

## COMMUNITY UPDATE COVID-19

**December 7, 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	108	(updated 12/7 08:00)
Positive Cases recovered	376	
Total tested positive since beginning:	501	
Mansfield Community Designation Level	<b>Yellow</b>	Red- higher risk Yellow- moderate risk Green- lower risk
Covid-19 Related Deaths	17	Last Covid death in Mansfield 11/20/20

## COVID-19 DOESN'T TAKE RELIGIOUS DAYS OFF. THIS HAPPENED AT A HOUSE OF WORSHIP.



8 families attend  
House of Worship



House of Worship was crowded,  
and people were singing



18 of 28 congregants  
infected

**BASED ON A REAL OUTBREAK INVESTIGATION**

For more information visit [Mass.gov/worshipsafely](https://www.mass.gov/worshipsafely)



- **Worship Safely**

Last week, Governor Charlie Baker, Lt. Governor Karyn Polito and Secretary of Health and Human Services Marylou Sudders outlined findings from contact tracing efforts related to clusters tied to houses of worship. According to data reviewed by the Command Center, since the beginning of the pandemic houses of worship have been associated with:

- 36 clusters
- 316 confirmed cases in 48 communities across the Commonwealth, and
- 150 close contacts

The Administration underscored the importance of following health protocols for worshipping safely. MORE: [www.mass.gov/worshipsafely](http://www.mass.gov/worshipsafely)

- **Updated Quarantine Information and Return-to-Work Guidance**

MA has aligned its quarantine recommendations with those issued last week by the US Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>), and they go into effect today. The new 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.

The Department of Public Health is also updating quarantine guidelines in return to work guidance, effective today. The guidance clarifies that certain sectors may continue to work during their quarantine period to preserve critical societal functions. This is only allowed if the worker remains asymptomatic.

These sectors include healthcare workers, first responders, and critical infrastructure workers, as defined by CDC. Please see the guidance attached or online at [www.mass.gov/quarantine](http://www.mass.gov/quarantine)

- **[Holiday Celebrations and Small Gatherings](#)**

As cases, hospitalizations, and deaths continue to increase across the United States, the safest way to celebrate the winter holidays is to celebrate at home with the people you live with.

Gatherings with family and friends who do not live with you can increase the chances of getting or spreading [COVID-19](#) or the [flu](#).

The COVID-19 pandemic has been [stressful](#) and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

CDC offers the following considerations to slow the spread of COVID-19 during small gatherings. These considerations are meant to supplement—**not replace**—any [state, local, territorial, or tribal](#) health and safety laws, rules, and regulations with which all gatherings must comply.

\*\*\* **Please note, the [Governor's COVID-19 Order #54](#)** (issued November 2, 2020) has placed the following restrictions on gatherings within Massachusetts:

- Indoor gatherings at private residences are limited to 10 people and outdoor gatherings at private residences are limited to 25 people.
- All gatherings (regardless of size or location) must end and disperse by 9:30 PM.
- Organizers of gatherings must also report known positive COVID-19 cases to the local health department in that community and organizers are required to cooperate with contact tracing. The gatherings order authorizes continued enforcement by local health and police departments and specifies that fines for violating the gathering order will be \$500 for each person above the limit at a particular gathering.
- All participants in indoor and outdoor gatherings must maintain at least 6 feet of physical distance from every other participant in the gathering, except where members are participants of the same household.
- Masks or face coverings are encouraged at all indoor and outdoor gatherings at private homes, but are only required when such gatherings include more than 10 people and where attendees include non-household members.

### **Considerations for Hosting or Attending a Gathering**

If you will be hosting a gathering during the holiday season that brings people who live in different households together, follow [CDC tips for hosting gatherings](#). If you will be attending a gathering that someone else is hosting, follow [CDC Considerations for Events and Gatherings](#). Below are some general considerations for hosting a gathering that brings together people from different households. Guests should be aware of these considerations and ask their host

what mitigation measures will be in place during the gathering. Hosts should consider the following:

- Check the COVID-19 infection rates in areas where attendees live on [state, local, territorial](#), or [tribal](#) health department websites or on CDC's COVID Data Tracker [County View](#). Based on the current status of the pandemic, consider if it is safe to hold or attend the gathering on the proposed date.
- Limit the number of attendees as much as possible to allow people from different households to remain at least [6 feet](#) apart at all times. Guests should avoid direct contact, including handshakes and hugs, with others not from their household.
- Host outdoor rather than indoor gatherings as much as possible. Even outdoors, require guests to wear masks when not eating or drinking.
- Avoid holding gatherings in crowded, poorly ventilated spaces with persons who are not in your household.
- Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather, or by placing central air and heating on continuous circulation.
  - For additional information on increasing ventilation, visit CDC's information on [Cleaning and Disinfecting Your Home](#).
  - Winter weather can be cold, wet, and unpredictable. Inclement weather makes it difficult to increase ventilation by opening windows or to hold an event outdoors.
- If setting up outdoor seating under a pop-up open air tent, ensure guests are still seated with physical distancing in mind. Enclosed 4-wall tents will have less air circulation than open air tents. If outdoor temperature or weather forces you to put up the tent sidewalls, consider leaving one or more sides open or rolling up the bottom 12 inches of each sidewall to enhance ventilation while still providing a wind break.
- Require guests to wear masks. At gatherings that include persons of different households, everyone should always wear a [mask](#) that covers both the mouth and nose, except when eating or drinking. It is also important to stay at least [6 feet away](#) from people who are not in your household at all times.
- Encourage guests to avoid singing or shouting, especially indoors. Keep music levels down so people don't have to shout or speak loudly to be heard.
- Encourage attendees to [wash](#) their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use [hand sanitizer](#) that contains at least 60% alcohol.
- Provide guests information about any COVID-19 safety guidelines and steps that will be in place at the gathering to prevent the spread of the virus.
- Provide and/or encourage attendees to bring supplies to help everyone to stay healthy. These include extra [masks](#) (do not share or swap with others), [hand sanitizer](#) that contains at least 60% alcohol, and tissues. Stock bathrooms with enough hand soap and single use towels.
- Limit contact with commonly touched surfaces or shared items, such as serving utensils.
- [Clean and disinfect](#) commonly touched surfaces and any shared items between use when feasible. Use [EPA-approved disinfectants](#).

- Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.
- Plan ahead and ask guests to avoid contact with people outside of their households for 14 days before the gathering.
- Treat [pets](#) as you would other human family members – do not let pets interact with people outside the household.

**The more of these prevention measures that you put in place, the safer your gathering will be. No one measure is enough to prevent the spread of COVID-19.**

### **Food and drinks at small holiday gatherings**

Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. It is possible that a person can get COVID-19 by touching a surface or object, including food, food packaging, or utensils that have the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way that the virus is spread. Remember, it is always important to follow [food safety practices](#) to reduce the risk of illness from common foodborne germs.

- Encourage guests to bring food and drinks for themselves and for members of their own household only; avoid potluck-style gatherings.
- Wear a mask while preparing food for or serving food to others who don't live in your household.
- All attendees should have a plan for where to [store their mask](#) while eating and drinking. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- Have one person who is wearing a mask serve all the food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
- Make sure everyone [washes their hands](#) with soap and water for 20 seconds before and after preparing, serving, and eating food and after taking trash out. Use [hand sanitizer](#) that contains at least 60% alcohol if soap and water are not available.
- Designate a space for guests to wash hands after handling or eating food.
- Limit crowding in areas where food is served by having one person dispense food individually to plates, always keeping a minimum of a 6-foot distance from the person whom they are serving. Avoid crowded buffet and drink stations.
- Change and launder linen items (e.g., seating covers, tablecloths, linen napkins) immediately following the event.
- Offer no-touch trash cans for guests to easily throw away food items.
- Wash dishes in the dishwasher or with hot soapy water immediately following the gathering.



- **Massachusetts Travel Order**

According to the [Massachusetts travel order](#), all visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

- Complete the [Massachusetts Travel Form](#) **prior** to arrival, unless you are visiting from a [lower-risk state](#) designated by the MA Department of Public Health. As of November 17, lower risk states include New Hampshire, Vermont, Maine, and Hawaii.
- Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.
- If your COVID-19 test result has not been received prior to arrival, **visitors and residents must quarantine until they receive a negative test result.**

- **Stay at Home Advisory**



# STAY AT HOME BETWEEN 10PM – 5AM

(effective Nov 6, 2020)

**BETWEEN 10PM-5AM THE  
FOLLOWING GUIDELINES APPLY:**

**ONLY** leave your home for:

- Work, school or essential needs
- Essential needs include:
  - Emergency medical care
  - Grocery store
  - Pharmacy
  - Picking up take-out food
  - Receiving deliveries

**NO** gatherings at home with members outside your household

**REMEMBER** to wear a mask and practice social distancing if you need to leave home

**NEW STAY-AT-HOME  
ADVISORY  
GUIDELINES**

ACADEMIC  
PUBLIC  
HEALTH  
VOLUNTEER  
CORPS

For more information visit:  
<https://www.mass.gov/news/stay-at-home-advisory>

- **Updated Metrics for Cities and Towns**

The Governor has updated metrics for cities and towns. Using a 2 week period to assess trends, the metrics are:

<b>CITY &amp; TOWN METRICS</b>			
<b>Population</b>			
<b>Group</b>	<b>Under 10k</b>	<b>10k - 50k</b>	<b>Over 50k</b>
<b>Grey</b>	Less than or equal to 10 total cases	Less than or equal to 10 total cases	Less than or equal to 15 total cases
<b>Green</b>	Less than or equal to 15 total cases	<10 avg cases/100k AND >10 total cases	<10 avg cases/100k AND >15 total cases
<b>Yellow</b>	Less than or equal to 25 total cases	≥10 avg cases/100k OR ≥5% pos rate	≥10 avg cases/100k OR ≥4% pos rate
<b>Red</b>	More than 25 total cases	≥10 avg cases/100k AND ≥5% pos rate	≥10 avg cases/100k AND ≥4% pos rate

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

