



TOWN OF WESTPORT
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Westport Board of Health COVID-19 Update
December 4, 2020

Case Update:

Total cumulative number of state confirmed COVID-19 positive cases of Westport residents on December 2nd was **460**, up 43 cases from last week. **Westport remains in the RED, higher risk category.** The rolling 14 day incidence rate went lower - down from 49.0 to **44.8/100,000**. Statewide the incidence rate is up to 35.7/100,000. Westport's number of cases for its population size (incidence rate) and the percentage of positive test results remain well above the state average. The complete data are available from the [state's weekly community COVID report](#).

Testing Data:

11,474 COVID tests have been performed on Westport residents up through December 2nd. There were **122 positive tests** out of 1613 done in the last 14 days for a positivity rate of **7.56%**. This rate is again lower than the previous week.

Extended through January 15th: The state's **Stop the Spread** free testing initiative in certain communities has been extended. The sites in these communities are open to all. To find a site visit www.mass.gov/stopthespread.

Westport has remained in the "red" category for seven consecutive weeks. While the trends in town have basically been headed in the right direction recently, we are still in a higher risk zone and the impact of Thanksgiving travel and gatherings hasn't shown up in the data yet.

It remains the case that most initial contact tracing in Westport is being done by the state Community Tracing Collaborative (CTC). When the CTC is unable to reach a person (case or contact), the Board of Health will be notified to make one last attempt to reach them. If we are unsuccessful in reaching that person a wellness check will be conducted. Contact tracing is a key element to breaking chains of transmission, so I urge Westport residents to cooperate with the CTC or Linda Pierce, our town nurse, if you should get a call – it will help the entire community.

How do you know if you are a "close contact" and must quarantine?

If you were within 6 feet for at least 10-15 minutes of someone (over a 24 hour period):

➤ While they were symptomatic or in the 48 hours before their symptom onset

OR

➤ Who tested positive for COVID-19 anytime during the 48 hours before their test was taken or in the 10 days after the test.

If you meet any of those criteria, you must quarantine for 14 days after your last close contact exposure to the person with COVID-19, even if they are asymptomatic. You may test out of quarantine after 10 days - with a negative PCR test and certain other requirements.

Information about [quarantine](#) and [isolation](#) protocols is available on the town's COVID website: <https://www.westport-ma.com/covid-19-corona-virus-information>

For someone who tests positive, you will be asked by the CTC team or the Board of Health to identify anyone you had close contact with anytime from 2 days before the date of your test until the end of your isolation period, regardless of when you got the test results.

More COVID-19 Updates

COVID-19 guidelines for worshipping safely: <http://www.mass.gov/worshipsafely>

COVID-19 field hospitals - a call for staffing help

There is an urgent need for trained professionals at both the Worcester and Lowell locations. UMass Memorial Health Care and Lowell General Hospital have established staffing application portals for doctors, RN and nurse practitioners, physician assistants, respiratory therapists, social workers, and other positions. Individuals with clinical training and experience are encouraged to apply by visiting the following sites:

Worcester DCU center: www.umassmemorialresponds.com

[Lowell General Hospital Field Hospital](#)

Stay Informed

- Get information from trusted sources. [Create a profile and sign-up for COVID-19 alerts](#) by text, email, or phone call in your preferred language.
- [Call 2-1-1](#) or use [live chat](#) for non-emergency questions and help
- Call [Crisis Counseling Assistance Program](#) | (888) 215-4920
- The 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. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

Executive Orders + Stay at Home Advisory one-pagers/flyers

Available in multiple languages at the links below:

- [Public gathering guidance](#)
- [Private gathering guidance](#)
- [Face Mask order](#)
- [Stay-at-home Advisory](#)

Updated Youth and Adult Amateur Sports Guidance: Latest guidance can be found [HERE](#). Interstate youth hockey competitions for public and private schools are suspended through at minimum December 31, 2020.

Travel Order: As of November 28, only Hawaii is a low risk state for travel.

Detailed travel order instructions can be found [here](#). In summary, all returning residents and visitors must:

1. Complete the online Massachusetts Travel Form prior to arrival, unless they are visiting from a lower-risk state or are exempt.

2. Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to arrival in Massachusetts.

COVID-19 Eviction Diversion: The state has launched a new website with information on resources available to help residents impacted by COVID-19 to cover rent and mortgage payments at <http://www.mass.gov/CovidHousingHelp>. Residents can also call 2-1-1, which features a language line and trained staff.

Town COVID Updates:

- **Town Hall and Annex** – Open to the public **BY APPOINTMENT ONLY**. Service by phone, mail, outdoor drop box, or online is recommended. Face masks are required for in-person appointments.
- **The Westport Food Pantry is at the Westport Grange, 931 Main Rd and is partnering with the Friends of the Westport Council on Aging (FWCOA).** The next food pantry pick-up will be Monday, December 7th from 9 am to noon at the Grange. Monetary donations can be sent to the FWCOA, Attn. Food Pantry, PO Box 4228, Westport, MA 02790. Food and grocery gift card donations are accepted on Tuesday, Wednesday and Thursday mornings (except Thanksgiving) at the Grange.
- **NEW! Pet Food Pantry** – The Westport Animal Control Department is proud to join the efforts of the Westport Food Pantry by providing dog and cat pet food and supplies for the animals that bring love and companionship to their owners. Donations of dry or canned dog or cat food, (maximum weight 25#), as well as treats, toys, cat litter and puppy training pads are gladly accepted. Please drop off your pet supply donation at the Grange, during its regular donation times.
- **Schools** - The Westport Community Schools now reports weekly updates on COVID cases at <https://westportschools.org/covid-19/>. For information about other school districts (including charter schools), collaboratives, and approved special education schools, visit: <http://www.doe.mass.edu/covid19/positive-cases/>. The state data only represents what has been reported to DESE.

Other BOH announcements:

- **Flu season:** Flu vaccines are available from the Town Nurse by appointment only. We no longer have any high dose (for over 65) vaccine in our supply. Please call 508-636-1030 to make an appointment.

Stay safe everyone. Thank you for your continued cooperation.

Matthew J. Armendo, Director