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DEPARTMENT OF HEALTH



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PUBLIC HEALTH WEEKLY UPDATE:

COVID-19

June 3, 2022

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

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 4267 *cumulative* confirmed cases of COVID-19, which is an increase of 80 cases over the past week since May 27, 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 62.3/100k, with 7.86 percent positivity. Per the CDC's Community Level metrics, Middlesex County is in the **High** 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

COVID Safety - High Community Level

Middlesex county is currently in the High category per CDC community levels. With each increase in risk level, the CDC has guidance they recommend accordingly. The below flyer has a list of guidance that is recommended for communities currently in the High category.

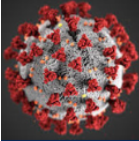
If you have questions or concerns about COVID-19 or the related guidance, please give the Health Department a call at 617-993-2720.

Additionally, the State Department of Public Health has just launched a [free telehealth service](#) for those with COVID-19 who are higher risk for complications. Telehealth is a quick and easy way to see if Paxlovid, a COVID-19 treatment pill taken by mouth, is right for you. If it is, they'll arrange for




pickup at your local pharmacy or free overnight delivery (if the prescription is written before 5 p.m. Monday - Friday). This is a new service provided by the Commonwealth of Massachusetts. Visit this link to get started: <https://www.mass.gov/info-details/free-telehealth-for-covid-19-treatment-with-paxlovid?fbclid=IwAR0Td0-Xca03EsOhRdXf9bY4NssK4OTInwgnY-c2lRK3gtwxR2oZW0DE3g>

Lastly, the Health Department currently has a limited supply of KN95 masks that are available to Belmont residents. If you are interested in picking some up, give us a call or stop by our office.




COVID-19 Safety: High Community Level




Middlesex County has moved up into the "High" category based on the CDC Community Levels metric. As cases continue to increase both in Belmont and throughout the state, below is the recommended guidance for communities with high levels of COVID:

- Everyone is strongly recommended to mask up in public indoor settings regardless of vaccination status, due to the increased level of spread.
- Stay up to date with COVID-19 vaccines and boosters. Belmont's next vaccine/booster clinic is Wednesday May 25th.
- Maintain improved ventilation throughout indoor spaces when possible.
- If you are immunocompromised, or live with someone who is immunocompromised, talk to your doctor to make sure you have a plan in place with any extra precautions you might want to use. These may include rapid testing before visits, and wearing masks with higher protection levels.
- Follow guidance for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19.
- Talk to your doctor to understand your eligibility for COVID treatment options if you should need them.



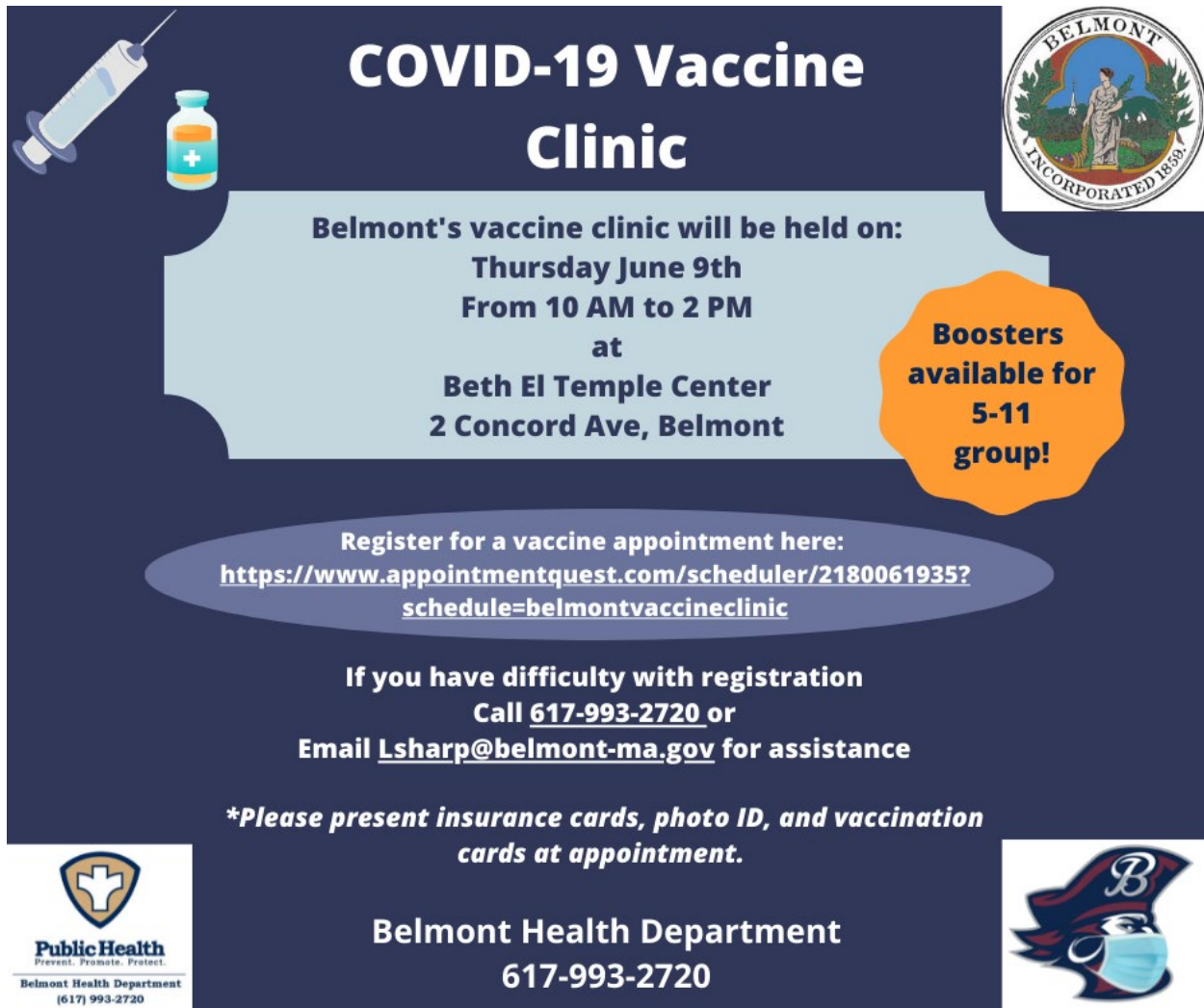
Belmont Health Department
617-993-2720



Booster Doses

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

Belmont has an upcoming vaccination clinic for residents, register for it below:



COVID-19 Vaccine Clinic

Belmont's vaccine clinic will be held on:
Thursday June 9th
From 10 AM to 2 PM
at
Beth El Temple Center
2 Concord Ave, Belmont

Boosters available for 5-11 group!



Register for a vaccine appointment here:
<https://www.appointmentquest.com/scheduler/2180061935?schedule=belmontvaccineclinic>

If you have difficulty with registration
Call **617-993-2720** or
Email Lsharp@belmont-ma.gov for assistance

**Please present insurance cards, photo ID, and vaccination cards at appointment.*

Belmont Health Department
617-993-2720

Public Health
Prevent. Promote. Protect.
Belmont Health Department
(617) 993-2720

6/9 Registration Link:

<https://www.appointmentquest.com/scheduler/2180061935?schedule=belmontvaccineclinic>

COVID-19 Quarantine and Isolation Guidance

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

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 late May, each household was made eligible for an additional 8 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](#).



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. 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/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. 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](#).