

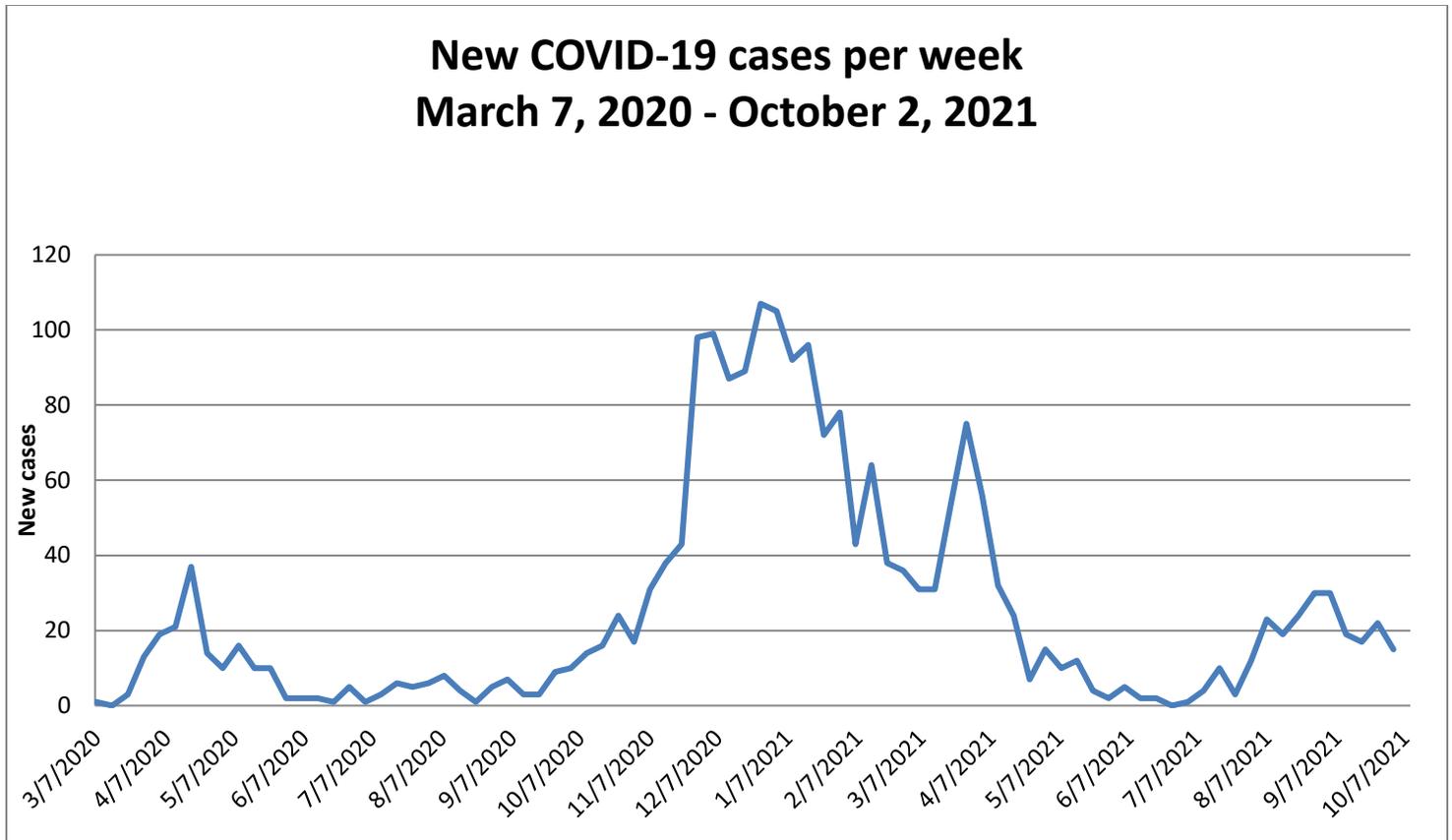
COMMUNITY UPDATE COVID-19

October 6, 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](#).

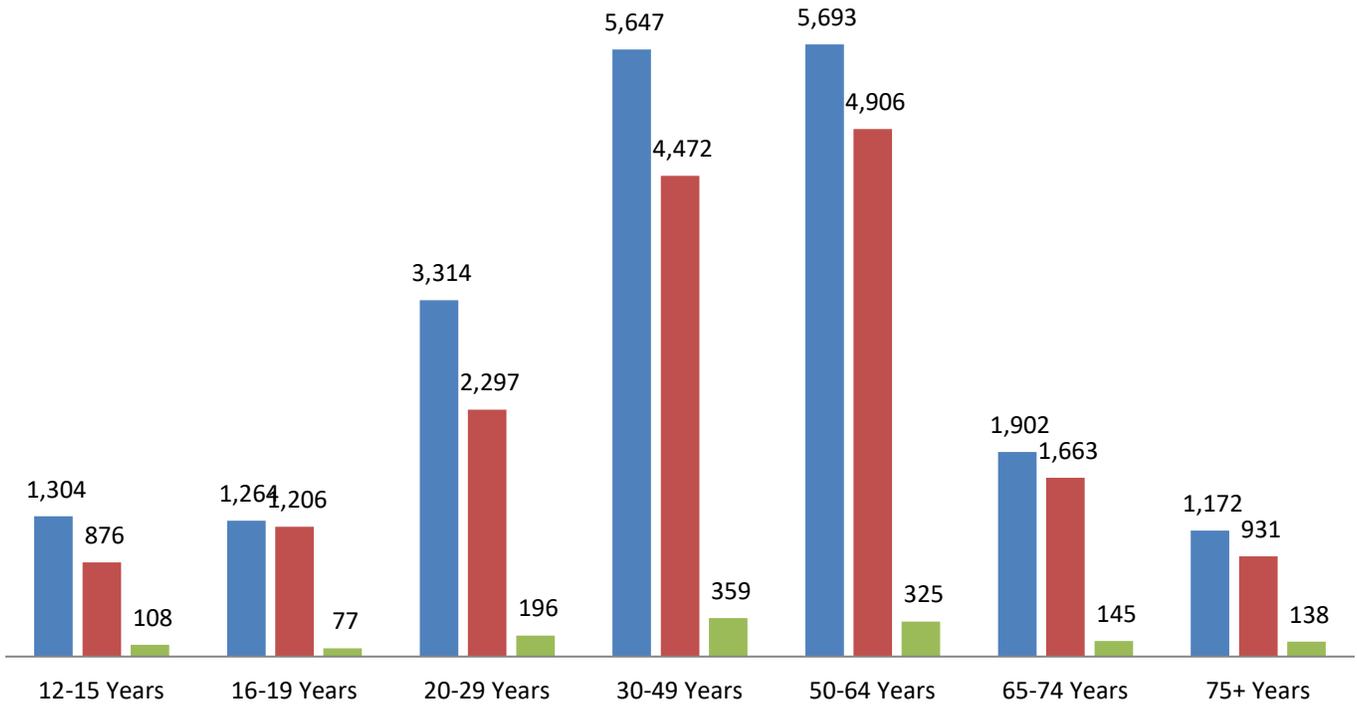
- **As of today, please see the below chart that represents our communities COVID-19 relates cases:**

<i>Mansfield Covid-19 Workflow</i>	#	
Positive COVID-19 under isolation	20	(updated 10/6 08:00)
Positive Cases recovered	2084	
Total tested positive since beginning:	2128	
Covid-19 Related Deaths	24	Last Covid death in Mansfield 04/21/21



Vaccine Distribution in Mansfield as of Sept 30, 2021

■ Population ■ Fully vaccinated individuals ■ Partially vaccinated individuals



* vaccine use is currently only approved for ages 12 and above

• Flu Season Approaching

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons varies, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although significant activity can last as late as May.

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches

MEDICALNEWS TODAY

COVID-19 vs. Flu vs. Cold

	COVID-19	Flu	Cold
Incubation period	1-14 days	1-4 days	1-3 days
Symptom onset	Gradual	Abrupt	Gradual
Fever	Common	Common	Rare
Cough	Common	Common	Mild to moderate
Fatigue	Common	Common	Sometimes
Runny nose	Sometimes	Sometimes	Common
Nasal congestion	Sometimes	Sometimes	Common
Diarrhea	Sometimes	Sometimes	Rare
Body aches	Sometimes	Common	Slight
Sore throat	Sometimes	Sometimes	Common
Headache	Sometimes	Common	Rare
Loss of appetite	Sometimes	Common	Sometimes
Shortness of breath	Common	Sometimes	Mild
Respiratory issues	Common	Sometimes	Sometimes

- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever. For more information visit [Flu and COVID-19 Symptoms](#)

The first and most important step in [preventing flu](#) is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Getting a Flu Vaccine During the COVID-19 Pandemic

[Frequently Asked Influenza \(Flu\) Questions: 2021-2022 Season | CDC](#)

If COVID-19 is spreading in my community, should I still go out to get a flu vaccine?

Yes. Getting a flu vaccine is an essential part of protecting your health and your family's health every year. Take recommended [precautions](#) to protect yourself from COVID-19 while getting your flu vaccine.

Do I need a flu vaccine if I wear a mask and practice physical distancing?

Yes. Wearing a mask and physical distancing can help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19. However, the best way to reduce your risk of flu illness and its potentially serious complications is for everyone 6 months and older to get a flu vaccine each year. By getting a flu vaccine, you may also be protecting people around you who are more vulnerable to serious flu complications.

Can I get a COVID-19 vaccine and a flu vaccine during the same visit?

Yes, you can get a COVID-19 vaccine and a flu vaccine at the same time.

Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.

Is it safe to get a COVID-19 vaccine and a flu vaccine at the same time?

While limited data exist on giving COVID-19 vaccines with other vaccines, including flu vaccines, experience with giving other vaccines together has shown the way our bodies develop protection

and possible side effects are generally similar whether vaccines are given alone or with other vaccines.

If you have concerns about getting both vaccines at the same time, you should speak with a health care provider.



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

Why do I need a booster?

While the COVID-19 vaccines continue to be remarkably effective in reducing risk of severe disease, hospitalization, and death, even against the widely circulating Delta variant, the Centers for Disease Control and Prevention (CDC) has said the protection provided by the vaccine could wane over time, especially among those at higher risk or who were vaccinated during earlier phases of the vaccination rollout. For that reason, a booster shot is needed to maximize vaccine-induced protection and prolong its durability. Certain individuals who received two doses of the Pfizer COVID-19 vaccine at least 6 months ago are eligible for a booster dose, including everyone over age 65 and people age 18-64 with underlying health conditions people aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of their occupational or institutional setting.

Am I fully vaccinated without a booster?

Yes. According to current CDC guidance, individuals who have completed a primary series of vaccine (one shot of J&J or two shots of Pfizer or Moderna) and are more than 2 weeks after completion, are still considered fully vaccinated.

Is the booster free?

Yes, the booster is free. You do not need to present payment or have health insurance.

If I need a booster shot, does that mean that the vaccines aren't working?

No. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection, especially among certain populations, against mild and moderate disease.

Who is eligible to get a booster?

Individuals who are immunocompromised due to particular health conditions have been eligible for a booster dose of Pfizer or Moderna vaccine since August 13.

The following individuals are now eligible for a booster dose of Pfizer 6 months after their second shot:

- People 65 years and older
- Residents of long term care settings
- People aged 50–64 years with underlying medical conditions
- People aged 18–49 years with underlying medical conditions
- People aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of their occupational or institutional setting

Find out when you are eligible for a COVID-19 Booster

- You can check if you're eligible for a booster at <http://mass.gov/BoosterCheck>
- If you are eligible, visit <http://vaxfinder.mass.gov> for a list of locations to receive a booster (or call 2-1-1)
- More info on the booster, including FAQs, can be found at <https://www.mass.gov/covid-19-vaccine>
- [Massachusetts COVID-19 Interactive Data Dashboard](#)

The COVID-19 Daily Dashboard includes data on: city/town specific metrics; confirmed and probable cases; testing; age groups, race and ethnicity, and sex of cases; hospitalization demographic data, number of patients hospitalized who are vaccinated, and deaths; hospital capacity; clusters; isolation and quarantine; and contact tracing. Click [here](#) to explore the dashboard.

- [Mansfield Public School COVID information and dashboard](#)

For information about the schools and COVID, please see their School Health and COVID Information webpage: <https://sites.google.com/mansfieldschools.com/covid-19/home>

For more information about how to keep kids safe in school: [School Settings | COVID-19 | CDC](#)

- [Bristol county identified as an area of high transmission](#)

Bristol county has been identified by the CDC as an area of high transmission for COVID-19. The CDC recommends all people, no matter their vaccination status, wear masks indoors and in crowded outdoor settings in areas of substantial or high transmission. More information can be found [here](#). Within Massachusetts, county designation is the following:

County	COVID transmission level
Barnstable	High
Berkshire	High
Bristol	High
Dukes	Substantial
Essex	High
Franklin	High
Hampden	High

County	COVID transmission level
Hampshire	Substantial
Middlesex	High
Nantucket	Substantial
Norfolk	Substantial
Plymouth	High
Suffolk	High
Worcester	High

- [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. 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.

- [Testing for COVID-19](#)

Testing is our best tool to identify those who have been exposed and slow the uptick in cases. You should get tested for COVID-19 if you have symptoms or you've been exposed to someone with COVID-19, even if you're fully vaccinated. If you've had COVID-19 in the past 3 months and you've been exposed to someone with COVID-19, you don't need to get tested if you don't have new symptoms.

Testing is encouraged regardless of vaccination status. <https://www.mass.gov/covid-19-testing>