



TOWN OF WAYLAND

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To: All Residents
From: Town Administrator and Health Director
Date: April 30, 2020
Re: Governor's Orders Extended to May 18, 2020: Stay-At-Home, Closures and Essential Services

Governor Baker extended the Non-Essential Business Closures, the Department of Public Health's Stay-At-Home Advisory, and the prohibition on gatherings of more than 10 people until May 18th.

MA Department of Public Health states staying home means:

- Only leave your home to address essential needs, get some fresh air and exercise, and if you do, avoid unnecessary contact with other individuals.
- You may still run essential errands such as going to the grocery store or pharmacy but should practice social distancing when shopping.
- When going to the pharmacy you should fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, you should try to use a mail-order service.
- You can still go to the gas station, order and pick up take-out food, and receive deliveries (e.g. Amazon, UPS, FedEx).
- You can still go outside to get fresh air; however, you must practice social distancing while outside and avoid touching surfaces frequently touched by others.
- You are encouraged to use remote modes of communication such as telephone or video chat (e.g. Facetime, Skype, Facebook Messenger Video Chat, Zoom) instead of visiting friends or family. This is especially true for a hospital, nursing home, skilled nursing facility, or other residential care setting.
- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.
- Parents should not arrange play dates for children during this time.
- All individuals must eliminate close contact activities such as pick-up sports games.

We continue to urge all residents to evaluate their own health and determine if they are feeling mildly ill with a head cold, headache, cough, sniffles and/or experiencing any CDC identified symptoms of COVID-19, which include fever, cough, and shortness of breath.

If you are feeling any symptoms, we advise you to contact the Wayland Health Department at the **Coronavirus Hotline 508-358-6805** and your primary care physician for guidance. 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 your primary care physician as needed.

The Town will also provide general help for residents who may need assistance obtaining basic and important life necessities, such as food or medications, by calling **508-358-7701**.