

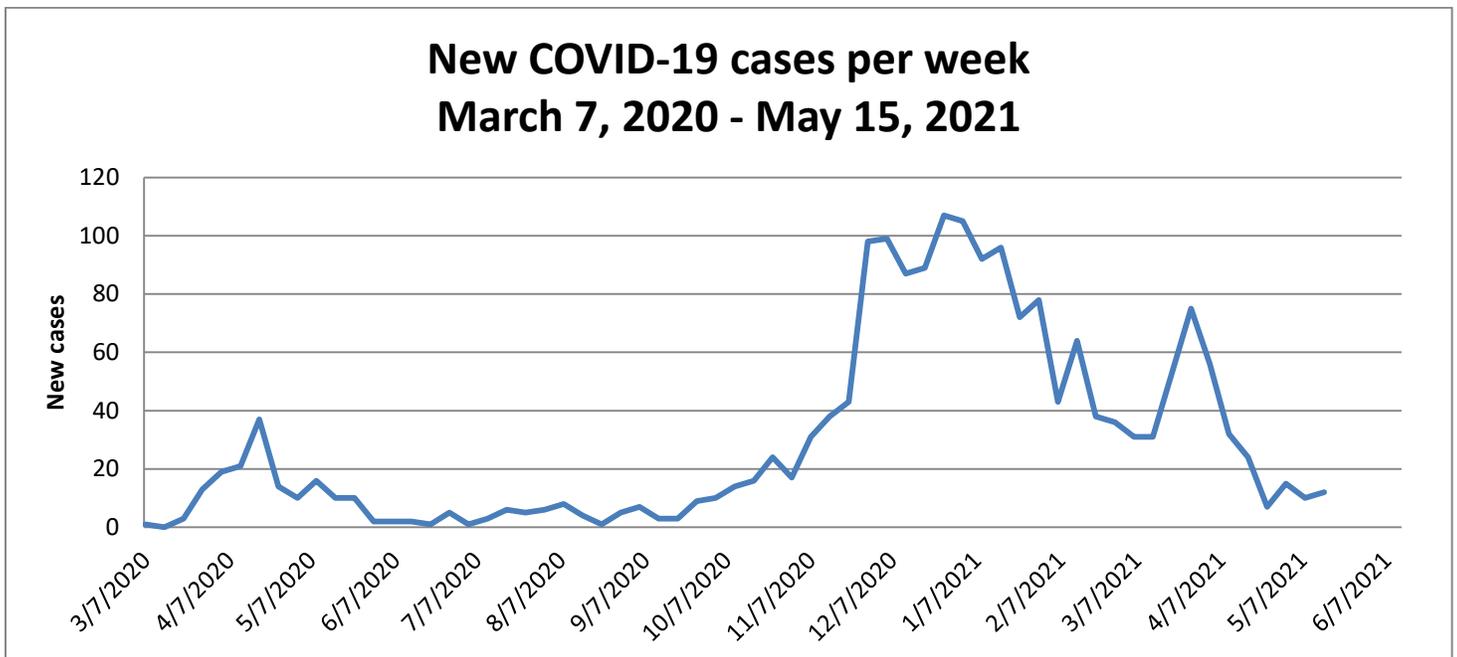
COMMUNITY UPDATE COVID-19

May 20, 2021:

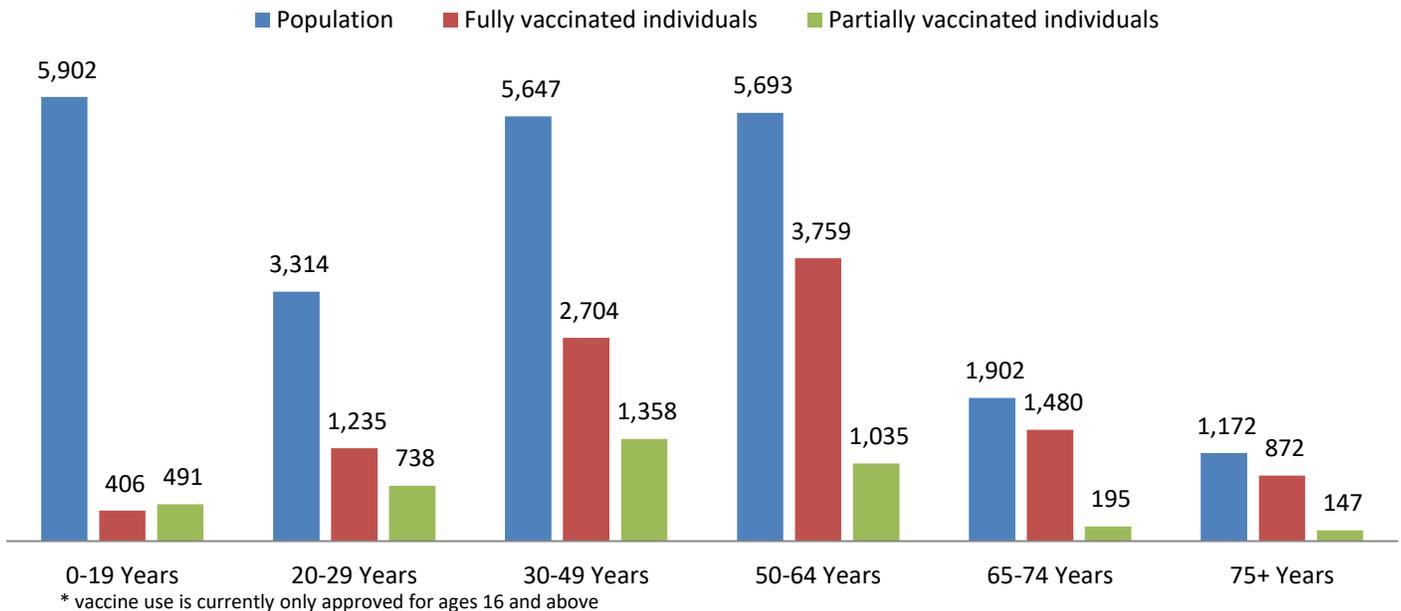
The Town of Mansfield continues its community update on our website with our up to date information and important tips for the public as it relates to the COVID-19 pandemic. For more complete information, please see the town [coronavirus webpage](#).

- **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 | 12 | (updated 5/20 08:00) |
| Positive Cases recovered | 1809 | |
| Total tested positive since beginning: | 1845 | |
| Mansfield Community Designation Level | Green | Red-higher risk Yellow- moderate risk Green- lower risk |
| Covid-19 Related Deaths | 24 | Last Covid death in Mansfield 04/21/21 |



Vaccine Distribution in Mansfield as of May 13, 2021



- **When You've Been Fully Vaccinated**

If you are fully vaccinated, you can resume activities that you did before the pandemic without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations. That includes local business and workplace guidance. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.

You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others



[More information](#)

- **Guidance for Unvaccinated People**

If you haven't been vaccinated yet, wear a mask that covers your nose and mouth to help protect yourself and others. Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you. Get a COVID-19 vaccine as soon as you can.

Being in crowds makes you more likely to get or spread COVID-19, so avoid crowds and poorly ventilated indoor spaces. And wash your hands often with soap and water, or use hand sanitizer if soap and water aren't available.

- [Get Vaccinated Against COVID-19 for individuals age 12+](#)

People age 12+ who live, work or study in Massachusetts can be vaccinated. Sign up and be notified of appointments near you. Go to [Vaccinesignup.Mass.Gov](https://vaccinesignup.mass.gov).

There are different ways to find a vaccine appointment:

- Preregister at [VaccineSignUp.mass.gov](https://vaccineSignUp.mass.gov) to be notified when it's your turn to schedule an appointment at one of [7 mass vaccination locations](#).
- Use [VaxFinder.mass.gov](https://vaxfinder.mass.gov) to search for appointments at pharmacies, health care providers, and other community locations

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

The COVID-19 Vaccine

What **ingredients** are in the available COVID-19 vaccines?

The main ingredients in the Pfizer and Moderna vaccines are very similar and have been tested for safety. The development of the vaccines marks a huge step towards herd immunity and the end of the pandemic.



| | |
|---|---|
| <p>The Moderna vaccine contains:</p> <ul style="list-style-type: none">• mRNA• Lipids• Salts• Sugar• Acids• Acid Stabilizers | <p>The Pfizer vaccine contains:</p> <ul style="list-style-type: none">• mRNA• Lipids• Salts• Sugar |
|---|---|

The ingredients in the vaccines all have important roles in the vaccine's effectiveness:

- mRNA: (messenger ribonucleic acid) contains genetic material that provides instructions for our body on how to make a viral protein that triggers an immune response within our bodies. This immune response is what causes our bodies to make the antibodies needed to protect us from getting infected if exposed to the coronavirus.
- Lipids: protect the mRNA and help the mRNA slide inside the cells
- Salts: help balance the acidity in your body
- Sugar: helps the molecules hold their shape during freezing
- Acids and Acid Stabilizers: helps maintain the stability of the vaccine

Learn more about the vaccine at mass.gov/vaccinesforYOUTH

- **May is Mental Health Awareness Month**

Taking care of your emotional health and well-being during this time is important. [Decreasing stress can help bolster your immune system](#) and can help keep you and others around you healthy. The [Maintaining Emotional Health & Well-Being website](#) contains resources and tips for staying emotionally healthy and well. If you or someone you know are experiencing a mental health crisis find emergency/crisis supports in your area by calling [1 \(877\) 382-1609](#) or visiting the [emergency services web page](#).

- Call 2-1-1 and choose the “CALL2TALK” option.
- Access [MassSupport - Free COVID-19 Counseling and Support](#) by calling 1-888-215-4920, M-F 9am-6pm, or email at MassSupport@riversidecc.org
- [The Massachusetts Network of Care](#) is a searchable behavioral health directory of services and organizations.
- Samaritans is continuing operations 24/7, as always. During this unprecedented time, it can feel overwhelming to receive constant messages about COVID-19. Call or text their 24/7 helpline any time at 877-870-4673.
- The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. If you or a family/household member does not feel safe at home, please call **1-800-799-7233** for live support. If you are unable to speak safely, you can log onto thehotline.org to chat online, or text **LOVEIS** to **22522**