TOWN OF MARBLEHEAD
Board of Health

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MARBLEHEAD CASE REPORTING AND GUIDANCE

Case Count and COVID-19 Guide

The Marblehead Health Department will make weekly updates on Friday, of confirmed cases, July 22, 2022.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **4247**

(July 8, count was 4180) (July 15, 4218)

Active cases: 38

Probable Cases July 7- July 21: **19**

Confirmed deaths: **31**

2	***1***	***8***	***2***	***5***	***10***	***13***	***8***	***5***	***2***
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+

Total Cases by Age Group from 7/07/2022-7/21/2022 (56)

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
21	Same	114,842	697	9.76%%	Higher

CDC Recommends Additional Boosters for Certain Individuals

Data continue to show the importance of vaccination and booster doses to protect individuals both from infection and severe outcomes of COVID-19. For adults and adolescents eligible for a first booster dose, these shots are safe and provide substantial benefit. During the recent Omicron surge, those who were boosted were 21-times less likely to die from COVID-19 compared to those who were unvaccinated, and 7-times less likely to be hospitalized. CDC continues to recommend that all eligible adults, adolescents, and children 5 and older be up to date on their COVID-19 vaccines, which includes getting an initial booster when eligible.

Following FDA's regulatory actionexternal icon today, CDC is updating its recommendations to allow certain immunocompromised individuals and people over the age of 50 who received an initial booster dose at least 4 months ago to be eligible for another mRNA booster to increase their protection against severe disease from COVID-19. Separately and in addition, based on newly published data, adults who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine at least 4 months ago may now receive a second booster dose using an mRNA COVID-19 vaccine.

These updated recommendations acknowledge the increased risk of severe disease in certain populations including those who are elderly or over the age of 50 with multiple underlying conditions, along with the currently available data on vaccine and booster effectiveness.

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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.
    - 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.

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- 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.

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:

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- 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
- **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.

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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.

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

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- 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.

- 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