

## COMMUNITY UPDATE COVID-19

**November 2, 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>	#	
<b>Positive COVID-19 under isolation</b>	<b>28</b>	(updated 11/2 08:00)
<b>Positive Cases recovered</b>	<b>243</b>	
<b>Total tested positive since beginning:</b>	<b>286</b>	
<b>Mansfield Community Designation Level</b>	<b>Red</b>	Red-higher risk Yellow- moderate risk Green- lower risk
<b>Covid-19 Related Deaths</b>	<b>15</b>	Last Covid death in Mansfield 10/06/20



## Help Mansfield Stop Covid-19

**MANY people in this community have tested positive.**

**YOU HAVE THE POWER TO SAVE A LIFE**

Wear a mask • Wash your hands • Keep your distance.  
Don't share food, drinks or utensils • Feel sick? Stay home  
**Get tested.**

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



- **Mansfield Risk Designation: Red**

According to the DPH Community-Level Data Map, Mansfield is currently designated as a high risk “red” community.

Because there is currently no vaccine to prevent COVID-19, the best way to prevent illness is to avoid being exposed to the virus. COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others.

Mansfield residents need to avoid COVID fatigue and stay diligent in protecting ourselves and our community. This includes:

- Wash your hands often
- Avoid close contact
- Minimize social interactions with people outside of your household
- Cover your mouth and nose with a mask when around others
- Cover coughs and sneezes
- Clean and disinfect
- Monitor Your Health Daily

There are many websites with an abundance of information:

- [COVID 19 Prevention and Treatment](#)
- [When and How to Wash Your Hands](#)
- [Personal and Social Activities](#)
- [Keep a safe distance to slow the spread](#)
- [Holiday Celebrations](#)
- [Mask Up, Massachusetts](#)
- [Considerations for Wearing Masks](#)
- [Traveling outside of Massachusetts](#)
- [Cleaning and Disinfecting Your Home](#)
- [Symptoms of Coronavirus](#)

- **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. **Please note: You must quarantine while waiting for test results.**

- **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 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

No matter the test result, **you must quarantine for 14 days.**

- [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.

- **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.

- **Sign up for Town of Mansfield Alerts**

The best way to protect yourself and those around you is to **STAY INFORMED**. The Town's website allows you to receive alerts **DIRECTLY FROM THE TOWN**. See the link below for a helpful guide on how you can **RECEIVE TEXT MESSAGES AND EMAILS** as soon as the information is posted to the Town's website.

<https://www.mansfieldma.com/DocumentCenter/View/1830/>