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PUBLIC HEALTH WEEKLY UPDATE:
COVID-19
June 4, 2021

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 1148 *cumulative* confirmed cases of COVID-19, which is an increase of 4 cases since our May 28 report. There have been a total of 80 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. Due to the new case count over the past two weeks, our average daily incidence of 1.8/100k, and our 0.42 percent positivity, Belmont is **Grey** this week according to the color designation metrics (*Less than or equal to 10 cases overall, as reported in the last two weeks*).

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 and Public Schools COVID-19 Dashboards

Find the 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>

Weekly Vaccine Data

<i>As of 6/3/2021</i>	Fully Vaccinated Individuals Count (% of population)
Belmont	16,402 (60%)
Middlesex County	913,050 (56%)
Massachusetts	3,716,710 (53%)

Link to full vaccination reports and data:

<https://www.mass.gov/info-details/massachusetts-covid-19-vaccination-data-and-updates>



Personal Protective Measures to Keep up After Reopening

Get vaccinated- COVID-19 vaccines have been demonstrated as safe and highly effective at preventing severe COVID-19 disease. Some vaccines require two doses, and it takes two weeks after your last dose to be considered fully vaccinated. Fully vaccinated individuals who do not have symptoms do not need to quarantine or pursue testing if they are exposed to a known case of COVID-19, or travel out of state.

Stay home when you are sick- Be a good neighbor to your co-workers, friends, classmates, or other community members and pursue testing if you are concerned that you may have COVID-19.

Increase ventilation indoors when able- This could be opening the windows when it's nice out, or using a fan that exhausts to an open window (pushes inside air to the outside).

Consider wearing a mask indoors when you are unable to physically distance from others- While the Governor's Mask order has changed, you are always welcome to wear a mask whenever you like.

Hand hygiene- Keep hand sanitizer handy and/or wash your hands throughout the day.



Signs like this are posted throughout the town hall complex, and other Belmont businesses should feel free to utilize this flyer as well if they'd like.

Face Coverings

The Commonwealth's face covering order was rescinded on **May 29**. The Massachusetts Department of Public Health has issued a new face covering advisory consistent with the Centers for Disease Control and Prevention's updated guidance. Face coverings are still mandatory for all individuals on public and private transportation systems (including rideshares, livery, taxi, ferries, MBTA, Commuter Rail and transportation stations), in K-12 schools and child care settings, in healthcare facilities, and in other settings hosting vulnerable populations, such as congregate care settings (Full guidance found [here](#)).

Under the new Face Covering Advisory (Found [here](#)):

- Fully vaccinated individuals may resume regular activities without the requirement of social distancing or wearing a mask
- **Unvaccinated, or partially vaccinated individuals are still strongly advised to wear face coverings**, maintain social distance from others, get tested if exposed, and avoid large crowds and poorly ventilated indoor spaces

Reopening as of May 29th

- All industries are permitted to be open, with up to 100% capacity
- All industry COVID-19 restrictions have been lifted, aside from the remaining face covering requirements, and the K-12/early education guidance
- Gathering limits have been rescinded
- All industries are still encouraged to follow CDC guidance for cleaning and hygiene protocols

Finding a COVID-19 Vaccine Appointment

All residents 12+ are now 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.

To accommodate residents who are unable to use the form, the registration form allows family members, caregivers or other companions to fill out the form on behalf of someone else. Residents who do not have internet access or someone to fill the form out for them can call **2-1-1** to register.

The regional collaborative offering appointments in Medford is great nearby option, for anyone 12 and older. You can register for an appointment online, at: <https://home.color.com/vaccine/register/metronorth>

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->

Quarantine: Post-Vaccination Guidance

Fully vaccinated is defined as follows: Individuals having received two doses of Pfizer/Moderna, or the single dose Johnson and Johnson vaccine, who are at least 14 days out from their final dose. If a fully vaccinated individual is exposed to COVID-19, or travels out of state, they are not required to quarantine or test, as long as they are not experiencing any symptoms. If a fully vaccinated person does experience symptoms, they should still seek a test and isolate while waiting for their results. This guidance has not changed. This information can be found [here](#) and [here](#).

More information on isolation and quarantine can be found here: <https://www.mass.gov/info-details/tips-to-make-covid-19-isolation-and-quarantine-easier>

Mask Information

CDC Mask Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

CDC Info on mask improvements:

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7007e1.htm>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>



BELMONT IS HOME TO THE



**MASKED
MARAUDERS**

**Tips for Return to In Person School:
Safe Drop Off and Pick Up**

- **Walk your kids to school when possible - The weather continues to get warmer**
- **Send them on the bus - They will be masked, distanced, and the windows will be open**

- **If Driving**
 - Watch for pedestrians
 - Follow traffic patterns
 - Obey Crossing Guards
 - Consider parking a block or two away and walking from there

Belmont Health Department
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Travel Advisory

The Massachusetts Travel Advisory remains in place. All visitors entering Massachusetts, including returning residents, are advised to quarantine for 10 days upon their arrival.

- Travelers are exempt from this advisory if they have a negative COVID-19 test result that has been administered up to 72 hours prior to their arrival in Massachusetts. If not before entry to Massachusetts, a test may be obtained after arrival, as long as travelers quarantine until a negative test result has been received.
- Anyone who is returning to Massachusetts after an absence of fewer than 24 hours is exempt from this advisory.
- Workers who enter Massachusetts to perform critical infrastructure functions (as [specified by](#) the Federal Cybersecurity and Infrastructure Security Agency) are exempt from this advisory while they are commuting to or from or while at work.
- Travelers who are fully vaccinated (i.e. who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Johnson & Johnson vaccine, 14 days or more ago) and who do not have symptoms are exempt from this advisory.

Travelers are encouraged to consult and follow the CDC's guidelines and requirements for travel:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

COVID-19 Testing

You should get a test for COVID-19 if:

- You develop *any* symptoms of COVID-19, even if they are mild ([check your symptoms online](#)), or
- You are a close contact of someone who has tested positive for COVID-19, or
- You have traveled and are returning to MA, or
- You are planning to travel to a state that requires testing prior to arrival

Please visit this page to enter your zip code and find a testing site near you: <https://www.mass.gov/info-details/find-a-covid-19-test>

What are the symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever, chills or shaking chills
- Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)

- Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
- Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, and diarrhea), rash, and inflammatory conditions such as “COVID toes”.
- In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

Belmont Food Pantry: May and June Hours

The Belmont Food Pantry will be open to distribute food from 8:30 – 10:00 a.m. on the dates listed. 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 for the application and instructions: <https://sites.google.com/.../thebelmont.../home/new-client-forms>

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 and Email

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.



BELMONT FOOD PANTRY HOURS

The Food Pantry will be **OPEN** on a limited bases for May & June from **8:30-9:30 am** for Belmont residents to receive food or to drop off donations. The pantry will **NOT** be open on any other days.

Saturday May 1st
Saturday May 15th
Saturday June 5th

Donations are only accepted on the above dates –
DO NOT LEAVE FOOD DONATIONS AT THE TOWN HALL DOOR!!

The Belmont Food Pantry will **NOT OPEN** during state snow emergencies; when Belmont Schools are closed, and when there is a heavy storm the Friday night before Saturday opening.

GO TO OUR WEBSITE/FACEBOOK PAGE FOR CONTINUED UPDATES
<https://sites.google.com/site/thebelmontfoodpantry/>
<https://www.facebook.com/BFPantry/>

