



TOWN OF WAYLAND

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To: All Residents
From: Wayland Board of Health, Health Director and Public Health Nurse
Date: April 6, 2020
Re: **Weekly Board of Health Update: COVID-19 Case Status; Notice of Death; Strong Recommendation To Wear Face Coverings; Social Distancing Guidance; Avoidance of Others not in Household**

At its weekly meeting of April 3, 2020, the Board of Health reviewed the COVID-19 Case Status provided by the Health Director and the Public Health Nurse in the memorandum attached.

The Health Director and Public Health Nurse advised the Board of Health that a Wayland resident had passed away at a local hospital from COVID-19. The Public Health Nurse was conducting a contact investigation to identify with whom this individual had been in close contact. At the time, it appeared that the resident had little contact with people in the Wayland community.

The Board of Health discussed the current stay-at-home advisory for Massachusetts residents during this time of community spread of COVID-19. The Board of Health vote unanimously the following guidance for Wayland residents:

1. **The Board of Health highly recommends that you wear facial covering** (mask, scarf or bandana) **when venturing outside of your home and into areas where you may encounter other individuals**, especially indoors (shopping areas).
2. When you need to go to a store or other place where you may encounter other individuals, **the Board of Health strongly urges the continued practice of social distancing**; i.e. maintaining a distance of 6 feet from other people. Not all people exhibit symptoms. By maintaining social distancing, you reduce the chance of coming into contact with individuals who may be carrying the infection. The Board of Health also strongly advises continued hand washing, using hand sanitizer, and not touching your face.
3. The Board of Health encourages checking on friends and neighbors with a telephone call. **During this stay at home advisory, you should refrain from interacting in person with anyone who does not live within your own household.**

The Wayland Board of Health (BOH) continues to urge all residents and businesses to self-report any COVID-19 symptoms to the Coronavirus Hotline at 508-358-6805 and your primary care physician. *This is critically important to assist with the Town's case tracking and being aware of all COVID-19 cases in Wayland, whether residents or business employees.* The Health Department maintains patient confidentiality on this and all health matters.

All residents should evaluate their own health and determine if they are feeling mildly ill with a head cold, headache, "sniffles", congestion, cough and/or experiencing any CDC identified symptoms of COVID-19, which include fever, cough, and shortness of breath. COVID-19's symptoms mimic the seasonal flu or a bad cold. **If you or anyone in your family has any symptoms of being ill, we advise you to stay quarantined at home until you are feeling better and follow up with the Health Department and your primary care physician as needed.**

If you need help with basic life necessities such as food and obtaining medications, please call 508-358-7701. The Town will provide help.