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PUBLIC HEALTH WEEKLY UPDATE:
COVID-19
May 1, 2020

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 daily on the [Town's website](#).

The Town of Belmont currently has 166 confirmed cases of COVID-19. There are now a total of 56 COVID-19 related deaths in the Town of Belmont, 45 of which are confirmed by filed death certificates with the Town Clerk's Office and 11 are *unconfirmed*.

Daily updates on COVID-19 and local cases will continue to be posted on the Town of Belmont's [COVID-19 webpage](#).

The Massachusetts Department of Public Health (MDPH) is providing weekly reports of COVID-19 data by city or town as part of its [Dashboard for COVID-19 Cases, Quarantine and Monitoring](#). MDPH will update this list once a week on Wednesdays.

Face Coverings: Required use in essential businesses

On April 27th the Belmont Board of Health and Belmont Select Board enacted [Temporary Emergency Regulation #1](#) to empower operators of essential businesses and their employees to require all members of the public to wear a face covering, and to practice [social distancing](#) in accordance with CDC guidelines when entering an essential business within the Town of Belmont. This regulation also applies to the operators and employees when working inside of an essential business.

Per Governor Baker's [COVID-19 Executive Orders](#), an essential business includes, but is not limited to, grocery stores, pharmacies, laundromats, home improvement stores, banks, and restaurant pick-up sites.

This regulation does not require that individuals use face coverings when in public spaces outside (i.e. sidewalks, conservation land) or engaging in exercise activities (i.e. running, biking), however,



the use of a face covering is strongly encouraged wherever it may be difficult to safely engage in social distancing practices.

The use of face coverings can help reduce asymptomatic (no active symptoms) spread of COVID-19.

Please visit the CDC's website to learn more about its [recommendation for face coverings](#). The CDC has also posted information on [how to make your own face covering](#).

Face Coverings for Senior Citizens

The Beech Street Center has a limited supply of face coverings available to provide to senior citizens in Belmont. Senior citizens may contact the Beech Street Center to request either handmade washable cloth masks, or disposable masks.

Please be advised that as of Tuesday, April 28th, the Town has mandated use of masks at essential business; please further be advised that any contactless transactions occurring outside the center, including meals, also require you to wear a mask.

Please note that your call will be answered and Beech Street Center staff will respond to your request within 48 hours. To make your mask requests, please call the main number at 617-993-2970 or email dleavitt@belmont-ma.gov.

Beech Street Center

Nava Niv-Vogel, Director of the Council on Aging, wishes to remind the community that staff at the [Beech Street Center](#) are available to help residents of all ages to access essential services during the pandemic.

Due to growing national concern that people are waiting too long to seek out medical treatment over fears of catching COVID-19, potentially contributing to poor health outcomes, all residents are reminded to always call their primary care physicians and/or other medical specialists for advice regarding ANY medical issue, even if it is not related to COVID-19.

Staff at the Beech Street Center can be reached at (617) 993-2970.

Emotional Health Resources

During stressful times it is common to have worries about yourself or a loved one. If you have questions about the types of treatment available, please contact Health Department Social Worker Janet Amdur at jamdur@belmont-ma.gov or (617) 993-2983.

Please remember to take care of your emotional health and help others to do the same. If you need emotional help please also consider making use of the following resources:

- Call 2-1-1 and choose the “**CALL2TALK**” option. (Please note that 2-1-1 call center has recently been operating on approximately a 90-minute delay for responses.)
- The **Samaritans** helpline operates 24 hours a day, 7 days a week. Call or text their helpline any time at 1-877-870-4673.



- The **Disaster Distress Helpline**, 1-800-985-5990, is a national hotline, which also operates 24/7, to provide immediate crisis counseling for people who are experiencing emotional distress related to any natural or human caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.
- The **Beech Street Center** is a local resource in Belmont that can help senior citizens address a variety of needs and access to social services.

Belmont Food Pantry

The Belmont Food Pantry will be open, to distribute food on the following dates: Saturday, MAY 2nd & Saturday MAY 16th from 8:30 – 10:00 a.m. The distribution will still be a drive-thru with everyone remaining in their car, pulling up to the volunteer to check in and another volunteer will put the bag(s), per family, into the car. Walkers PLEASE keep a distance from each other and Food Pantry volunteers WILL COME to you. Belmont residents who are coming to receive food, please remember to bring your ID and have it ready before you get to the check in. Click here <https://sites.google.com/.../thebelmont.../home/new-client-forms> for the application and instructions.

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.

Medical Reserve Corps: A Call for Volunteers

The Medical Reserve Corps (MRC), is a national network of volunteers under the US Department of Health and Human Services. The [Metro East MRC](#) is the regional unit based out of the Arlington Health Department that is charged with serving 18 communities, including Belmont. There is currently a high demand for Metro East MRC volunteers to help with the local and regional response to the COVID-19 crisis. Volunteers have been activated to assist with delivering food and medications, staffing call centers, and providing backflow to medical facilities in the region. Interested volunteers should sign up at www.MAResponds.org by selecting "Metro East MRC" as their organization. Medical volunteers are also encouraged to join the "COVID-19 Response" team via MA Responds. Please contact **Mia Nardini**, Metro East MRC Coordinator, at 781-316-3177 or MetroEastMRC@Town.Arlington.MA.US with any questions.

Testing

If you have symptoms, and you believe that you should be tested for COVID-19, first contact your healthcare provider. They will decide whether you need to be tested, but keep in mind that there is no specific treatment for COVID-19 and people who are mildly ill may be able to isolate and care for themselves at home.

If your health care provider recommends that you should be tested, but their facility cannot offer the test, obtain a referral and contact one of the facilities on the Massachusetts Department of



Public Health list of COVID-19 Testing Sites in Massachusetts found here:

<https://www.mass.gov/doc/ma-covid-19-testing-sites/download>.

Keep in mind that you may need to undergo an additional eligibility screening before you can be tested, and that these sites require an appointment, they do not yet take walk-ins.

Contact Tracing

To help reduce the spread of the virus, Belmont is participating in the [Massachusetts COVID-19 Community Tracing Collaborative \(CTC\)](#) program.

What is contact tracing?

The Commonwealth of Massachusetts is collaborating with Partners in Health (PIH) to contact every resident that tests positive for COVID-19. Public health officials from PIH and/or the local board of health will speak with infected individuals and help identify a list of **close contacts*** that they may have had an interaction with in the 48-hour period before their start of symptoms, or the two days prior to the test that led to a positive result for individuals who do not have symptoms.

Once close contacts are identified, public health officials will begin reaching out to individuals on the list of contacts to notify them about the exposure to an infected individual (who will not be identified) and to also provide them with direction about a 14-day quarantine period and instruction on self-monitoring for symptoms. Contact tracers or local board of health officials then will check in with individuals to monitor symptoms and needs throughout the duration of the quarantine period.

If an individual develops symptoms consistent with COVID-19 while in quarantine, they will need to notify public health staff, and remain in isolation until symptoms resolve. Contact tracing will then begin on behalf of this individual as well.

*MDPH defines a **close contact** as someone that has being within approximately 6-feet of a known COVID-19 case for about 15 minutes.

Why is contact tracing important?

People in close contact with someone infected with a virus such as COVID-19 are at higher risk for becoming infected themselves and of potentially infecting others. Contract tracing finds possible new cases quickly so that they can be isolated to help stop further spread of the virus.

Sign up to work as a contact tracer for the state

Partners in Health (PIH) is hiring Contact Tracers, Resource Coordinators, and Case Investigators for outreach to all Massachusetts contacts of COVID-19 patients. These positions are essential for providing COVID-19 contacts with critical information about testing and quarantine, referrals for testing, and to provide support resources during the quarantine period.

Learn more about [contact tracing opportunities](#) by visiting the PIH website.

Grocery stores

On April 7th, the Department of Public Health released further guidance to promote social distancing at grocery stores. The new guidance requires that each grocery store limit occupancy to 40% of its maximum permitted occupancy level. It also sets out procedures by which staff should



monitor occupancy levels. You can find the new guidance here: <https://www.mass.gov/doc/order-grocery-stores-40-percent/download>

Things to keep in mind when you go to the grocery store:

- Follow guidance posted in store and instructions from grocery store staff on social distancing
- Only send one person per family, leave children and other families members at home if at all possible
- Buy enough to extend how long you can go until your next trip, but don't buy up too many of one particular item
- Shop at an off-peak time if possible. In the morning before 10 or 11 am tends to be the busiest time in many area stores at the moment
- **Wear a face covering!**

Remember that it is possible that you may be contagious even if you don't feel sick. Your fellow shoppers and hardworking grocery store employees are depending on you to make the best possible choices to keep them safe.

Belmont COVID-19 Informational Call Center and Email

For general COVID-19 questions not specific to the Town of Belmont, 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 on the [Mass 2-1-1 website](#).

The Town of Belmont has also established a call center to allow residents to ask non-medical questions specific to COVID-19 in Belmont. The call center will be staffed Monday through Friday from 8am to 4pm the number for the call center is (617) 993-2222. Questions can also be emailed to: belmontec@belmont-ma.gov .

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

Belmont Public Schools

The Superintendent will post regular updates for parents and students in the [Belmont Public Schools News](#) section of its webpage.

What's open and what's closed

Statewide:

- All **public and private elementary and secondary schools** throughout the Commonwealth will be closed for the remainder of this school year with distancing learning continuing through the last day of school in June.
- Effective March 23rd, all **public and private daycare providers** will be closed. The Commonwealth will establish Exempt Emergency Child Care Programs to provide priority service for families of emergency personnel, medical staff, and others critical to confronting COVID-19.



- All **restaurants and bars** are prohibited from on-premise consumption of food. However, these food establishments may remain open for now to provide food through take-out or delivery service.
- To learn more about what types of businesses are allowed to continue operations during this time, please refer to the Commonwealth's [COVID-19 Essential Services FAQs](#)

Belmont:

- All Town of Belmont **public playgrounds and fields** (including all basketball, tennis, and pickleball courts) are closed.
- **Field use** permits are suspended until further notice.
- **Public meetings and hearings** will be limited to allow for essential business to be conducted.
- **Town Hall Offices, the Belmont Public Library, and the Beech Street Center buildings** are closed to the public until further notice. Staff in these offices are available to assist residents with questions and/or concerns. Residents in need of assistance are encouraged to contact respective Town departments by phone and/or email www.belmont-ma.gov.
- Important updates about COVID-19 and its impact on the Town will be posted at www.belmont-ma.gov.