



## Town of Chelmsford Board of Health

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### **COVID – 19 Update April 6, 2020**

Dear Chelmsford Residents:

We are dealing with unprecedented times with the fluid situation related to COVID 19.

The Board of Health is continuing to monitor the spread of COVID -19 within the community.

The virus is continuing to increase across the state and within Middlesex County. The breakout of the virus in the Town of Chelmsford remains similar to both Middlesex County and the Commonwealth as a whole. Confirmed cases in Chelmsford are dispersed geographically throughout the community.

The Town of Chelmsford is prepared to handle the progression of this pandemic. Massachusetts Department of Public Health (MDPH) and the U.S. Department of Health & Human Services, Centers for Disease Control and Prevention (CDC) have concluded that COVID -19 is present throughout all communities and that there is definitely community spread- in other words there is no known origin of these cases. It is further presumed that there are a number of undiagnosed cases in all communities. Therefore, it is vital that all residents heed the call to stay in your home unless you are essential personnel.

We ask that all residents do their part by maintaining social distancing, wash your hands, clean commonly touched areas often with disinfectant, and abide by all Executive Orders of the Governor. **STAY HOME!**

Please see below for more information on COVID -19

### ***Stay Healthy***

The best way everyone can deal with this epidemic is to assume that everybody has the virus, and to abide by the following Key Public Health Messages:

- Protect yourself by following public health advice about keeping your hands clean and covering coughs and sneezes.

- Stay home if you are sick. If you need to consult a health care provider, call ahead first or use telehealth services.
- Protect others who are most at risk of COVID-19 by keeping your distance from people (at least 6 feet away from others), especially those who are older, and people living with chronic health conditions.
- If you are outside, avoid crowds.
- Don't shake hands or hug.
- Stay connected to friends and loved ones by phone or through other technology.
- Take care of your emotional health and help others do the same. If you need emotional support during these stressful times: Call 2-1-1 and choose the "CALL2TALK" option.
- Samaritans is continuing operations 24/7, as always. During this unprecedented time, it can feel overwhelming to receive constant messages about COVID-19. Call or text their 24/7 helpline any time at 877-870-4673.
- The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

## *Stay Informed*

Get information from trusted sources:

- Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- For Updates and Information about COVID-19 in Massachusetts, including the latest news, case counts, and lab testing results, visit <https://www.mass.gov/covid19>
- The latest News and Announcements from the Massachusetts Department of Public Health (MDPH): <https://www.mass.gov/orgs/department-of-public-health/news>
- Massachusetts Emergency Management Agency (MEMA) website: <https://www.mass.gov/orgs/massachusetts-emergency-management-agency>
- The latest News and Announcements from the Office of Governor Charlie Baker and Lt. Governor Karyn Polito: <https://www.mass.gov/orgs/office-of-the-governor/news>
- Call 2-1-1 with questions
- Text the keyword COVIDMA to 888-777 to receive notifications to your phone

We thank you for your support during this time and would like to remind everyone on the importance of handwashing and social distancing to help stop the spread of disease.

Call your healthcare professional if you have a fever, cough, or difficulty breathing, or have been in close contact with a person known to have COVID-19.

Again, for the latest updates and information on COVID-19, please visit the MDPH website: [www.mass.gov/covid19](http://www.mass.gov/covid19)

You may call the Board of Health during normal business hours for any questions regarding COVID-19 at 978-250-5241 our hours of operation are: Monday, Wednesday, Thursday 8:30 am – 4:00 pm; Tuesday 8:30 am – 7 pm; Friday 8:30 am – 1:00 pm