



TOWN OF WESTPORT
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**Westport Board of Health
COVID-19 Guidance
As of December 8, 2020**

Case Status:

Total number of confirmed COVID-19 positive cases of Westport residents on Monday, December 8th was **499**. Westport remains higher risk. We continue to see household transmission as the main source of positive cases in town.

Latest Guidance:

As we learn more about COVID-19, updated guidance and information is continually being released by the CDC and the state Dept. of Public Health (DPH). The Westport Board of Health participates in twice weekly calls with DPH, receives regular bulletins and hourly updates on the COVID tracking system. In turn, the BOH posts weekly updates for town residents on the Town's COVID-19 webpage. This guidance memo is being issued to provide the latest guidance and informational resources:

❖ **NEW State Updates:**

- Effective Friday, December 11th, hospitals will stop elective procedures and treatments that impact inpatient capacity.
- COVID Testing capacity is being expanded (see below)
- Restaurants and Event Venue Updates – starting Sunday Dec. 13th:
 - ✓ 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
- Workplaces and Fitness Centers Updates – starting Dec. 13th:
 - ✓ Require mask wearing in offices when not in your own workspace and alone
 - ✓ Require mask wearing at all times in gyms
 - ✓ Encourage teleworking

❖ **General COVID Information/Links:**

[Check your symptoms](#)

[What to do if you are sick](#)

- If you are sick **STAY HOME** and avoid close contact with others.

[Resources for maintaining emotional health](#)

❖ **COVID Testing:**

You should get tested if:

- You develop any symptoms of COVID-19, even if they are mild **OR**
- You are a close contact of someone who has tested positive for COVID-19

If you are a resident of a community at higher risk for COVID-19 spread, you are encouraged to get a COVID-19 test even if you have no symptoms.

Stop the Spread: For free testing of asymptomatic individuals. Local sites are in Fall River and New Bedford. A new rapid test site capable of handling 1000 test a day will open in New Bedford by the end of December (to be operated by Beacon).

All Test sites: Check the individual test sites for appointment, referral and insurance requirements.

❖ **Isolation & Quarantine:**

Updated protocols: <https://www.westport-ma.com/covid-19-corona-virus-information>

You must **isolate** if you are symptomatic or have tested positive for COVID-19.

- This means you must be alone, without direct contact with anyone else, until you can no longer spread the virus. This typically lasts about 10 days.
- You can resume public activities after the 10 days as long as you 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.

You must **quarantine** if you were in “close contact” with someone with COVID-19 but you haven't shown symptoms or had a positive COVID-19 test, for up to 14 days – though you may test out earlier (see below).

You are a Close Contact

- ✓ if you were within 6 feet of a covid-19 positive person, for at least 10-15 minutes while they were symptomatic or within the 48 hours before symptom onset.
- ✓ If you were within 6 feet for at least 10-15 minutes 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.

As of Dec. 7th, Massachusetts has adopted the latest quarantine guidelines from the CDC:

- 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.
- 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.
- 10 Tips for At-home Quarantine or Self-Monitoring
- Mass guidance: <https://www.mass.gov/guidance/information-and-guidance-for-persons-in-quarantine-due-to-covid-19>

❖ **Town Hall and the Town Hall Annex**

Now open to the public by appointment only **between the hours of 8:30 AM – 4:00 PM Monday thru Friday**. Please contact the department directly to make any arrangements. [Town Offices Telephone Directory](#)

❖ **Town Board & Committee meetings during COVID-19:**

The public may listen to or attend meetings virtually. You can listen in by phone - dial the number listed at the top of the posted agenda OR log in by computer – click on google meets link posted on the agenda. If you dial in please be sure to mute your device by dialing *6. For public comment items, you may unmute by dialing *6. If you are attending virtually please be sure to mute yourself by clicking on the microphone icon located on your screen.

Finally,

All of us are ready for life to get back to life, regular, normal life. We are all just tired of being home and tired of being afraid to go anywhere. The physical and mental fatigue from this can be overwhelming.

- Please use this time to focus on your overall health
- Invest some time in your spiritual and mental well-being
- If you are struggling reach out for help.
- There are many resources available:
- [Mental health support](#)
- Remember this will not last forever and that your efforts will impact the greater good.

Stay safe everyone. Thank you for your continued cooperation.

Matthew J. Armendo, Director