

## COMMUNITY UPDATE COVID-19

**December 9, 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	123	(updated 12/9 08:00)
Positive Cases recovered	386	
Total tested positive since beginning:	526	
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



- **Winter Holidays and Traveling**

The Winter Holidays are a time when many families travel long distances to celebrate together. [Travel](#) increases the chance of getting and spreading the virus that causes COVID-19. **Staying home is the best way to protect yourself and others.** If you must travel, be informed of the [risks involved](#).

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.
- 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.**

### **Travel and Overnight Stays**

Travel may increase your chance of getting and spreading COVID-19. Postponing travel and staying home is the best way to protect yourself and others this year.

If you are considering traveling, here are some important questions to ask yourself and your loved ones beforehand. These questions can help you decide what is best for you and your family.

- Are you, someone in your household, or someone you will be visiting at [increased risk for getting very sick](#) from COVID-19?
- Are cases high or increasing in your community or your destination? Check [CDC's COVID Data Tracker](#) for the latest number of cases.
- Are hospitals in your community or your destination overwhelmed with patients who have COVID-19? To find out, check [state and local public health department websites](#).
- Does your home or destination have requirements or restrictions for travelers? Check [state and local requirements](#) before you travel.
- During the 14 days before your travel, have you or those you are visiting had close contact with people they don't live with?
- Do your plans include traveling by bus, train, or air which might make staying 6 feet apart difficult?
- Are you traveling with people who don't live with you?

If the answer to any of these questions is "yes," you should consider making other plans, such as hosting a virtual gathering or delaying your travel.

**The safest thing to do is to stay home**, but if you do decide to [travel](#), testing can help you do so more safely. Testing does not eliminate all risk, but it can help make travel safer.

It's important to talk with the people you live with and your family and friends about the risks of traveling.

**If you decide to travel, follow these safety measures during your trip to [protect yourself and others](#) from COVID-19:**

- Wear a [mask](#) in public settings, like on public and mass transportation, at events and gatherings, and anywhere you will be around people outside of your household.

- Avoid close contact by [staying at least 6 feet apart](#) (about 2 arm lengths) from anyone who is not from your household.
- [Wash your hands](#) often with soap and water for at least 20 seconds or use hand sanitizer (with at least 60% alcohol).
- Avoid contact with anyone who is sick.
- Avoid touching your face mask, eyes, nose, and mouth.

**Travel** can increase the chance of getting and spreading the virus that causes COVID-19. **Staying home is the best way to protect yourself and others.** Use information from the following webpages to decide whether to travel during the holidays:

- [Travel During the COVID-19 Pandemic](#)
- [Know Your Travel Risk](#)
- [Know When to Delay Your Travel to Avoid Spreading COVID-19](#)
- Considerations for [traveling overnight](#)
- [Travel Planner](#)

### **Considerations for staying overnight or hosting overnight guests**

Consider whether you, someone you live with, or anyone you plan to visit with is at [increased risk](#) for severe illness from COVID-19, to determine whether to stay overnight in the same residence or to stay elsewhere. College students who travel to visit family or friends should be thought of as overnight guests. They and their hosts, which might include their own parents, should follow all overnight guest precautions to protect themselves for the duration of the visit. For longer visits, after 14 days of following guest precautions, the student, if without symptoms or recent contacts with anyone with COVID-19, can be considered a household member and [follow steps to protect themselves and others](#).

- [Assess risk for infection based](#) on how you or your visitor will travel.
- Consider and prepare for what you will do if you, or someone else, becomes [sick](#) during the visit. What are the plans for isolation, medical care, basic care, and travel home?

### **Tips for staying overnight or hosting overnight guests**

- Visitors should launder clothing and [masks](#), and stow luggage away from common areas upon arrival.
- [Wash hands](#) with soap and water for at least 20 seconds, especially upon arrival.
- Wear [masks](#) while inside the house. Masks may be removed for eating, drinking, and sleeping, but individuals from different households should stay at least [6 feet](#) away from each other at all times.
- Improve ventilation by opening windows and doors or by placing central air and heating on continuous circulation.
- Spend time together outdoors. Take a walk or sit outdoors at [least 6 feet apart](#) for interpersonal interactions.
- Avoid singing or shouting, especially indoors.
- Treat [pets](#) as you would other human family members – do not let pets interact with people outside the household.

- Monitor hosts and guests for [symptoms](#) of COVID-19 such as fever, cough, or shortness of breath.
- Hosts and guests should have a plan for what to do if [someone becomes sick](#).

### **Get your flu vaccine**

Gatherings can contribute to the spread of other infectious diseases. Getting a [flu vaccine](#) is an essential part of protecting your health and your family's health this season. Flu vaccines are useful any time during the flu season and can often be accessed into January or later.

### **Steps to take if exposed to COVID-19 during a holiday gathering**

If you are exposed to COVID-19 at a holiday gathering, while traveling, or at any time, quarantine yourself to protect others by doing the following:

- [Stay home for 14 days after](#) your last contact with a person who has COVID-19.
- Stay away from others, especially people who are at [increased risk for severe illness from COVID-19](#).
- The best way to protect yourself and others is [to stay home for 14 days if you think you've been exposed](#) to someone who has COVID-19. Check [your local health department's website](#) for information about options in your area to possibly shorten this quarantine period.
- Watch for fever (100.4°F or higher), cough, shortness of breath, or [other symptoms](#) of COVID-19.
- Consider getting [tested](#) for COVID-19. Even if you test negative for COVID-19 or feel healthy, you should still stay home (quarantine) for 14 days after your last contact with a person who has COVID-19. This is because symptoms may appear 2 to 14 days after exposure to the virus, and some infected people never have symptoms but are still contagious.
- Do not travel until 14 days after your last possible exposure.

If you can't completely stay away from others during the 14 days:

- Stay at [least 6 feet](#) (about 2 arm lengths) away from other people.
- Wear a [mask](#) that covers both the mouth and nose when you are around other people or animals, including pets (even at home).
- [Wash your hands](#) often with soap and water for at least 20 seconds or use [hand sanitizer](#) that contains at least 60% alcohol.
- Monitor yourself and household members for [symptoms of COVID-19](#).
- [Get information](#) about COVID-19 testing if you feel sick.

If you develop [symptoms consistent with COVID-19](#) *within 14 days of the event or celebration*, such as fever, cough, or shortness of breath, or if you [test positive for COVID-19](#), immediately notify the host and others who attended. They may need to inform other attendees about their possible exposure to the virus. Contact your healthcare provider and follow the CDC-recommended steps for [what to do if you become sick](#), and follow the [public health recommendations for community-related exposure](#).

If you have been diagnosed with COVID-19, a [public health worker may contact you](#) to check on your health and ask you who you have been in contact with and where you've spent time in order to identify and provide support to people (contacts) who may have been infected. Your information will be confidential. Learn more about [what to expect with contact tracing](#).



- **Statewide Rollback to Phase 3, Step 1**

Governor Baker and Lt. Governor Polito announced today an update to the state's reopening process as well as several updates to sector-specific guidance in order to combat the rising cases of COVID-19 across the Commonwealth. The measures outlined below will go into effect at **12:01 a.m. on Sunday, December 13.**

- 1. Statewide Rollback to Phase 3, Step 1:** The entire Commonwealth will move to Phase 3, Step 1 of the Reopening Plan. In addition, the following updates to capacity limits will go into effect:
  - Outdoor gatherings at event venues and public spaces to 50 people
  - Outdoor Theaters and Performance Venues to 25% and no more than 50 people
  - Close Indoor Theaters and Performance Venues and a few smaller indoor recreation businesses like roller rinks and trampoline parks
  - Reduce capacity from 50% to 40% for several industry sectors noted below:
    - Arcades/Indoor and Outdoor Recreational Businesses

- Driving and Flight Schools
- Gyms/Health Clubs
- Libraries
- Museums
- Retail
- Offices
- Places of Worship
- Lodging (common areas)
- Golf
- Movie theaters (no more than 50 people per theater)

- 2. Restaurants and Event Venues Protocols Updates:** The following updates will be made to restaurant and event venue protocols with regard to face coverings, seating, and performances
- Wear masks at all times except when eating and drinking
  - Seat no more than six per table and encourage customers to only dine with same household
  - Put a 90-minute time limit on tables
  - Prohibit all musical performances at restaurants
  - Close food court seating

- 3. Workplaces and Fitness Centers Protocols Updates:** The following updates will be made to the Office Spaces and Fitness Centers protocols with regard to face coverings
- Require mask wearing in offices when not in your own workspace and alone
  - Require mask wearing at all times in gyms
  - Encourage teleworking

All updates to sector specific guidance can be found on [www.mass.gov/reopening](http://www.mass.gov/reopening) later this week.

## • 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)