



# TOWN OF HUDSON BOARD OF HEALTH

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## HUDSON COVID-19 UPDATE

### **Hudson Board of Health Received Notification of First Resident that Tested Positive for COVID-19**

*Resources for COVID-19 Information – Massachusetts 2-1-1*

Late Wednesday, March 18th, the Hudson Board of Health was informed by the Massachusetts Department of Public Health (MDPH) about a Hudson resident with a confirmed positive test result for COVID-19. The resident, after recent travel, was tested at a local hospital and is at home recovering. Family members are at home in quarantine. Those potentially exposed to the newly diagnosed resident have been traced and contacted.

The Hudson Health Department is working with the Massachusetts Department of Public Health and is managing this case, and any future cases, per Massachusetts Department of Public Health recommendations.

As of March 17, 2020, there are 218 confirmed cases in Massachusetts with 89 confirmed cases in Middlesex County.

Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses, including COVID-19:

- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose and mouth.
- **Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.
- **Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- **Stay home if you are sick** and avoid close contact with others.

### **Resources for COVID-19 Information:**

1. **211:** The Massachusetts Department of Public Health has announced that Massachusetts 2-1-1 will now provide real-time COVID-19 information, resources, and referrals in multiple languages. Residents can call 2-1-1 to learn more about:
  - a. COVID-19 prevention, symptoms, and treatment
  - b. Information about testing
  - c. Guidance for people planning or returning from travel

Massachusetts 2-1-1 is open to callers 24 hours a day, 7 days a week. Operators fluent in Spanish are available, and more than 150 other languages are supported through an interpreter services line that is available 24/7.

Residents with questions should dial 2-1-1 from any landline or cellphone. Callers dialing 2-1-1 will hear an automated menu of options. Callers press 2-6 for coronavirus. Residents can also reach 2-1-1 through a live chat option on the Massachusetts 2-1-1 website.

### **2. Additional resources:**

- a. Massachusetts Department of Public Health: [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus)
- b. Center for Disease Control: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)
- c. Hudson Health Department: <http://www.hudsonhealthdept.org/coronavirus-covid19-updates>