 mass vaccination locations**: Fenway Park, Gillette Stadium, Reggie Lewis Center, DoubleTree Hotel in Danvers, Eastfield Mall in Springfield, Natick Mall and former Circuit City in Dartmouth.
- Use VaxFinder.mass.gov to search for appointments at pharmacies, health care providers, and other community locations

Massachusetts receives a limited supply of COVID-19 vaccine doses from the federal government each week. Due to high demand and very limited supply, it may take several weeks to schedule an appointment or to be notified that an appointment is available at mass vaccination locations.

[Pre-register for a COVID-19 Vaccine Appointment](#)

[Use Vaxfinder to book at other locations](#)

[Learn more about vaccination locations](#)

Step 3: [Prepare for your appointment](#)

At this point, the Town does not have any vaccine for public distribution. Please go to the [COVID webpage](#) for vaccine information and updates.

Council on Aging staff is available to assist any vaccine-eligible seniors who need help navigating the scheduling process. Please call 508-261-7368.

- **More Vaccine Information**

Massachusetts vaccine information webpage:

- [Massachusetts COVID-19 vaccination data and updates](#)
- [Sign up for COVID-19 and vaccine alerts](#)
- [MA Vaccine Scheduling Resource Line](#)

- [COVID-19 Vaccine Frequently Asked Questions](#)

[CDC vaccine information webpages:](#)

- [Benefits of Getting a COVID-19 Vaccine](#)
- [How COVID-19 Vaccines Work](#)
- [Myths and Misconceptions about COVID-19 Vaccines](#)
- [Frequently Asked Questions about COVID-19 Vaccination](#)

MA Residents:

Preregister for
your COVID-19
Vaccine TODAY!

Use the link below or
scan the QR code

 <https://vaccinesignup.mass.gov/> 

Created by Senia Yassin