

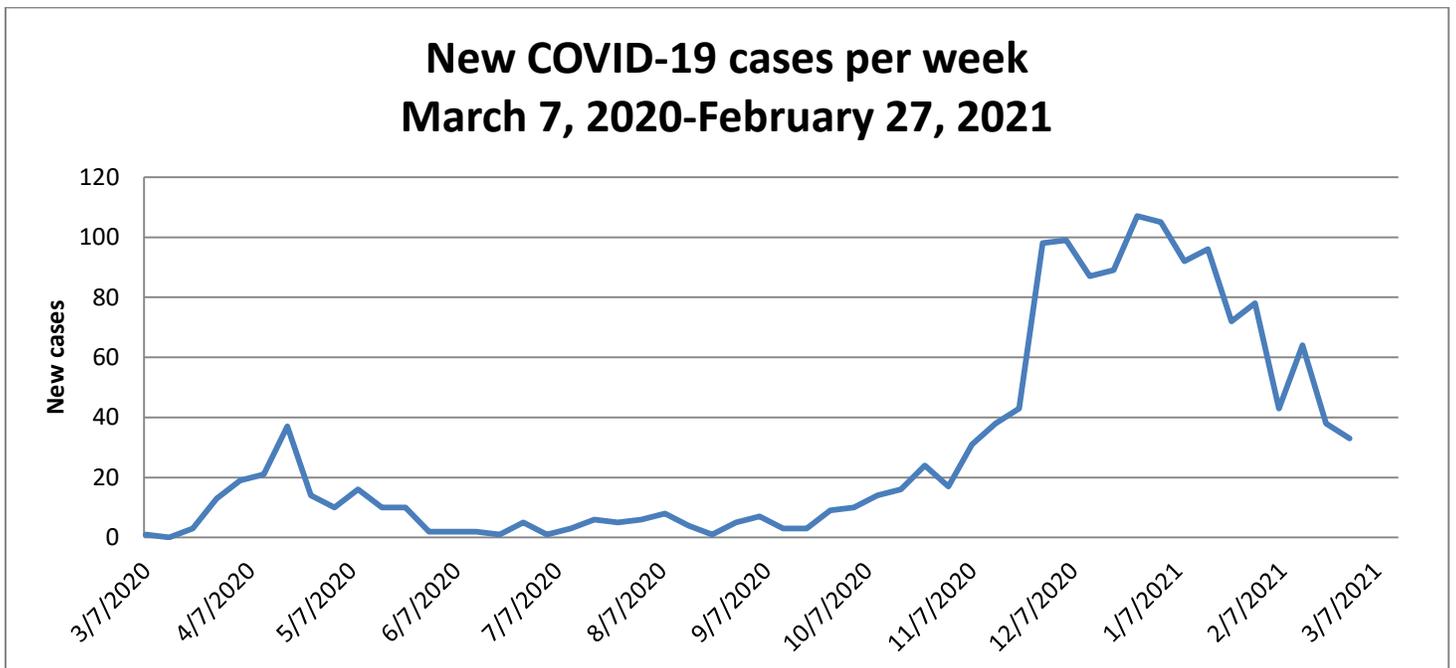
COMMUNITY UPDATE COVID-19

March 1, 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 | 45 | (updated 3/01 08:00) |
| Positive Cases recovered | 1395 | |
| Total tested positive since beginning: | 1462 | |
| Mansfield Community Designation Level | Yellow | Red-higher risk Yellow- moderate risk Green- lower risk |
| Covid-19 Related Deaths | 22 | Last Covid death in Mansfield 01/15/21 |



- **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.

- **While you wait for your COVID-19 test results**

We are still safer at home while COVID-19 is present in Massachusetts.

Wait and Stay Home after your test

- You must isolate if you are symptomatic or quarantine if you were exposed to someone with COVID-19
- **For more information, visit [Mass.gov/quarantine](#).**

After you receive your results

- **If you have a *Positive* test result:**
 - Answer the call from your Local Health Department or MA COVID Team
 - Confirm your name, address, and date of birth
 - Provide contact information for those you have recently been in physical contact with
 - Follow instructions to safely isolate and quarantine
- **If you have a *Negative* test result:**
 - Continue 14-day quarantine from last suspected exposure if you have been identified as a close contact.
 - If you do not have any symptoms, you may get tested on or after day 8 of your quarantine. Stay in quarantine until you get your results. If your test comes back

negative and you still do not have symptoms, you can end your quarantine after day 10.

- **Close Contacts and Quarantine Guidance**

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 over a 24 hour period 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

Close contacts must quarantine. Current quarantine 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.

[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](#)

If you have questions about isolation or quarantine, you can call the Health Department at 508-261-736.

- **Starting Today: Phase 3, Step 2**

Phase 3, Step 2: Effective March 1st, the Commonwealth will move forward into Phase 3, Step 2. This will reopen:

- Indoor performance venues such as concert halls, theaters, and other indoor performance spaces: Open at 50% capacity with 500 person max
- Indoor recreational activities with greater potential for contact: laser tag, roller skating, trampolines, obstacle courses: Open at 50% capacity

Updated Capacity Limits: Effective March 1st the following industries will increase to 50% capacity. Employees will be exempt from capacity restrictions in ***all*** of these industries:

- Arcades & Other Indoor and Outdoor Recreation Businesses
- Close Contact Personal Services
- Driving and Flight Schools
- Fitness Centers and Health Clubs
- Golf Facilities (indoor)
- Libraries
- Operators of Lodging (common spaces)
- Museums, Cultural & Historic Facilities, Guided Tours
- Office Spaces
- Places of Worship
- Sectors not Otherwise Addressed
- Theaters and Performance Venues
- Relevant EEA Industries – Youth sports spectators etc.
- *The following industries remain unaffected by capacity limits:* Drive in movie theaters; Construction; Laboratories; Manufacturing

Additional Guidance Changes:

- **Effective March 1st, Restaurants will no longer be subject to a % seated capacity limit and their capacity is limited only by the requirement of 6 feet between tables**
 - Musical performances allowed in restaurants (with appropriate distancing)
 - 90 minute time limit on tables *stays in place*
 - Limit of no more than 6 per table *stays in place*
 - Food courts *remain closed*
- **Effective March 1st, Fitting rooms may open in all retail businesses**

Gatherings Limit: Effective March 22nd, subject to public health data, the gatherings limit will increase for event venues and public settings, but will stay the same in private settings:

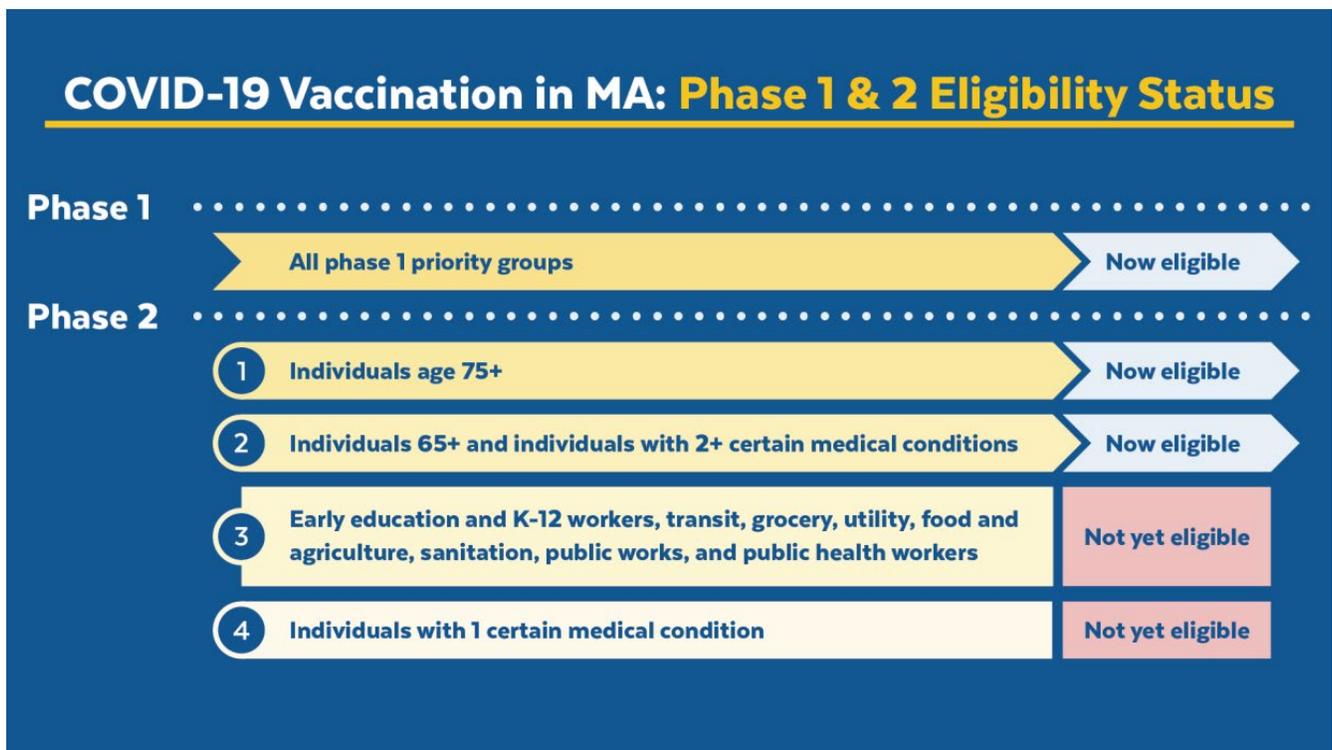
- **Event Venues and Public Settings:** 100 indoor; 150 outdoor
- **Private Settings (such as private residences):** 10 indoors; 25 outdoors

Phase 4, Step 1: Effective March 22nd, subject to public health data, the Commonwealth will move into Phase 4, Step 1:

- Indoor and outdoor stadiums, arenas and ballparks will reopen with a **12%** capacity limit
- Overnight Camps will be allowed to open for Summer 2021
- Exhibition and Convention Halls may reopen, subject to gathering limits and event rules
- Dance floors may open at weddings and events *only*
- All other Phase 4 industries will not be able to open until a future reopening step.

Updated guidance can be found at www.mass.gov/reopening.

- **Current Status of Vaccination Priority Groups**



Phase 2 (February-March 2021)

Listed in order of priority:

- **Group 1:** [Individuals age 75+](#)
- **Group 2:** [Individuals age 65+, individuals with 2+ certain medical conditions,](#) and/or [residents and staff of low income and affordable senior housing.](#)
- **Not yet eligible: Group 3:** Other workers, including Early Education and K-12 workers, transit, utility, food and agriculture, sanitation, public works and public health workers.
- **Not yet eligible: Group 4:** Individuals with one [certain medical condition](#)

More details on all the COVID-19 vaccination phases can be found [here](#).

- **Steps to get your vaccination**

Step 1: Check your eligibility below or [use our tool](#)

Step 2: [Book an appointment](#)

Step 3: [Prepare for your appointment](#)

- **MA Vaccine Scheduling Resource Line**

The [Massachusetts Vaccine Scheduling Resource](#) Line is available to support people 75 and older to schedule a COVID-19 appointment if they are unable to use or have difficulty accessing the internet. **This line is reserved only for people who do not have internet access or have the capability to schedule an appointment online.**

The call center hours of operation:

- **Monday to Thursday from 8:30 a.m. to 8:00 p.m.**
- **Friday, Saturday, and Sunday from 8:30 a.m. to 5:00 p.m.**

For assistance scheduling, dial 2-1-1 and follow the prompts for vaccine appointments. The Massachusetts Scheduling Resource Line is available in English and Spanish and has translators available to support residents in approximately 100 additional languages.

This resource line is not to answer general questions about COVID-19 or provide individual health care advice. **The quickest and easiest way to schedule a vaccine appointment or check availability is to use the online system at mass.gov/covidvaccine.**

At this point, the Town does not have any vaccine for public distribution. Please go to the [COVID webpage](#) for vaccine information and updates.

- **Massachusetts Caregiver/Companion COVID-19 Vaccine Eligibility**

Effective Thursday, February 11th, an individual who accompanies a person age 75 or older to [one of four mass vaccination sites](#) to receive the vaccine will be eligible to receive the vaccine too, if they have an appointment booked. **Both the companion and the individual age 75 or older must have an appointment for the same day and both individuals must be present. Only one companion is permitted. The companion must attest that they are accompanying the individual to the appointment.**

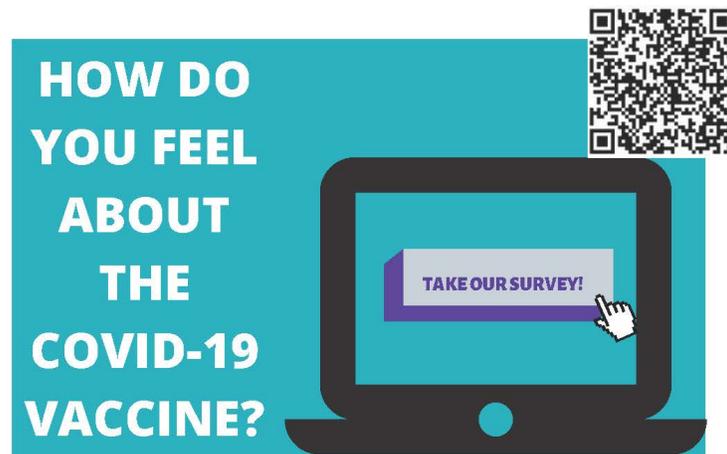
[COVID-19 Vaccine in Massachusetts](#)

[COVID-19 Vaccination Locations](#)

[When can I get the COVID-19 Vaccine](#)

[COVID-19 frequently asked questions](#)

[How to prepare for your COVID-19 vaccine appointment](#)



The Academic Public Health Volunteer Corps wants to know how **you** feel about the COVID-19 vaccine.

Share your thoughts in our survey **here**:
redcap.link/MAvaccinesurvey

You need to be **18+** to participate and it will take approximately **10 minutes**.

Your answers will be anonymous and completely confidential. This information will be used to inform our work in Massachusetts.

