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DEPARTMENT OF HEALTH



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PUBLIC HEALTH WEEKLY UPDATE:

COVID-19

March 18, 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 3362 *cumulative* confirmed cases of COVID-19, which is an increase of 18 cases over the past week since March 11, 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 10.7/100k, with 1.56 percent positivity. Per the CDC's new color-coded Community Levels, Middlesex County is in the **Low** 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

Masking in Belmont

On Monday March 7th, The Board of Health and the Selectboard voted to rescind the town-wide mask mandate for Belmont. This went into effect the following day, March 8th. This means that masks are now optional in Belmont, for those who want to continue to wear them. Private businesses are permitted to have their own mask policies. Per state and federal guidelines, masks are still required on public transportation and in healthcare settings.

CDC Community Levels

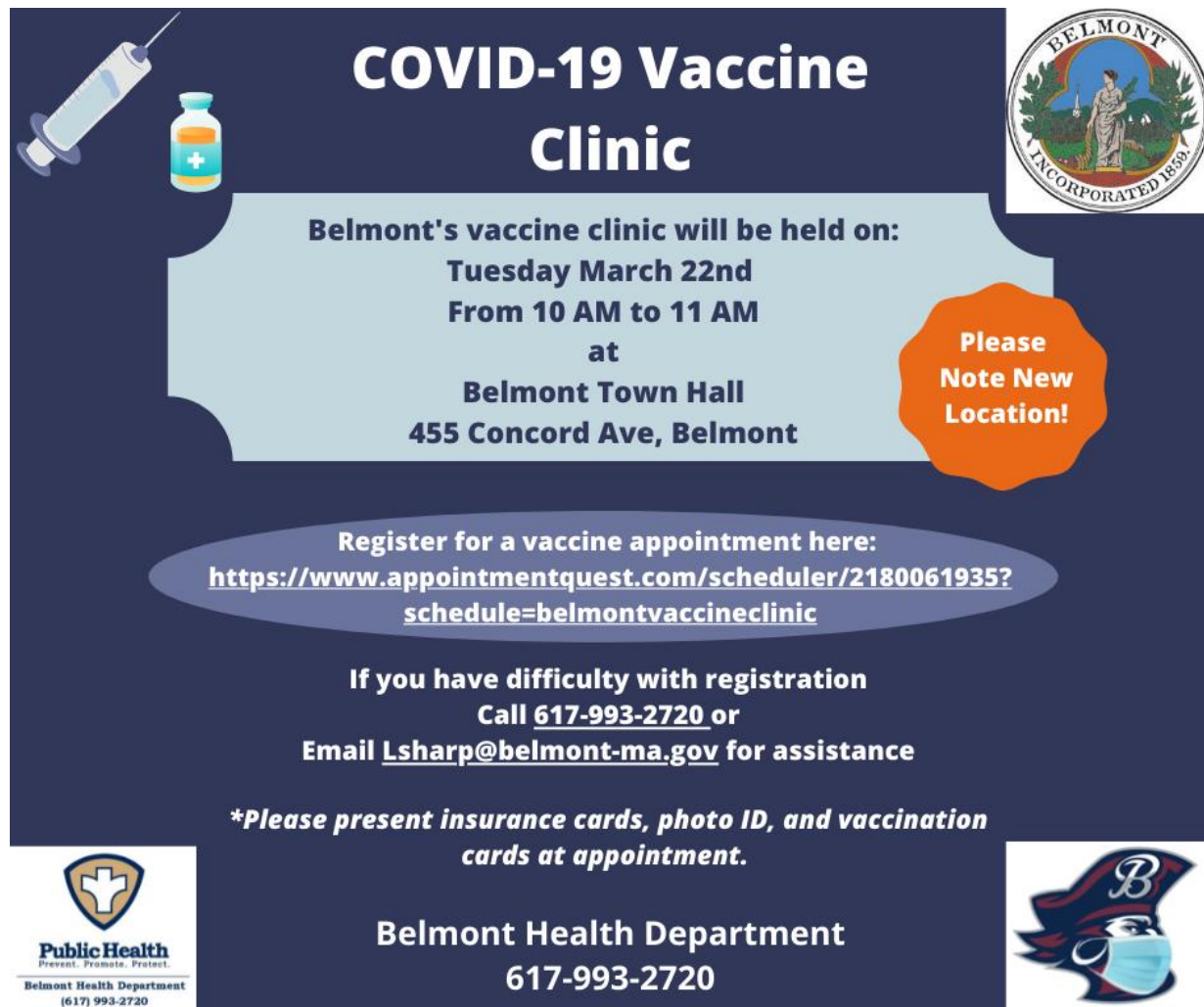
The CDC Community Level is an updated tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your county.



- Middlesex County currently has a low community level
 - Because our county falls into the low category, the recommended mitigation measures include staying up to date with your COVID vaccines, and getting tested if you have symptoms

Full info on CDC community levels here: <https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html>

CDC COVID Data Tracker: <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>



The poster features a dark blue background with a light blue central text box. On the left, there is an illustration of a syringe and a vaccine vial. On the right, there is the official seal of the town of Belmont, Massachusetts, which includes the text 'BELMONT INCORPORATED 1839'. An orange callout bubble on the right side of the central text box contains the text 'Please Note New Location!'. At the bottom left, there is the Belmont Public Health logo with the tagline 'Prevent. Promote. Protect.' and the phone number '(617) 993-2720'. At the bottom right, there is a graphic of a person wearing a blue surgical mask and a red and white hat with a large 'B' on it. The central text box contains the following information: 'Belmont's vaccine clinic will be held on: Tuesday March 22nd From 10 AM to 11 AM at Belmont Town Hall 455 Concord Ave, Belmont'. Below this, it says 'Register for a vaccine appointment here: https://www.appointmentquest.com/scheduler/2180061935?schedule=belmontvaccineclinic'. Further down, it provides contact information: 'If you have difficulty with registration Call 617-993-2720 or Email Lsharp@belmont-ma.gov for assistance'. At the bottom of the central text box, it states: '*Please present insurance cards, photo ID, and vaccination cards at appointment.' The Belmont Health Department name and phone number '617-993-2720' are also listed at the bottom center.

COVID-19 Vaccine Clinic

Belmont's vaccine clinic will be held on:
Tuesday March 22nd
From 10 AM to 11 AM
at
Belmont Town Hall
455 Concord Ave, Belmont

Please Note New Location!

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

Registration link:

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





COVID-19 Vaccine Clinic



The Beech Street Center is offering Moderna COVID-19 vaccines to eligible residents, including 1st, 2nd, and booster shots. This clinic will be operated by a partnership between the Massachusetts Department of Public Health Mobile Vaccination Clinic Program Brewster Ambulance Company and the Belmont Street Center.

- Individuals **18+** can sign up to receive their 1st, 2nd or booster* dose of the adult Moderna vaccine.

**As long as it has been 5+ months since their second dose of Moderna or Pfizer, or 2+ months if they received the Johnson and Johnson vaccine.*

**Beech Street's vaccine clinic will be held on:
Wednesday, March 23rd
From 9 AM to 1 PM
at
The Belmont Council on Aging
266 Beech Street, Belmont**

**Register for a vaccine appointment here:
<https://hipaa.jotform.com/220694271484157>**

If you have difficulty with registration
Call **617-993-2977** or
Email Dbickelman@belmont-ma.gov for assistance

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

**Belmont Council on Aging
617-993-2970**



Registration Link: <https://hipaa.jotform.com/220694271484157>



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

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>

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/>

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.

COVID-19 Quarantine and Isolation Guidance

If You Test Positive for COVID-19 (Isolate) Everyone, regardless of vaccination status.	<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>
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 5 months OR Completed the primary series of J&J vaccine within the last 2 months	<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>
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	<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>



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.

Do I qualify for a COVID-19 vaccine booster and which one?			
Which primary vaccine series did you complete?	Pfizer-BioNTech	Moderna	Janssen (J&J)
You can get a booster if:	It's been at least 5 months since completing a primary series AND you are:	It's been at least 5 months since completing a primary series AND you are:	It's been at least 2 months since completing primary vaccination AND you are:
	Age 12+	Age 18+	Age 18+
If eligible, you can get a booster of:	Pfizer-BioNTech* Moderna Janssen (J&J) <small>*Only Pfizer-BioNTech can be used as a booster in those age 12-17.</small>	Moderna Pfizer-BioNTech Janssen (J&J)	Janssen (J&J) Pfizer-BioNTech Moderna

For more information, visit www.fda.gov/covid19vaccines.

FDA U.S. FOOD & DRUG ADMINISTRATION

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](#).

