

Wesley Chin, MPH
DIRECTOR OF HEALTH

Telephone (617) 993-2720
Facsimile (617) 993-2721
wchin@belmont-ma.gov

DEPARTMENT OF HEALTH



BOARD OF HEALTH
DONNA S. DAVID, R.N., M.N.
JULIE C. LEMAY, M.P.H.
ADRIENNE S. ALLEN, M.D., M.P.H.

P.O. BOX 56, 19 MOORE STREET
BELMONT, MASSACHUSETTS 02478

PUBLIC HEALTH WEEKLY UPDATE:

COVID-19

January 7, 2022

Below is a summary related to the Town of Belmont's response to the COVID-19 (Coronavirus) pandemic. The Town of Belmont is committed to providing information including this weekly update on the COVID-19 situation. Numbers related to COVID-19 and other pertinent information are updated regularly on the [Town's website](#).

Since there was no weekly update document released last Friday due to the holiday, here is a summary of Belmont's COVID 19 data for the week of **December 31st**. The Town of Belmont ended the week with a total of 2035 *cumulative* confirmed cases of COVID-19, which was an increase of 294 cases from the previous week ending on December 24, 2021. Over the past two weeks, the average daily incidence was 49.8/100k, with a 4.13 percent positivity. Per the CDC's color-coded Community Transmission metrics (7 Day case count per 100k), Middlesex County was in the **High** category.

This week, the Town of Belmont currently has 2302 *cumulative* confirmed cases of COVID-19, which is an increase of 267 cases over the past week since December 31st, 2021. There have been a total of 81 COVID-19 related deaths to date for the Town of Belmont, all of which are confirmed by filed death certificates with the Town Clerk's Office. Over the past two weeks, our average daily incidence was 105.8/100k, with 9.35 percent positivity. Per the CDC's color-coded Community Transmission metrics (7 Day case count per 100k), Middlesex County is in the **High** category.

The Massachusetts Department of Public Health (MDPH) continues to provide weekly reports of COVID-19 data by city or town as part of its [Dashboard for COVID-19 Cases, Quarantine and Monitoring](#). MDPH updates this list once a week on Thursdays.

Belmont Town-Level COVID-19 Dashboard

Find the full Data Dashboard at the top of the town COVID-19 Page: <https://www.belmont-ma.gov/home/urgent-alerts/covid-19-information-for-the-town-of-belmont-find-all-updates-here>

Belmont Public Schools COVID-19 Dashboard

Find the School Year 2021-22 Dashboard here: https://datastudio.google.com/s/ngU-TM0fR_c



Updated COVID-19 Quarantine and Isolation Guidance

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

You can find the Massachusetts information on isolation and quarantine here:

<https://www.mass.gov/info-details/isolation-and-quarantine-guidance-for-the-general-public>

COVID Testing Information

Currently, there is a very high demand for COVID-19 testing. Appointments are filling up quickly and rapid home test kits are often sold out. You can use this state website to search for testing locations that meet your needs: <https://www.mass.gov/info-details/find-a-covid-19-test>

More appointments are added to testing sites every few days, and some locations accept walk-ins with no need for an appointment. Details like this can be entered in the above test locator tool, so that you can find open testing sites, as well as the contact and registration information for those sites.

The Randolph Health Department has a drive-through site operating with lots of availability every day. They accept appointments as well as walk-ins. Their information site can be found here:

<https://www.randolph-ma.gov/home/news/covid-19-free-testing-site-information>

Booster Dose Eligibility

Individuals 18+ who received the COVID-19 vaccine are now more widely eligible for booster doses. Booster doses of the COVID-19 vaccine may be mixed. Regardless of whether you got Pfizer, Moderna, or J&J, you can get any brand of booster dose as long as you qualify based on the criteria listed below:

Do I qualify for a COVID-19 vaccine booster and which one?			
Which primary vaccine series did you complete?	Pfizer-BioNTech	Moderna	Janssen (J&J)
You can get a booster if:	It's been at least 5 months since completing the primary series AND you are:	It's been at least 6 months since completing the primary series AND you are:	It's been at least 2 months since completing the primary vaccination AND you are:
	Age 12+	Age 18+	Age 18+
If eligible, you can get a booster of:	Pfizer-BioNTech* Moderna Janssen (J&J) <small>*Only Pfizer-BioNTech can be used as a booster in those age 12-17.</small>	Moderna Pfizer-BioNTech Janssen (J&J)	Janssen (J&J) Pfizer-BioNTech Moderna

For more information, visit www.fda.gov/covid19vaccines.

- **Pfizer recipients:**
 - All individuals 12-17 who received their second dose of Pfizer at least 5 months ago are now eligible for a booster dose of the Pfizer vaccine.
 - All individuals 18 and older who received their second dose of Pfizer at least 5 months ago are now eligible for a booster dose of any COVID vaccine.
- **Moderna recipients:**
 - All individuals 18 and older who received their second dose of Moderna at least 6 months ago are now eligible for a booster dose of any COVID vaccine.
- **Johnson and Johnson recipients:**
 - All Individuals 18 and older who received a dose of the Johnson and Johnson vaccine at least 2 months ago are now eligible for a booster dose of any COVID vaccine.

Some individuals who are immunocompromised due to particular health conditions, including children ages 5-11, are eligible for a third dose (different from a booster dose) of Pfizer or Moderna vaccine. Talk to your doctor if you think this may apply to you, or if you have questions.

- More information on this can be found [here](#).

Children's COVID Vaccine Information, Ages 5-11

The CDC has made the recommendation for children between 5 and 11 years old to be vaccinated against COVID-19 with the pediatric dosage of Pfizer. Distribution of pediatric vaccinations across the country started in early November, and scaled up to full capacity starting the week of November 8th. Vaccines will be available at thousands of pediatric healthcare provider offices, pharmacies, Federally Qualified Health Centers, and more. More appointments will become available as more vaccine is shipped out, so if you are not able to get an appointment immediately, continue checking back in over the next few weeks.

Town Wide Indoor Mask Order – Updated 9/20/2021

Spaces that are covered under this mandate should post Belmont's mask signage conspicuously at all points of entry. If a business or residence does not have this signage, it is posted on the Belmont website with the other COVID materials. You can also call the Health Department and we will send you the materials. 617-993-2720.

This indoor mask order will be in effect whenever the [Level of Community Transmission](#) data from the US Centers for Disease Control (CDC) for Middlesex County is categorized as either "Substantial" or "High" over a consecutive *two-week period*. The mandate will be paused whenever this data is categorized as either "Low" or "Moderate" over a consecutive two-week period. Please note this is a different metric than the weekly statistics provided by the MA Department of Public Health.

The **full order** can be viewed on the Town's COVID webpage:

<http://belmont-ma.gov/sites/g/files/vyhlf6831/f/uploads/scan-44.pdf>

The link to the **mask signage** for businesses to post can be found here: https://www.belmont-ma.gov/sites/g/files/vyhlf6831/f/uploads/updated_face_covering_sign_for_businesses_-_aug_2021.pdf



The infographic is titled "Best Mask Practices to Support a Healthy Belmont" and features the Belmont logo and seal. It provides three key factors for choosing masks: Fit, Filtration, and Wearability. Each factor includes a brief description, a list of tips, and a link to the CDC website for more information. At the bottom, there are illustrations of a woman and a child wearing masks, and the Belmont Health Department contact information.

Best Mask Practices to Support a Healthy Belmont

As cases continue to increase this winter, understanding the best practices for mask-wearing will help keep you, your loved ones, and your community safe. Here are three of the main factors to consider when choosing your masks:

Fit	Filtration	Wearability
<p>Choose a mask that fits snugly, covering the nose, mouth, and chin. Bendable nose pieces can help with this.</p> <p>All edges should touch your skin, you can test out different shapes and sizes to find the right fit for you.</p> <p>Since medical masks do not fit everyone perfectly, you can layer a cloth mask over it to seal up any gaps and increase protection (double masking).</p>	<p>Choose a mask that offers a high level of filtration.</p> <p>High filtration medical-style masks have been found to effectively protect both the wearer and others around them.</p> <p>There are many options to choose from, and this CDC page can help to select the best mask for you:</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html</p>	<p>Choose a mask you can comfortably keep on throughout the day, when you're out in public, at work, on public transit, or in healthcare settings.</p> <p>This CDC page can help identify the proper way to wear and care for your masks, so you can accurately determine which masks will best fit your wearability needs:</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html</p>

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PDF Links:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

CDC COVID-19 Data and Information

COVID Data Tracker: <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

Info for fully vaccinated individuals: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Finding a COVID-19 Vaccine Appointment

All residents 5+ are eligible to receive the COVID-19 vaccine. Residents can register to book an appointment at a mass vaccination site at mass.gov/COVIDVaccine. Appointments will be offered based on eligibility and available appointments nearby. It is expected that more sites will come online. Residents who do not have internet access or someone to fill the form out for them can call **2-1-1** to register.

A complete list of vaccine locations, including retail pharmacies, health care providers, and other can be found here: <https://vaxfinder.mass.gov/> or by searching via map here: <https://www.mass.gov/info-details/covid-19-vaccination-locations#map-of-vaccination-sites->

Vaccination Data

- Link to full vaccination reports and data: <https://www.mass.gov/info-details/massachusetts-covid-19-vaccination-data-and-updates>
- Belmont vaccination data can be found in the town Dashboard, updated weekly

COVID-19 Testing

You should get a test for COVID-19 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, or
- You have traveled or are planning to travel

What are the symptoms of COVID-19?

If you develop symptoms of COVID-19, even if they are mild, please contact your healthcare provider and a test site near you to schedule a test. You can also [check your symptoms online](#). Symptoms may appear 2-14 days after exposure to the virus.

Belmont Helps: Ways to Help Our Community

[Donate](#) | [Volunteer](#) | [Ask for Help](#) | [Find Resources](#) | [Request or Help Sew Masks](#)

Belmont Helps, a Winn Brook Parent Teacher Association Committee, is a 100% volunteer organization founded on March 14, 2020 to connect Belmont area community members in need during the COVID-19 outbreak to resources and volunteers. More information can be found at www.belmonthelps.org. Contact belmonthelps@gmail.com or leave a message at (617) 993-0162 for a call back from a team member.

COVID-19 Informational Call Center

For general COVID-19 questions, all Massachusetts residents encouraged to call the state's 2-1-1 hotline that is staffed by operators 24/7 and with translators available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the [Mass 2-1-1 website](#).

Please call 9-1-1 in the event of an emergency. Calls should not be made to 9-1-1 to obtain information about COVID-19.

