



# TOWN OF HUDSON BOARD OF HEALTH

78 Main Street Hudson, Massachusetts 01749

office (978)562-2020 • (978) 562-8508 fax

FOR IMMEDIATE RELEASE 9/21/2020

## **HUDSON COVID-19 UPDATE**

From Monday, September 14 to Monday, September 21, 2020, the Hudson Board of Health was informed by the Massachusetts Department of Public Health (MDPH) about 9 additional Hudson residents with a confirmed positive test result for COVID-19. The number of residents who have tested positive for COVID-19 in Hudson is now 238.

### **Important Reminders on How to Protect Yourself and Others:**

- **Wash your hands often** with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing.
  - If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- **Avoid close contact** with people who are sick. Some people without symptoms may be able to spread the virus.
  - **Practice social distancing by keeping at least 6 feet** — about two arm lengths — away from others if you must go out in public. People can spread COVID19 up to 48 hours before they have symptoms. That's why social distancing is so important— no matter what.
- **Cover your mouth and nose with a cloth face cover** when around others and when you must go out in public, such as to a grocery store. The cloth face cover is meant to protect other people in case you are infected.
  - Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing. See [CDC guidelines](#), including [how to create](#) your own cloth face cover.
- **Clean and disinfect** frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Follow [CDC guidance](#).

### **Updated Gathering Order:**

Governor Baker signed an [updated gatherings order](#), which took effect Tuesday, August 11, which:

- Reduces the limit on outdoor gatherings from 100 to 50 people (indoor gatherings limit will remain at 25 people)
- Applies these limits to all types of gatherings, on both public and private property
- Requires face coverings where more than 10 people from different households will be mixing.

### **Stop the Spread:**

Last month, the Commonwealth launched a strategic testing program in communities across Massachusetts that have continued to see a higher number of residents testing positive for COVID-19. The Stop the Spread program is intended to provide low barrier, free, and easy to access testing to all Massachusetts residents. This testing will be provided at no cost to you. It is open to everyone, even those without symptoms, and testing at these sites are not restricted to residents of the city or town. For a full list of testing sites, visit [Stop the Spread](#).

### **COVID Safe Practices Concern Form:**

If you have a concern about a workplace's compliance with the Commonwealth's workplace safety standards and protocols, you may report it to the Department of Labor Standards. [Click here for more info](#). The Department of Public Health or the Hudson Board of Health may follow up with you if you include your contact information.

### **Guidance for Travelers arriving in the Commonwealth of Massachusetts:**

On July 24, 2020, the Governor, issued [COVID-19 Order No. 45](#) adopting a mandatory 14-day quarantine for travelers arriving in Massachusetts (hereinafter, the Order). The effective date of the Order is August 1, 2020. This binding guidance must be followed by all travelers entering Massachusetts, except those covered by limited exemptions. More info can be found [here](#).

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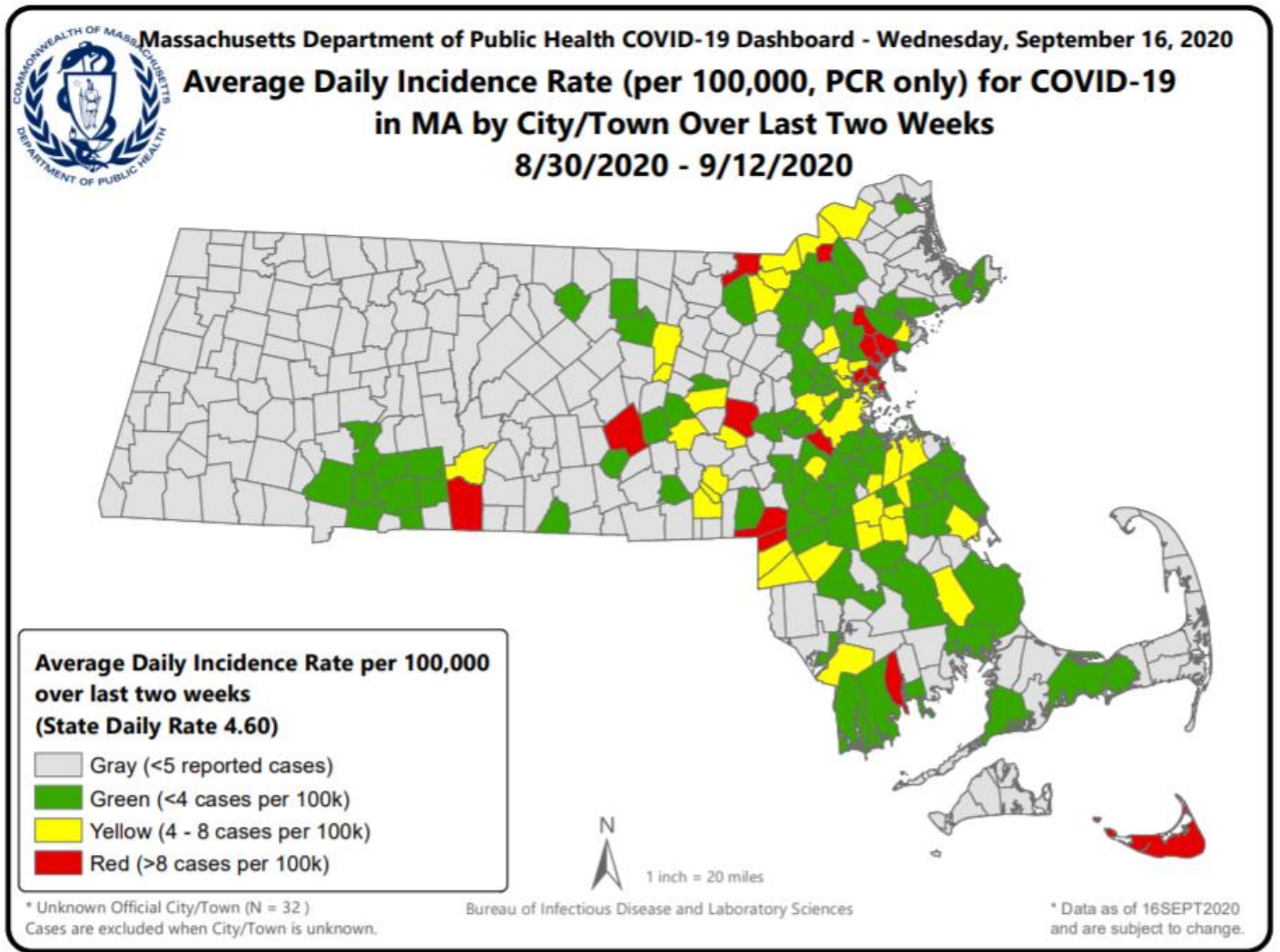
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Travelers from COVID-19 lower-risk States are not required to fill out the Massachusetts Travel Form and do not need to quarantine. The current list of COVID-19 lower-risk states includes: Colorado, Connecticut, New Hampshire, Vermont, New Jersey, Maine, New York, New Mexico, Oregon, and Washington.

Travelers who do not comply with these rules may be subject to a **civil fine of \$500 per day**.

## Massachusetts Releases Enhanced Community Level Data on Spread of COVID-19:

On Tuesday, August 11, 2020, the Baker-Polito Administration released additional data on community level spread of COVID-19 in order to target additional resources and implement community specific strategies to stop the spread of the virus. Based on the average daily cases per 100,000 residents, each city or town has been designated as a higher risk, moderate risk, or lower risk community. Going forward, this information will be updated and included in the Department of Public Health's weekly public health dashboard, which is published each Wednesday.



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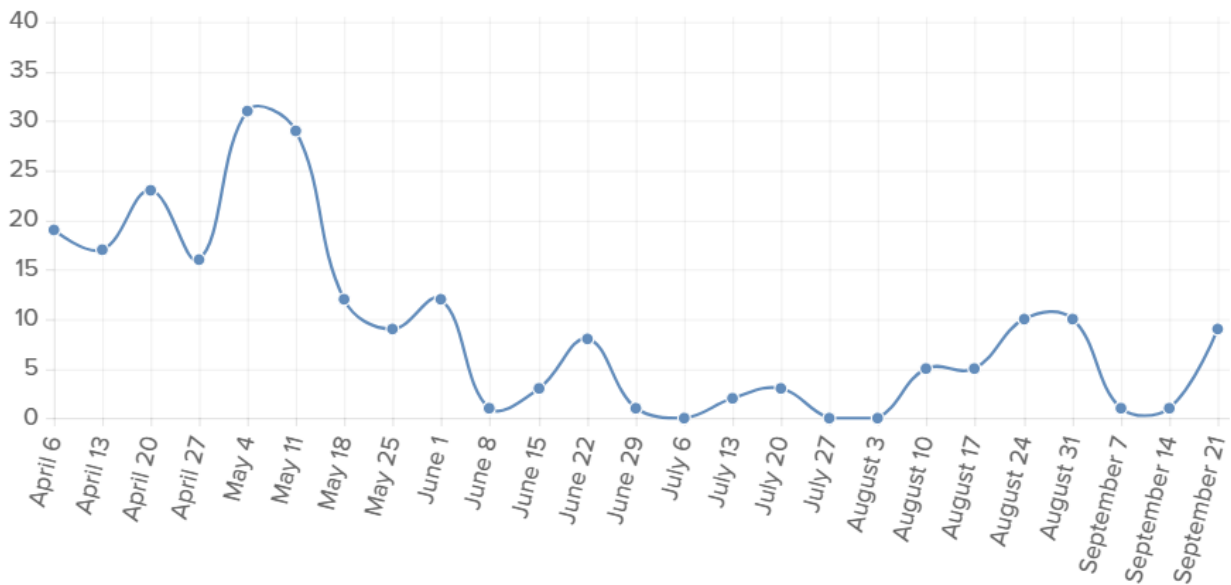
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## Hudson COVID-19 Cases as of September 21, 2020

Total Cases to Date	Currently Under Isolation	Completed Isolation	Fatalities
238	9	226	3

Category		Number of Confirmed Cases	
<b>Sex</b>			
<b>Male</b>		119	
<b>Female</b>		119	
<b>Age Group</b>			
<b>&lt;20</b>	22	<b>60-69</b>	32
<b>20-29</b>	30	<b>70-79</b>	11
<b>30-39</b>	50	<b>80-89</b>	4
<b>40-49</b>	45	<b>&gt;90</b>	0
<b>50-59</b>	44	<b>Unknown</b>	0

## Weekly Case Counts



For more charts and visuals, visit the Hudson Health Department's [COVID page](#).

### Resources for COVID-19 Information:

1. **Sign up for text message alerts:** Send COVIDMA to 888-777
2. **Mass 211:** 24 hours/day, 7 days/week. All calls are free and confidential. Available in multiple languages.
3. **MEMA Resource Map:** [COVID-19 Public Resources Map](#)
4. **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> (daily updates)