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PUBLIC HEALTH WEEKLY UPDATE:
COVID-19
October 29, 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 1401 *cumulative* confirmed cases of COVID-19, which is an increase of 14 cases over the past week since October 22, 2021. 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. Over the past two weeks, our average daily incidence was 7.8/100k, with 0.75 percent positivity. Per the CDC's color-coded Community Transmission metrics (7 Day case count per 100k), Middlesex County is in the **High** 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>

New Belmont Public Schools COVID-19 Dashboard

Find the School Year 2021-22 Dashboard here: https://datastudio.google.com/s/ngU-TM0fR_c





COVID-19 Testing Clinics



In an effort to curb the spread of COVID-19, the Towns of Belmont and Lexington are partnering to offer **free COVID-19 PCR testing** following Halloween. There will be two upcoming testing events, and both dates and locations are open to residents of Belmont and Lexington.

PhysicianOne Urgent Care will be providing the testing. You will need to set up an account on their website to register for a COVID-19 test, and to view your test results.

Walk-ins will be minimally accepted only at the Belmont location in the first few hours, so it is highly recommended that you register in advance.

Register for a COVID-19 test on either November 4th or November 6th here:

[Registration Link](#)

Proof of residency required at appointment.

• Thursday, November 4 from 4:00-7:00 PM
173 Bedford Street, Lexington (Drive through, appointment required)

• Saturday, November 6 from 9:00 AM – 2:00 PM
Chenery Middle School, 95 Washington St., Belmont (Indoor testing, appointment highly recommended)

Further Info and Tips:

- Guide for setting up an account ([Here](#))
- Nasal swab process ([Here](#))

If there are other difficulties or issues with registration, please contact:
Project Beacon at help@beacontesting.com or
by phone at (617) 741-7310 - hours M-F 8am – 4pm



**Please ctrl click on the flyer to view it in a web browser. From there you will be able to click on and view the hyperlinks in the document.*





HOW TO STAY SAFE HALLOWEEN 2021

<p>TRICK OR TREAT IN SMALL GROUPS</p>	<p>BRING HAND SANITIZER, AND WASH HANDS BEFORE EATING CANDY!</p>	<p>IF YOU'RE FEELING SICK, STAY HOME!</p>
<p>CHOOSE TO WEAR A MASK IF YOU OR A FAMILY MEMBER IS AT HIGHER RISK</p>	<p>KEEP HALLOWEEN GATHERINGS OUTDOORS IF YOU HAVE THEM</p>	<p>CONSIDER HANDING OUT PRE-PACKED TREAT BAGS TO TRICK OR TREATERS</p>
<p>PUT OUT A SIGN IF YOU DON'T WANT TO PARTICIPATE THIS YEAR</p>	<p>GET VACCINATED! NOTHING IS SPOOKIER THAN COVID-19</p>	<p>DON'T FORGET TO HAVE FUN!</p> 



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

Belmont Health Department
617-993-2720
<https://www.belmont-ma.gov/home/urgent-alerts/covid-19-information-for-the-town-of-belmont-find-all-updates-here>



Booster Dose Eligibility

Individuals who received any of the COVID-19 vaccines are now eligible for booster doses under certain circumstances.

- Individuals who are immunocompromised due to particular health conditions have been eligible for a third dose (different from a booster dose) of Pfizer or Moderna vaccine since August 13. Talk to your doctor if you think this may apply to you, or if you have questions.
 - More information on this can be found [here](#).
- Booster doses of the COVID-19 vaccine may be mixed. Regardless of whether you got Pfizer, Moderna, or J&J, you can get any brand of booster dose as long as you qualify based on the criteria listed below.



Pfizer or Moderna recipients:

The following individuals are now eligible for a booster dose of any COVID vaccine 6 months after their second dose of Pfizer or Moderna COVID vaccine (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>):

- People 65 years and older
- Residents of long-term care settings
- People aged 50–64 years with underlying medical conditions
 - Find list of applicable medical conditions [here](#)
- People aged 18–49 years with underlying medical conditions
 - Find list of applicable medical conditions [here](#)
- People aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of their occupational or institutional setting:
 - First responders (healthcare workers, firefighters, police, congregate care staff)
 - Education (teachers, support staff, daycare workers)
 - Food and agriculture workers
 - Manufacturing workers
 - Corrections workers
 - U.S. Postal Service workers
 - Public transit workers
 - Grocery store workers

Johnson and Johnson recipients:

- All Individuals 18 and older who received a dose of the Johnson and Johnson vaccine at least 2 months ago are now eligible for a booster dose of any COVID vaccine.

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 - *This vaccination data has been provided by the MA Dept. of Public Health, and is based on Census estimates of population and age breakdown. Belmont Public School vaccination data is drawn directly from the school database, and is therefore a more specific number. The BPS vaccination data can be found [here](#), and is updated regularly by the head of school nursing.*

Town Wide Indoor Mask Order – Updated 9/20/2021

On Monday 9/20/2021, the Select Board met, and voted to amend the face covering order to include violation language. This language discusses a warning after first violation, and a fine after any following violations. These violations include businesses not posting the mask requirement signage, or not enforcing the mask mandate among their staff.

Spaces that are covered under this mandate should post Belmont’s mask signage conspicuously at all points of entry. If a business or residence does not have this signage, it is posted on the Belmont website with the other COVID materials. You can also call the Health Department and we will send you the materials. 617-993-2720.

This indoor mask order will be in effect whenever the [Level of Community Transmission](#) data from the US Centers for Disease Control (CDC) for Middlesex County is categorized as either “**Substantial**” or “**High**” over a consecutive two week period. The mandate will be paused whenever this data is categorized as either “**Low**” or “**Moderate**” over a consecutive two week period. Please note this is a different metric than the weekly statistics provided by the MA Department of Public Health.

The **full order** can be viewed on the Town's COVID webpage:
<http://belmont-ma.gov/sites/g/files/vyhlf6831/f/uploads/scan-44.pdf>

The link to the **mask signage** for businesses to post can be found here: https://www.belmont-ma.gov/sites/g/files/vyhlf6831/f/uploads/updated_face_covering_sign_for_businesses_-_aug_2021.pdf

Mask Recommendations and Reminders

With the mask mandate that is currently in place, and the back to school season in full swing, here are some reminders about mask wearing.

- For the general public, surgical masks and cloth masks are recommended to help stop the spread of COVID-19
- Children should be wearing masks that are designed for children, to ensure they fit properly
- If cloth masks are worn, they should:
 - Consist of at least 2 layers of tightly woven fabric
 - Have a snug fit on your face, to prevent leaks
 - Have a nose wire
 - Block out light when held up to bright light source
- If surgical/disposable masks are worn, they should:
 - Be well fitted to the face, you can adjust them by tying knots in the straps and folding in excess material on the sides
 - Be clean and dry
- One way to ensure a better fit and maximum protection, is to double up and wear a surgical mask with a cloth mask over it
- You can also purchase mask fitters/braces that sit atop your mask to help it mold better to your face
- For full information on mask choices and fit, visit this CDC page:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>



More data and information on masks can be found here:

- <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/masking-science-sars-cov2.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Board of Health Contact Form

The Board of Health has been working on creating a streamlined method of communication so that residents may reach out directly to our board members if they so choose. This communication option will be found on the town's website shortly, and the email address is as follows:

BelmontBoardofHealth@belmont-ma.gov

CDC COVID-19 Data and Information

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

Info for fully vaccinated individuals: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>



Personal Protective Measures to Keep Up

Get vaccinated- COVID-19 vaccines have been demonstrated to be 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.

- **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.

Finding a COVID-19 Vaccine Appointment

All residents 12+ are 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. It is expected that more sites will come online.

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.

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->

COVID-19 Testing

You should get a test for COVID-19 if:

- You develop *any* symptoms of COVID-19, even if they are mild, 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

What are the symptoms of COVID-19?

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 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 symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

Where can I get a test?

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>

Information continues to evolve quickly, so we encourage all those looking to be tested to contact the site prior to arrival. Many sites may also require pre-screening, a referral and/or an appointment.

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](#).

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.