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**DEPARTMENT OF HEALTH**



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**PUBLIC HEALTH WEEKLY UPDATE:**

**COVID-19**

**April 22, 2022**

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

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](#).

The Town of Belmont currently has 3613 *cumulative* confirmed cases of COVID-19, which is an increase of 74 cases over the past week since April 15, 2022. There has 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 33.6/100k, with 3.55 percent positivity. Per the CDC's Community Level metrics, Middlesex County is in the **Medium** category – learn about recommended guidance for this level [here](#).

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 weekly on Thursdays. The CDC information on Community Levels can be found [here](#). The CDC updates their [COVID Data Tracker](#) daily.

**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](https://datastudio.google.com/s/ngU-TM0fR_c)

**Second Booster Doses**

The Baker-Polito Administration has announced that all residents aged 50 and older, or individuals who are younger with certain medical conditions may now access a second COVID-19 booster. The CDC recommended earlier this week that certain immunocompromised individuals and all individuals over the age of 50 get an additional booster dose of COVID-19 vaccines. The decision follows authorization by the U.S. Food and Drug Administration (FDA) for a second booster dose for these groups four months after receiving a first booster of the Pfizer or Moderna vaccines. Those eligible include:



- Individuals 50 years of age and older at least 4 months after getting a first booster
- Individuals 18 and older with certain medical conditions may get a second Moderna booster at least 4 months after first booster
- Individuals 12 and older with certain medical conditions may get a second Pfizer booster at least 4 months after the first booster.
- In addition, per the CDC, individuals 18 and older who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine at least 4 months ago may now receive a second booster dose using an mRNA COVID-19 vaccine.

Residents may access booster doses from more than 1,000 locations, with appointments readily available for booking across the Commonwealth. Visit [mass.gov/COVIDVaccine](https://mass.gov/COVIDVaccine) to make an appointment.

### COVID-19 Quarantine and Isolation Guidance

<b><u>If You Test Positive for COVID-19 (Isolate)</u></b> <b>Everyone, regardless of vaccination status.</b>	<ul style="list-style-type: none"> <li>• Stay home and isolate for at least the first 5 days.</li> <li>• If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.</li> <li>• Wear a mask around others for 10 days (including in the household).</li> </ul> <p><i>If you have a fever, continue to stay home until your fever resolves.</i></p>
<b><u>If You Were Exposed to Someone with COVID-19 (Quarantine):</u></b>	
<b>If you:</b> Have been boosted <b>OR</b> Completed the primary series of Pfizer or Moderna vaccine within the last 5 months <b>OR</b> Completed the primary series of J&J vaccine within the last 2 months	<ul style="list-style-type: none"> <li>• Wear a mask around others for 10 days, including in the household.</li> <li>• Test on day 5, if possible. If positive test, follow Isolation Guidance.</li> </ul> <p><i>If you develop symptoms get a test and stay home.</i></p>
<b>If you:</b> Completed the primary series of Pfizer or Moderna vaccine <u>over</u> 5 months ago and are not boosted <b>OR</b> Completed the primary series of J&J <u>over</u> 2 months ago and are not boosted <b>OR</b> Are unvaccinated	<ul style="list-style-type: none"> <li>• Quarantine at home for 5 days.</li> <li>• Wear a mask during quarantine and for an additional 5 days when around others (including in the household).</li> <li>• If you can't wear a mask for you must quarantine for 10 days.</li> <li>• Test on day 5 if possible. If positive test, follow Isolation Guidance.</li> </ul> <p><i>If you develop symptoms get a test and stay home</i></p>

You can find the full Massachusetts information on isolation and quarantine here:  
<https://www.mass.gov/info-details/isolation-and-quarantine-guidance-for-the-general-public>



## Protect yourself, your family, and your community from COVID-19

**Get vaccinated and stay up to date.**



The best protection against COVID-19 is staying up to date on COVID-19 vaccines. That means being fully vaccinated and getting a booster. Fully vaccinated people are much less likely to get sick or spread the virus that causes COVID-19, especially if they have their booster shot. Learn more at [mass.gov/CovidVaccine](https://mass.gov/CovidVaccine)

**Take a test.**



Testing for COVID-19 is widely available, including at-home rapid tests. Get tested if you have symptoms. Learn more at [mass.gov/GetTested](https://mass.gov/GetTested)

**Get Treatment.**



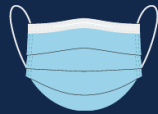
If you test positive, talk to your doctor right away about treatment options that are available for people who have mild to moderate symptoms. Learn more at [mass.gov/CovidTreatments](https://mass.gov/CovidTreatments)

**Stay home when you are sick.**



Staying home helps prevent the spread of illness.

**Mask up if you need to.**



Learn more at [mass.gov/MaskUpMA](https://mass.gov/MaskUpMA)

**Improve air ventilation.**



Bring in clean outdoor air. Indoor air moves less than outdoor air, so viral particles hang in the air in greater concentrations. Ventilation can disperse viral particles.

**Wash your hands.**



Wash your hands often with soap and warm water. Or use hand sanitizer with at least 60% alcohol.

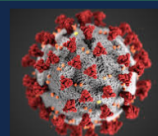
**Enable MassNotify on your smartphone.**



MassNotify is an anonymous tool that works to alert users who may have been exposed to COVID-19. Learn more at [mass.gov/MassNotify](https://mass.gov/MassNotify)



**Belmont Health Department**  
**617-993-2720**



## Free Home COVID Tests

The Biden Administration has made free at-home COVID-19 rapid tests available to all residents through a web-based ordering platform. As of early March, each household was made eligible for an additional 4 testing kits through this program, for a total of eight individual kits per household. These rapid antigen at-home tests can be ordered from the U.S. Post Office at [COVID Home Tests | USPS](#).



## COVID Testing Information

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 (<https://www.mass.gov/info-details/find-a-covid-19-test>). You can also [check your symptoms online](#). Symptoms may appear 2-14 days after exposure to the virus.

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/>

## Finding a COVID-19 Vaccine Appointment

**All residents 5+ are eligible to receive the COVID-19 vaccine.** Residents can register to book an appointment in Massachusetts at [mass.gov/COVIDVaccine](https://mass.gov/COVIDVaccine). Residents who do not have internet access or someone to fill the form out for them can call **2-1-1** to register.

If you are moderately or severely immunocompromised (have a weakened immune system), CDC recommends that you complete your primary series of COVID-19 vaccines if you are 5 years and older, and if you are 12 years or older, get a booster. Because the immune response following COVID-19 vaccination may differ in people who are moderately or severely immunocompromised, specific guidance has been developed. More information on this can be found [here](#).

### ***Clinical Considerations for the COVID-19 vaccine (Updated February 2022):***

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html>

- Added considerations for an 8-week interval between the first and second doses of a primary mRNA vaccine schedule
- COVID-19 primary series vaccination is recommended for everyone ages 5 years and older in the United States for the prevention of COVID-19.
- A 3-dose primary mRNA COVID-19 vaccine series is recommended for people ages 5 years and older who are moderately or severely immunocompromised, followed by a booster dose in those ages 12 years and older.
- In most situations, Pfizer-BioNTech or Moderna COVID-19 Vaccines are preferred over the Janssen COVID-19 Vaccine for primary and booster vaccination.
- A booster dose of COVID-19 vaccine is recommended for everyone ages 12 years and older. Timing of a booster dose varies based on COVID-19 vaccine product and immunocompetence.
- Efforts to increase the number of people in the United States who are [up to date](#) with their COVID-19 vaccines remain critical to preventing illness, hospitalizations and deaths from COVID-19.

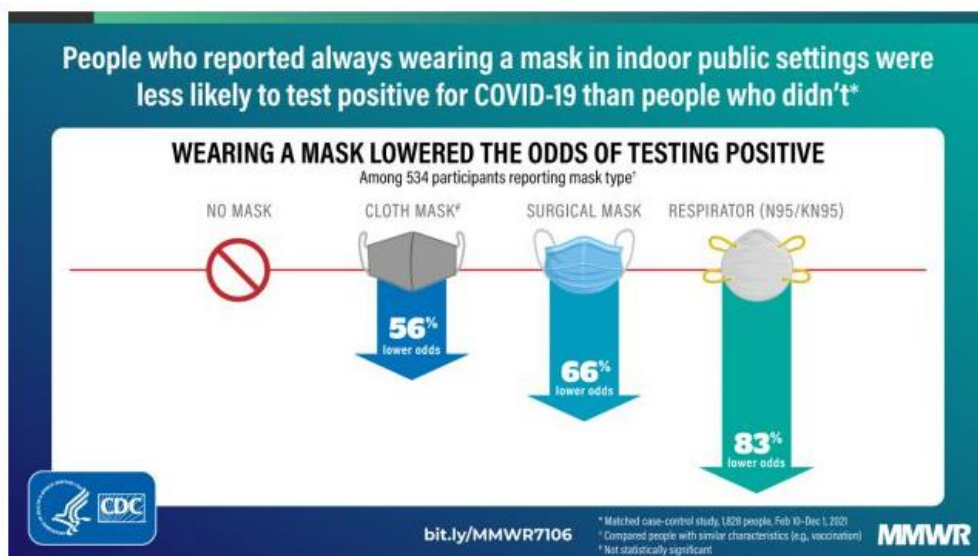
## My Vax Records: Mobile COVID-19 vaccine card

Massachusetts has an online portal where you can look up your MA vaccination records, and get a copy downloaded to your phone that serves as a mobile vaccine card. Go to their website: <https://www.myvaxrecords.mass.gov/> and enter the information you used when getting vaccinated. A link to access and download your online record will be sent to you within 24 hours. The mobile vaccination records sent to you will be based on what is in MIIS, the Massachusetts Immunization Information System, so if you received vaccines in another state, they will not be available through this service.

## 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

## Masking



[https://www.cdc.gov/mmwr/volumes/71/wr/mm7106e1.htm?s\\_cid=mm7106e1\\_w](https://www.cdc.gov/mmwr/volumes/71/wr/mm7106e1.htm?s_cid=mm7106e1_w)  
<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>

## 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](http://www.belmonthelps.org). Contact [belmonthelps@gmail.com](mailto: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](#).

