



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.**



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

Belmont Health Department
617-993-2720

