TOWN OF MARBLEHEAD
Board of Health

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Helaine R. Hazlett
Joanne Miller

(781) 631-0212 7 Widger Road Marblehead, MA 01945 Andrew Petty, Director

MARBLEHEAD CASE REPORTING AND GUIDANCE

Case Count and COVID-19 Guide

The Marblehead Health Department will make weekly updates on Friday, of confirmed cases, March 11, 2022.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **3343**

(February 25, count was 3309) (March 4, count was 3334)

Active cases: 11

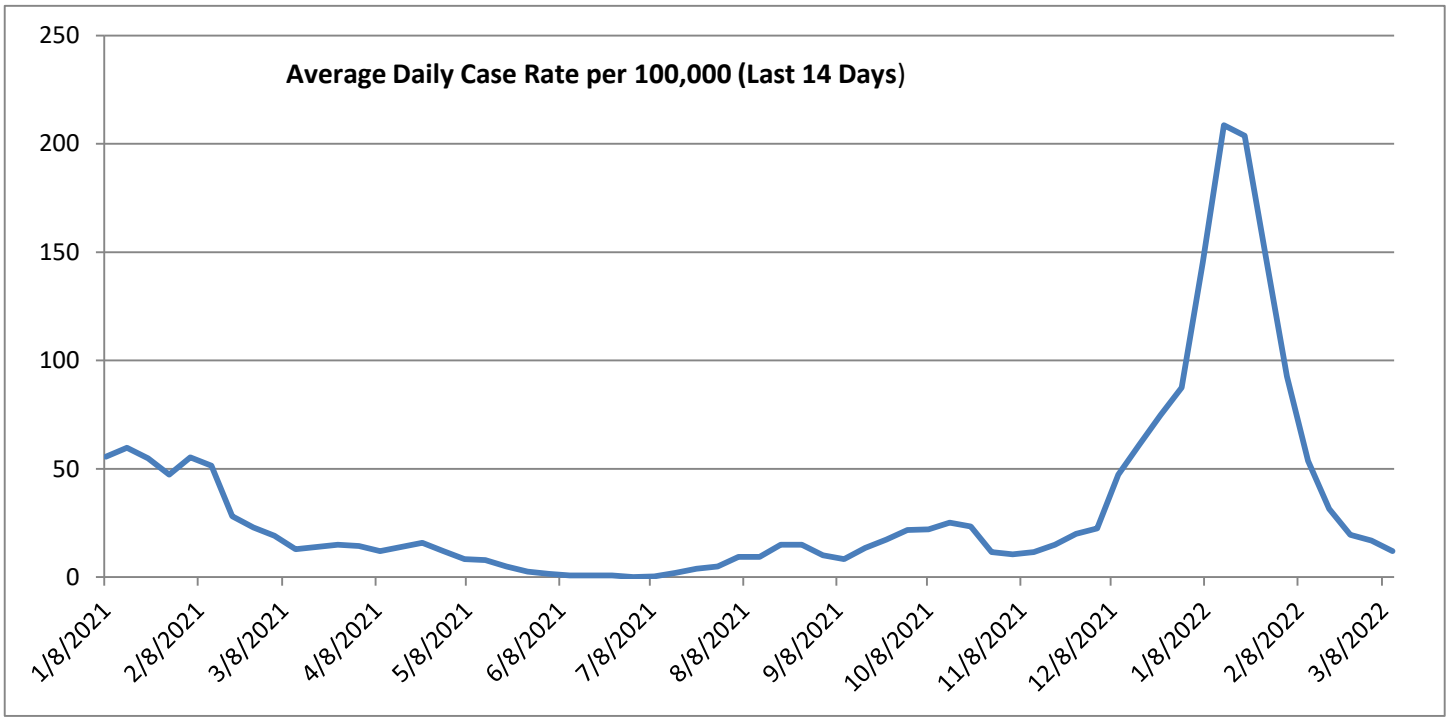
Probable Cases February 25- March 11: **5**

Confirmed deaths: **31**

0-4 years	5-11 years	12-19 years	20-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80+
3	**7**	**2**	**3**	**5**	**8**	**5**	**0**	**1**	**0**

Total Cases by Age Group from 2/25/2021-3/11/2022 (34)

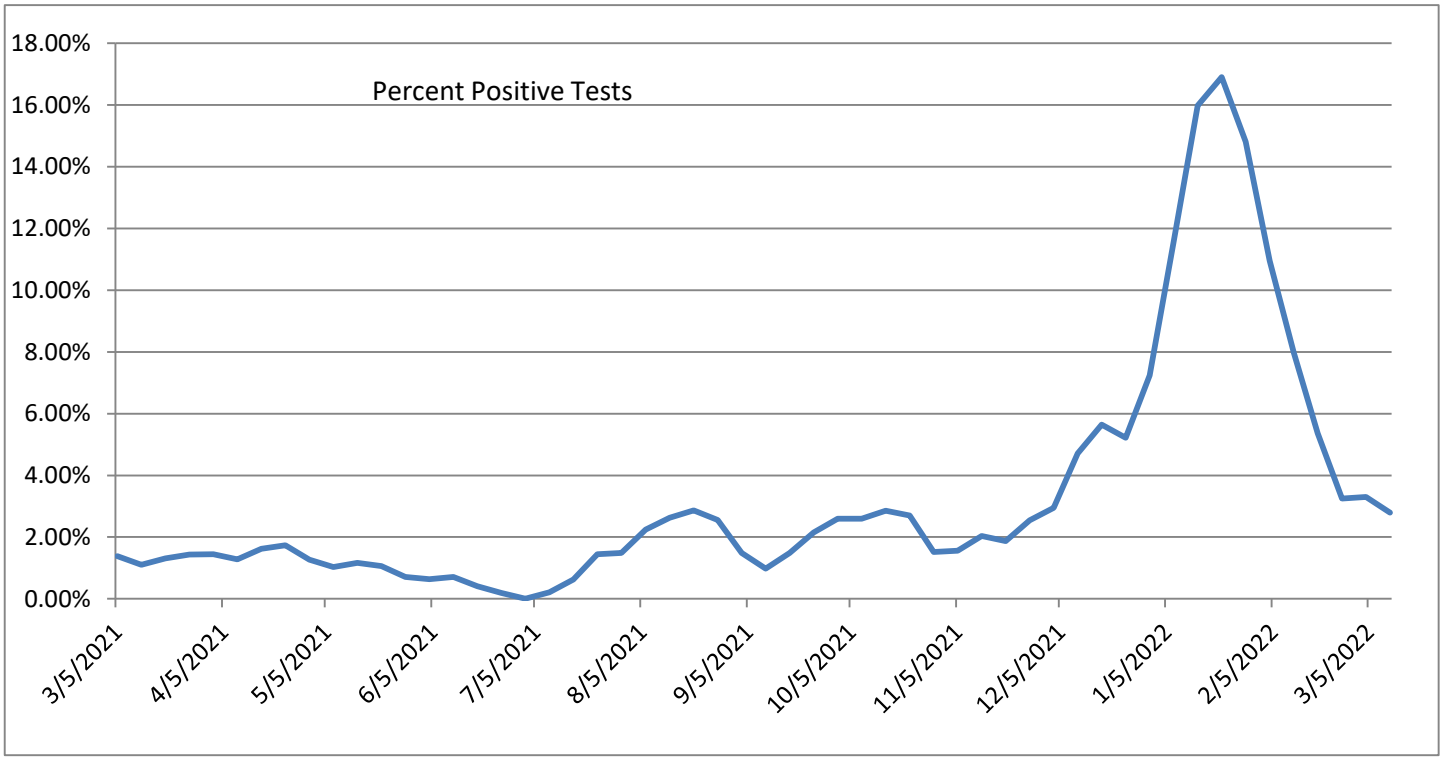
Average Daily Incidence Rate per 100,000 (Last 14 Days)	Relative Change in Case Count	Total Tests	Total Tests (Last 14 Days)	**Percent Positivity (Last 14 Days)**	Change in Percent Positivity
12	Lower	101,723	1,292	2.79%	Lower

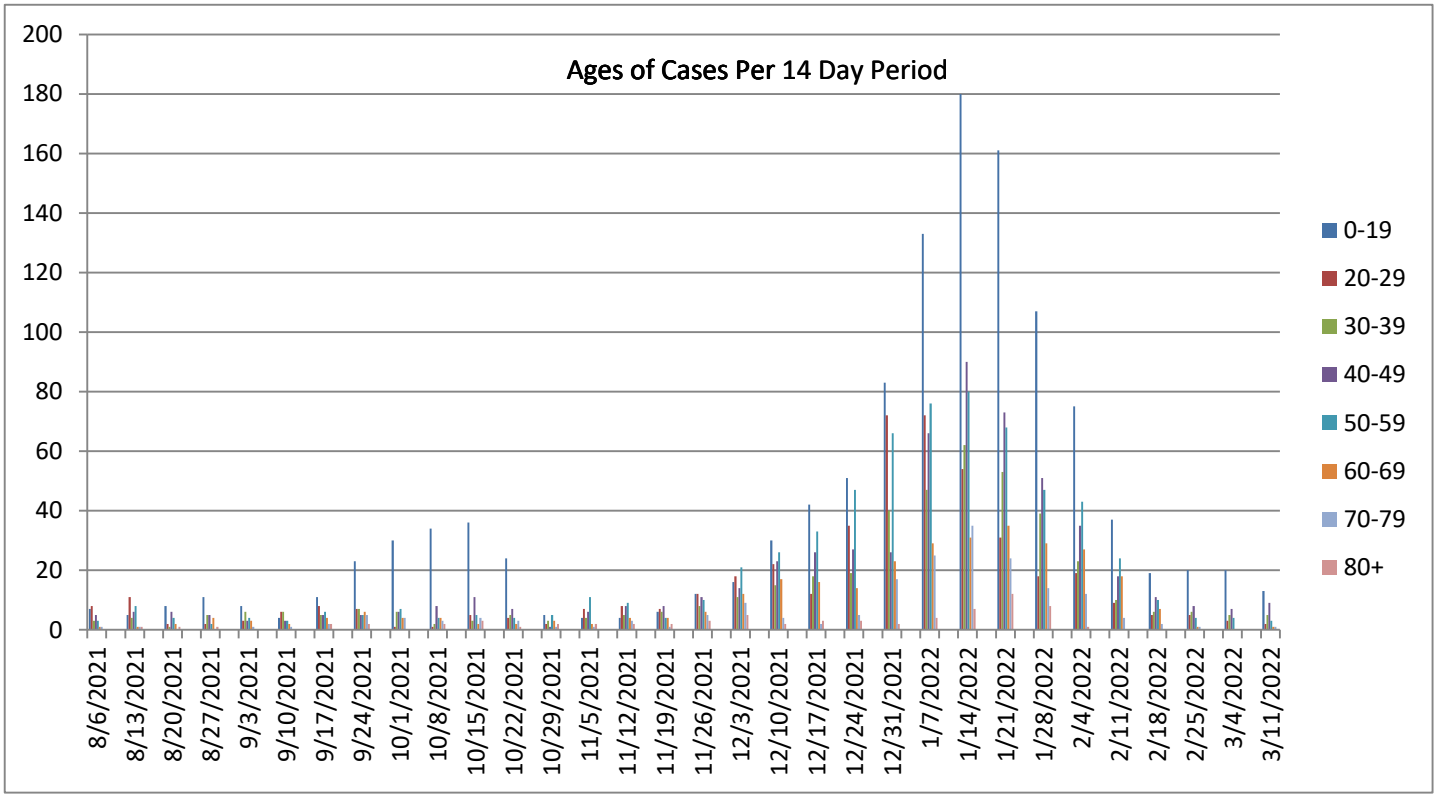


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Marblehead Residents Vaccinated for COVID-19 as of March 11, 2022

Age Group	Fully vaccinated individuals per capita	Partially vaccinated individuals per capita	Individuals with booster doses per capita
5-11 Years	73%	7%	0%
12-15 Years	>95%	5%	36%
16-19 Years	>95%	5%	65%
20-29 Years	>95%	5%	55%
30-49 Years	>95%	5%	63%
50-64 Years	94%	6%	71%
65-74 Years	93%	7%	78%
75+ Years	>95%	5%	91%

Breakthrough Case Review Finds 97% of COVID-19 Cases in Vaccinated Individuals Don't Result in Severe Illness

BOSTON (December 20, 2021) - Today the Massachusetts Department of Public Health released a review of breakthrough COVID-19 cases in vaccinated Massachusetts residents and found nearly 97% of all breakthrough cases in the Commonwealth have not resulted in hospitalization or death. Additionally, the review found unvaccinated residents are five times more likely to become infected than fully vaccinated residents (two doses of the Moderna or Pfizer vaccine or one dose of Johnson & Johnson) and unvaccinated residents are 31 times more likely to become infected than fully vaccinated residents who have received a booster.

The review also found that 99.9% of breakthrough cases among fully vaccinated people under the age of 60 did not result in death. Among the breakthrough cases for residents over the age of 60, 97% did not result in death. No deaths have been reported in breakthrough cases among those under age 30.

"The data are clear. This review shows that fully vaccinated people in Massachusetts have near-universal protection from severe illness and death and that boosters are demonstrating even stronger protection from COVID," said **Health and Human Services Secretary Marylou Sudders**. “Amid the season of gathering indoors and the emerging Omicron variant, the time to get vaccinated and boosted is now. It is the best gift of protection for yourself and your loved ones.”

“Vaccination continues to be the most effective tool we have against Omicron and all COVID-19 variants,” said **Acting DPH Commissioner Margret Cooke.** “The data indicates that fully vaccinated and boosted individuals are well protected from severe outcomes of COVID-19, including hospitalization and death, and the Department of Public Health strongly urges all residents to get vaccinated and, when appropriate, get a booster.”

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Mask Advisory for Vaccinated and Unvaccinated Residents

ADVISORY REGARDING FACE COVERINGS
This Advisory has been updated as of February 14, 2021

The Department of Public Health urges all eligible residents to get vaccinated and stay up to date on COVID vaccinations, including when eligible for booster doses. Vaccination remains the most effective protection against serious illness, hospitalization, and death.

Recognizing that Massachusetts is a national leader in vaccine acceptance, and in light of recent positive progress on COVID-19 indicators, the Department of Public Health now advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease or is unvaccinated.

As a reminder, there are multiple conditions that may put someone at higher risk for severe disease; information on those conditions can be found on the Centers for Disease Control and Preventions website. Your primary care physician can advise you whether you are at increased risk.

For individuals who are not fully vaccinated, it is important that you continue to wear a face covering or mask to help prevent you from spreading COVID-19 to other people.

Individuals who are considered close contacts or who have tested positive must follow the isolation and quarantine guidance which includes wearing a mask in public for 5 more days after they leave isolation or quarantine on day 5, regardless of vaccination status.

All people in Massachusetts (regardless of vaccination status) are **required to continue wearing face coverings in certain settings**, including transportation and health care facilities. Please see www.mass.gov/maskrules for a complete list of venues where face coverings have remained mandatory since May 29, 2021.

When you wear a face covering or cloth mask, it should:

- Be the highest quality mask that is comfortable and that you will wear consistently,
- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

For more information, please refer to the CDC at: Your Guide to Masks. This advisory may change based on public health data and further guidance from the CDC.

State of Massachusetts

Mask Requirements in Certain Locations

Effective May 29, 2021, masks continue to be required for both vaccinated and unvaccinated individuals at all times in the following locations, subject to the exemptions listed below:

1. **On Public and Private Transportation**, including on the MBTA, commuter rail, buses, ferries, and airplanes, and while in rideshares (Uber and Lyft), taxis, and livery vehicles, as required by the Centers for

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Disease Control January 29, 2021 Order. Face coverings are also required at all times inside transportation hubs, including train stations, bus stops, and airports. Individuals waiting outside at transportation hubs no longer need to wear a mask. The requirement applies to riders and workers.

2. **K-12 and Child Care Transportation.** As of March 1, 2022, masks are not required for school buses or vans for early child care or K-12 school settings.
3. **Healthcare facilities** licensed or operated by the Commonwealth and healthcare practice locations of any provider licensed by a professional board which sits within the Department of Public Health or the Division of Professional Licensure. These settings include nursing homes, rest homes, emergency medical services, hospitals, physician and other medical and dental offices, urgent care settings, community health centers, vaccination sites, behavioral health clinics, and Bureau of Substance and Addiction Services (BSAS) facilities. This requirement applies to patients, residents, staff, vendors and visitors.
4. **Congregate care facilities** or programs operated, licensed, certified, regulated, authorized, or funded by the Commonwealth. These settings include the common areas of assisted living residences, group homes, residential treatment programs, and facilities operated, licensed, certified, regulated, authorized, or funded by the Department of Children and Families (DCF), the Department of Youth Services (DYS), the Department of Mental Health (DMH), the Department of Public Health (DPH), the Department of Developmental Services (DDS), the Department of Veterans' Services (DVS), the Massachusetts Commission for the Blind (MCB), the Executive Office of Elder Affairs (EOEA) and the Massachusetts Rehabilitation Commission (MRC). This requirement applies to clients, residents, staff, vendors and visitors.
5. **Emergency shelter programs,** including individual and family homeless shelters, domestic violence and sexual assault shelters, veterans' shelters, and shelters funded by the Department of Housing and Community Development. This requirement applies to guests, staff, vendors and visitors.
6. **Houses of Correction, Department of Correction prisons, jails, and other correctional facilities.** This requirement applies to people who are detained or incarcerated, staff, vendors and visitors.
7. **Health Care and Day Services and Programs operated, licensed, certified, regulated, or funded by the Commonwealth including the Executive Office of Health and Human Services or one of its agencies.** These settings include adult day health, day habilitation, Program of All-Inclusive Care for the Elderly (PACE), psychosocial rehabilitation club houses, brain injury centers and clubhouses, day treatment, partial hospitalization and intensive outpatient programs, recovery support centers and center-based day support programs. This requirement applies to staff, visitors, vendors and consumers.
8. **Home health care workers**, including Personal Care Attendants (PCAs) and Home Health Aides in community and home-based settings where they are providing patient-facing care; provided, however, the requirement shall only apply to the worker providing care**.**

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Massachusetts Department of Public Health

About COVID-19 isolation and quarantine

On December 28, 2021, the Centers for Disease Control and Prevention shortened the recommended time for isolation for individuals with COVID-19.

You must isolate if you have tested positive for COVID-19 whether you are vaccinated or not. This means you must be alone, without direct contact with anyone else, until you can no longer spread the virus. This isolation period lasts for 5 days.

You must quarantine if you are exposed to someone with COVID-19 and you are unvaccinated. Full quarantine lasts 14 days. If you experience symptoms, isolate yourself from others, seek testing, and contact your healthcare provider. There are some options to shorten your quarantine explained later.

You do not have to quarantine if you are exposed to someone with COVID-19 and you are vaccinated. However, you should still monitor your symptoms for 14 days. If you experience symptoms, stay away from others, seek testing, and contact your healthcare provider.

Resources are available to support you if you're required to isolate or quarantine, and need medical, housing, food, or other assistance. **If you need help getting resources, to stay at home,** call your local board of health.

What do I do if I test positive?

You need to stay home and isolate yourself away from others for 5 days and wear a mask if others could come in contact with you (such as in your home). Isolating yourself helps limit the spread of the virus. Make sure you have access to what you need, without coming into contact with anyone else, so you don't spread COVID-19. You should let your close contacts know about their exposure. Every little bit of time matters.

Tell your healthcare provider about your positive test result and stay in contact with them. If your illness becomes severe, seek medical attention. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.

Tell your close contacts that they may have been exposed to the virus that causes COVID-19. A person with COVID-19 can begin spreading it starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By telling your close contacts they may have been exposed, you are helping to protect everyone.

If you think your positive test result may be incorrect, contact a healthcare provider to determine whether additional testing is necessary.

What do I need to do?

- Do not leave your home except for urgent medical care. Wear a mask if you must leave. Call the doctor before you go so they can be prepared for you. Tell your doctor you are diagnosed with COVID-19. Do not take public transportation, ride shares, or taxis.
- Keep 6 feet away from other people at all times and do not have visitors in your home.

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- Avoid other people. Everyone should wear a mask if you must be in the same room with each other. Limit your time with them to 5 minutes or less.
- Wear your mask at all times when you are in common areas, such as going down the hall to a bathroom.
- Sleep alone in a separate room and use a separate bathroom, if possible.

- Do not share your things with others. For example, you should use your own combs, sheets/blankets, towels, plates, cups, and utensils. Do not share your food with anyone.
- You do not need to wash your laundry separately. Wash it in warm water.
- Cover your mouth with tissue when coughing or sneezing. Throw the tissue away after you cough or sneeze into it.
- Wash your hands throughout the day with soap and water for at least 20 seconds.
  - Before and after preparing food for yourself (*do not prepare food for others)*
  - Before and after eating
  - Before and after taking any medications
  - After going to the bathroom
  - After sneezing, blowing your nose, or touching your face
- Wipe down surfaces that you touch frequently with disposable cloths using bleach or other household cleaners. Clean your bathroom every day using a household disinfectant. Wear gloves while cleaning.
- Put your gloves, tissues, masks, and other trash in a bag, tied closed. Your trash can go out with other household trash.

Is there anything special I should do to monitor my health during my isolation?

Take care of yourself while you are in isolation. Call your doctor right away if it is hard to breathe.

- Stay home and rest
- Drink a lot of water. Avoid caffeine and alcohol since it can dehydrate you.
- If you are working at home and are able to do so, give yourself time to get the rest you need to help get better
- Follow the advice of your doctor and public health authorities. Call your doctor before going to an appointment so they can prepare for you.
- Watch your symptoms. Look for **emergency warning signs*** for COVID-19. **Call 9-1-1** to get emergency medical care immediately if you have:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face

*This is not a list of all symptoms. Please call your doctor for any other symptoms that are severe or concerning to you.

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How do I know who my close contacts are so that I can tell them they may have been exposed?

Tell your close contacts that they may have been exposed to the virus that causes COVID-19. Make a list of everyone you were in close contact with (within 6 feet of for more than 15 minutes while indoors) for the 2 days before you got sick or the two days before your positive test was taken if you don't have symptoms. By telling your close contacts they may have been exposed, you are helping to protect everyone.

Ask yourself questions to better remember who you might have had close contact with:

Workplace:

- Have you been at a job and spent time with coworkers?
- Who do you share an office with?
- Who do you have meetings with?
- Who is your boss? Who reports to you?
- Who do you eat meals with when you're at work?

Social and Recreational Activities:

- Have you visited with any friends?
- Have you met with any friends to go shopping, play sports, or do anything fun with others recently?
- Have you attended any gatherings, such as parties, weddings, or funerals?
- Have you been to a place of worship?
- What did you do last weekend?
- Have you been to any restaurants recently?
- Do you go to a gym or exercise classes?
- Have you been to any sporting events, or concerts, or any other event where there were a lot of people?
- Have you taken public transportation or used a Ride Share, such as Uber?
- Have you been to a school?
- Have you been to a health appointment or health facility?

When can I go back to my daily activities?

You have to isolate yourself until you can no longer spread the disease to others. You are most likely to spread disease at the beginning of your illness and will likely no longer be contagious when 10 days have passed since your symptoms started or your positive test was taken, whichever is earlier.

Days to Isolate

- **Day 0**, First day of symptoms OR day of positive test was taken
- **Days 1-5**, Continue to isolate

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- **Day 5**, Last day of Isolation
- **Day 6**, Leave isolation

There are special return to work considerations for health care workers, first responders, and critical infrastructure workers.

Additional Resources

Open file for10 tips for at-home quarantine or self-monitoring (infographic)

What do I do if I have been told I am a close contact to someone with COVID-19?

If you have any symptoms of COVID-19, you should isolate yourself from others, seek testing and contact your healthcare provider.

If you don't have any symptoms of COVID-19, you need to quarantine if you are not fully vaccinated but are a close contact to someone diagnosed with COVID-19. A full quarantine period lasts 14 days, but there are some options to shorten that if you test negative and do not develop symptoms.

What do I need to do?

Please note that if you had COVID-19 in the last 90 days (from day of symptom onset or day of first positive test if asymptomatic), OR are fully vaccinated (have received either two doses of the Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen COVID-19 vaccine, at least 14 days ago), you do not have to quarantine following an exposure.

- You do not need to receive a booster shot to be considered fully vaccinated.

If you are fully vaccinated, you should still monitor for symptoms of COVID-19 for 14 days following an exposure. If you experience symptoms, isolate yourself from others, seek testing, and contact your healthcare provider.

Please take these steps to help stop the spread of COVID-19 while you quarantine:

- Stay at home and use a separate bedroom and bathroom if possible.
- Do your best to stay at least 6 feet away from other people in the house.
- Do not leave your house to go to school, work, or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Do not share eating or drinking utensils with anybody.
- Monitor your health every day.
- If you need to seek routine medical care, call your doctor before you go and tell them you are under COVID-19 quarantine.
- Do not take public transportation, taxis, or ride-shares to get to your appointment.

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What if I develop symptoms?

If you develop symptoms of COVID-19, even if they are mild, please contact your healthcare provider and find a test site near you to schedule a test.

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Visit Find a COVID-19 Test to search for a testing site near you.

When can I leave my quarantine and go back to my daily activities?

If you have not had any symptoms,

If you haven't had symptoms, test on day 5 of your quarantine, if possible. Wear a mask around others through day 10.

Days to Quarantine

- **Day 0**, Day of Exposure
- **Days 1-5**, Continue to quarantine
- **Day 5**, Get tested if possible, if you haven't had symptoms
- **Day 6-10**, Wear a mask around others for 10 days

When you go back to your normal activities, you should take your temperature every day and check yourself for any symptoms of COVID-19 even on the last day, which is Day 10. Stay home and talk to your doctor about getting a COVID-19 test if you start to feel sick.

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- How to Quarantine at Home
- 10 tips for at-home quarantine or self-monitoring (infographic)

Weekly Case report will come out on Friday morning after 9am