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PUBLIC HEALTH WEEKLY UPDATE:
COVID-19
January 28, 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.

This week, the Town of Belmont currently has 3142 *cumulative* confirmed cases of COVID-19, which is an increase of 153 cases over the past week since January 21st, 2022. There have been a total of 84 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 130.6/100k, with 9.65 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

Free Home COVID Tests

The Biden Administration has made free at-home COVID-19 rapid tests available to all residents through a new web-based ordering platform. Each household is entitled to 4 testing kits through this program. These rapid antigen at-home tests can be ordered from the U.S. Post Office at COVID Home Tests | USPS.

Home Test Finder

An Arlington resident has launched a website that allows individuals to find out where they can get nearby rapid tests by entering their zip code. People can also help the website stay up-to-date about locations with tests — or stores that have sold out.

Test finder: https://www.covidtestcollab.com/

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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

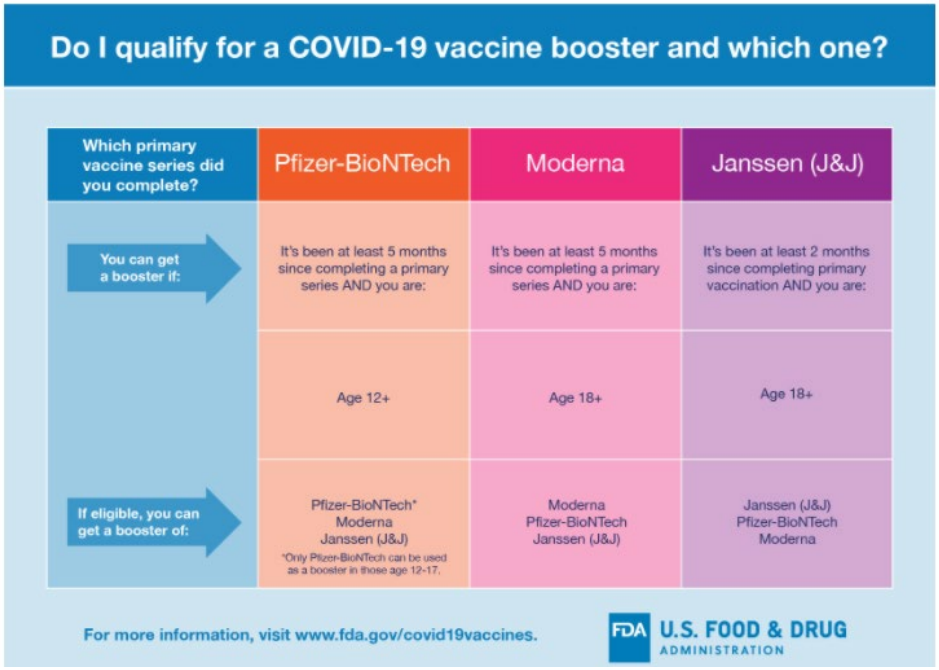
COVID Testing Information

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:



- **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 5 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/vyhlif6831/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/vyhlif6831/f/uploads/updated_face_covering_sign_for_businesses_-_aug_2021.pdf



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**

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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 continue to 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.

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