



TOWN OF MARBLEHEAD

Board of Health

Todd Belf Becker, Chair
Helaine R. Hazlett
Michelle Gottlieb

(781) 631-0212

7 Widger Road

Marblehead, MA 01945

Andrew Petty, Director

MARBLEHEAD CASE REPORTING

Case Count

The Marblehead Health Department will make weekly updates on Friday, of confirmed cases, March 5, 2021.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **1172**

(February 19, count was 1146) (February 26, count was 1169)

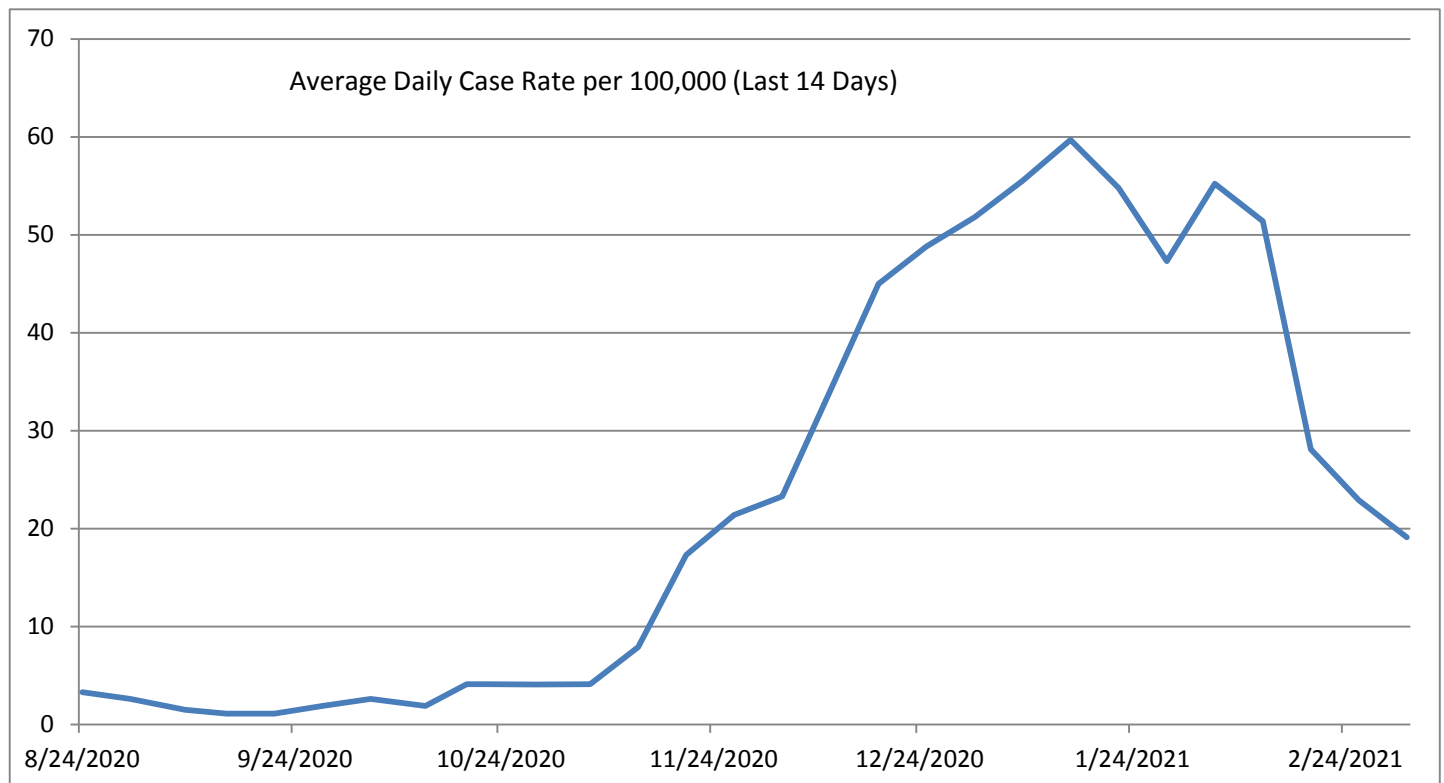
Active cases: **15**

Confirmed deaths: **31**

12 8 0 2 2 2 0 0
0-19 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 2/19/2021-3/5/2021 (26)

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
19.1	Lower	41398	4125	1.38%	Lower

We are currently a **Yellow** Community per the Massachusetts Average Daily Incidence Rate per 100,000 Color Calculation





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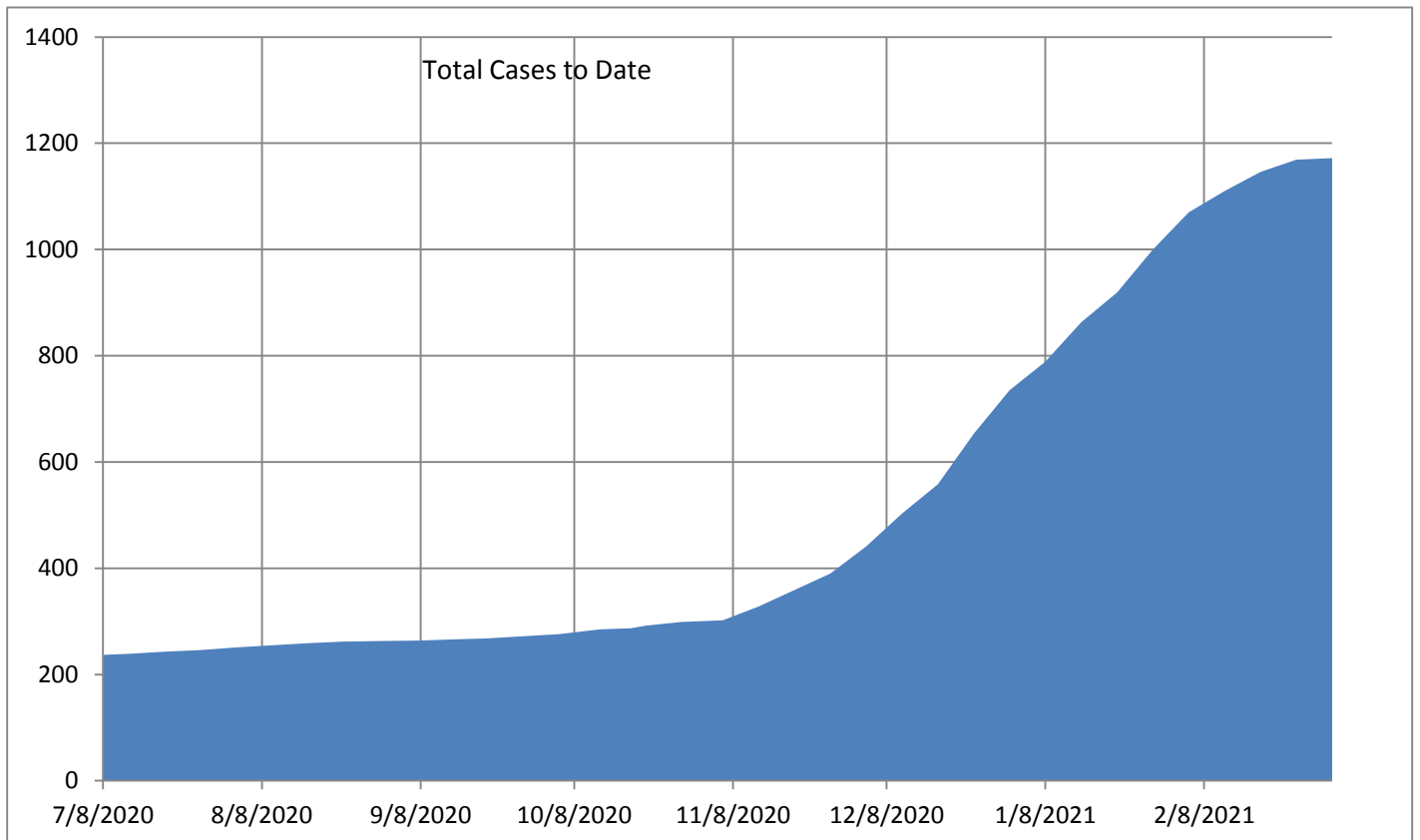
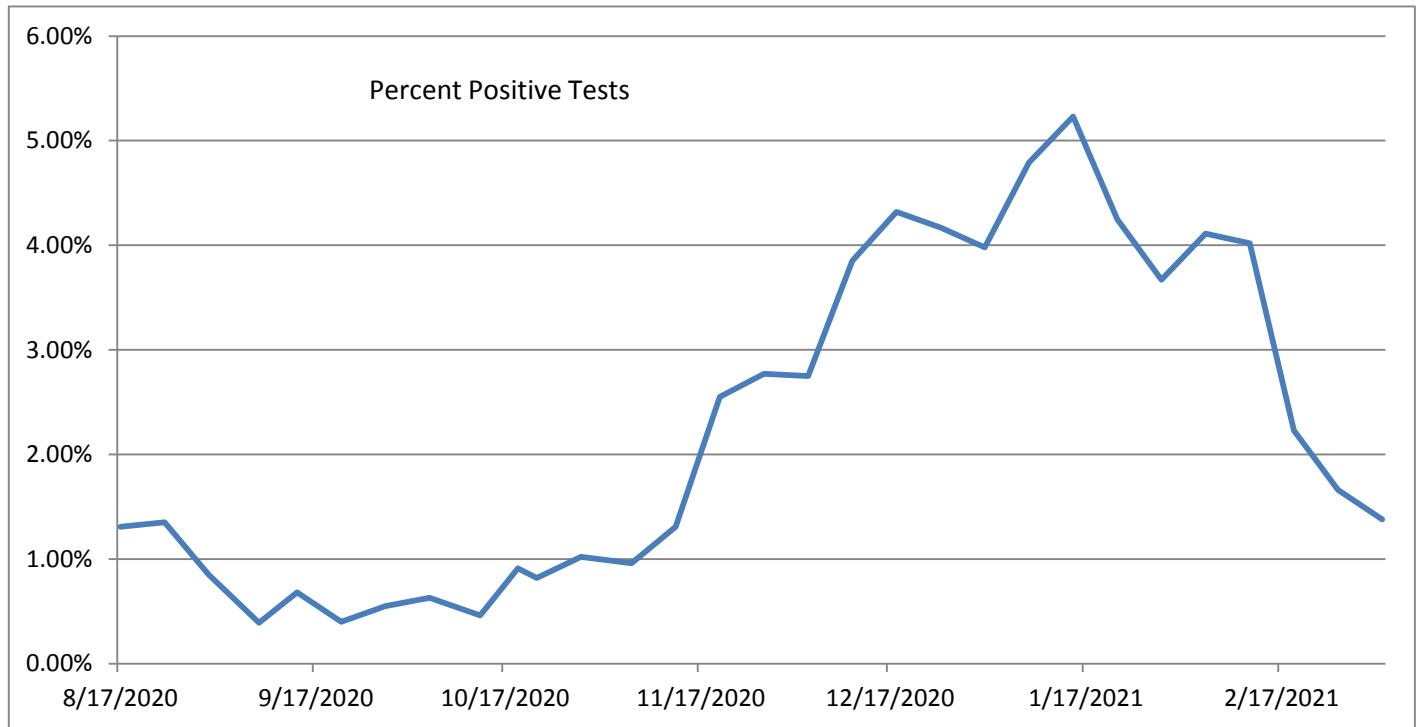
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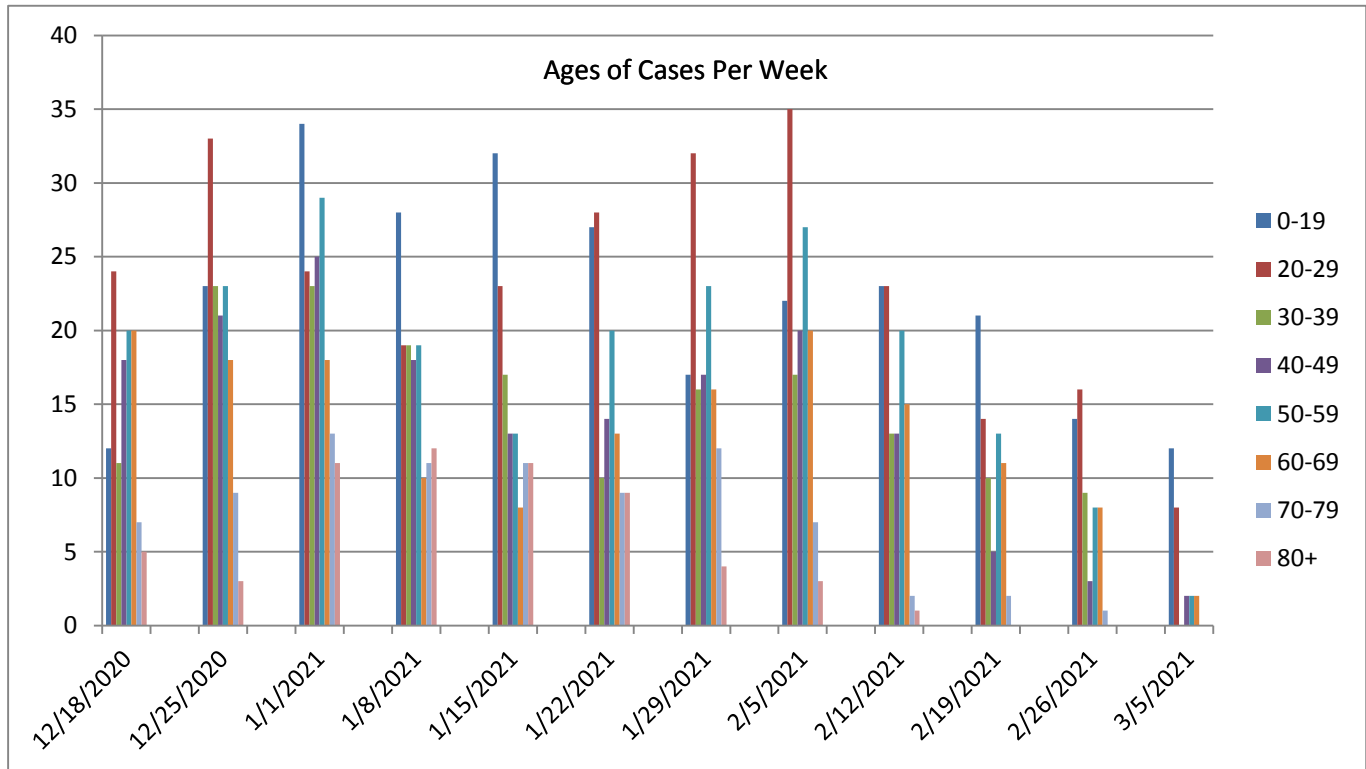
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Marblehead Health Department (MHD) data regarding case counts come directly from Massachusetts Department of Public Health (MDPH) and their surveillance system (MAVEN). We use the language and terminology per the Centers for Disease Control and Prevention (CDC) guidance, and **recent guidance categorizes all confirmed or presumptive positive cases as positive.**

Social gatherings are contributing to these increases. Transmission is occurring in homes, establishments as well as in the work place.

11.43% of the 1172 confirmed cases and 96.667% of the reported coronavirus-related death were either residents or staff members at one of Marblehead's long term care facility.

Please remember that all persons in Massachusetts over the age of 5 are required to wear a mask or face-coverings over their mouth and nose when in a public location, whether indoors and outdoors. Public locations include any place open to the public including, without limitation, grocery stores, pharmacies, and other retail stores; public transportation, taxis, livery, and other ride-sharing vehicles, public streets and ways, and any location that hosts indoor and outdoor events and performances. Masks or cloth face coverings are also required when in a carpool with non-household members'.

All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

- Complete the [Massachusetts Travel Form](#) prior to arrival
- Quarantine for 10 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts. If not obtained before entry to Massachusetts, a test may be obtained after arrival. However, all such arriving travelers must immediately begin the 10-day quarantine until a negative test result has been received. Failure to comply may result in a **\$500 fine per day.**



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Massachusetts Department of Public Health | COVID-19 Dashboard

Hospitalizations from COVID-19

Released on: March 4, 2021
Data as of: March 3, 2021
Caution: recent data may be incomplete

Navigation

Today's Overview

Overview Trends

COVID-19 Cases

COVID-19 Testing

Hospitalization

COVID-19 Deaths

Higher Ed & LTCF

Patient Breakdown

City and Town

Resources

Data Archive

Hospitalizations

There are **741** patients hospitalized for COVID-19.

ICU & Intubated Patients

There are **168** patients in Intensive Care Units (ICU) and **100** patients are intubated.

Average Age of Patients

The average age of patients who were hospitalized for COVID-19 was **69** years old.

Select to switch hospital visualizations:

Hospitalization Detail

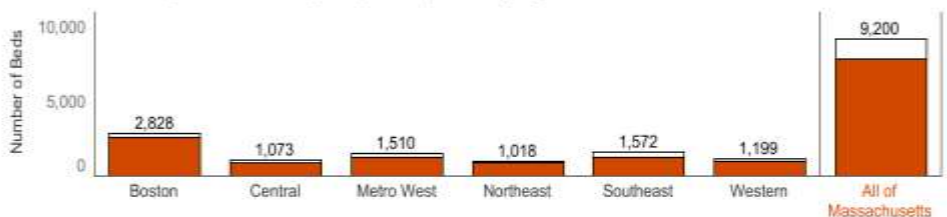
View availability by date
3/3/2021

Occupied beds

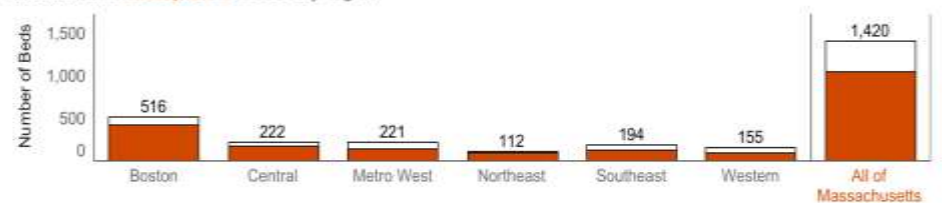
As of today, **85.5%** of medical/surgical beds are occupied and **75%** of ICU beds are occupied.

There are currently **9** beds occupied through alternate medical sites.

Available and occupied medical/surgical (not ICU) beds by region



Available and occupied ICU beds by region



For purposes of this reporting, "confirmed" are cases with a PCR test. All data included in this dashboard are preliminary and subject to change. Created by the Massachusetts Department of Public Health, Bureau of Infectious Disease and Laboratory Sciences, Office of Integrated Surveillance and Informatics Services.

- People over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs
- All residents are advised to leave home only for healthcare, worship and permitted work, shopping, and activities
- When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service
- All residents are **REQUIRED** to wear face masks or cloth face coverings in all public places, whether indoors or outdoors, even where they are able to maintain 6 feet of distance from others.
- Parents should limit play dates for children
- All residents are advised to wash their hands frequently for at least 20 seconds with soapy water
- All residents are advised to be vigilant, monitor for symptoms and stay home if you feel sick
- Use remote modes of communication like phone or video chat instead of visiting friends or family who are high risk for COVID-19



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Effective March 1st, the Commonwealth will move forward into Phase 3, Step 2. This will reopen:

- Indoor performance venues such as concert halls, theaters, and other indoor performance spaces
Open at 50% capacity with 500 person max
- Indoor recreational activities with greater potential for contact: laser tag, roller skating, trampolines, obstacle courses
Open at 50% capacity

Updated Capacity Limits: Effective March 1st the following industries will increase to 50% capacity. Employees will be exempt from capacity restrictions in all of these industries:

- Arcades & Other Indoor and Outdoor Recreation Businesses
- Close Contact Personal Services
- Driving and Flight Schools
- Fitness Centers and Health Clubs
- Golf Facilities (indoor)
- Libraries
- Operators of Lodging (common spaces)
- Museums, Cultural & Historic Facilities, Guided Tours
- Office Spaces
- Places of Worship
- Sectors not Otherwise Addressed
- Theaters and Performance Venues
- Relevant EEA Industries – Youth sports spectators etc.
- *The following industries remain unaffected by capacity limits:*
 - Drive in movie theaters
 - Construction
 - Laboratories
 - Manufacturing

Additional Guidance Changes:

- **Effective March 1st, Restaurants will no longer be subject to a % seated capacity limit and their capacity is limited only by the requirement of 6 feet between tables**
 - Musical performances allowed in restaurants (with appropriate distancing)
 - 90 minute time limit on tables *stays in place*
 - Limit of no more than 6 per table *stays in place*
 - Food courts *remain closed*
- **Effective March 1st, Fitting rooms may open in all retail businesses**

Gatherings Limit: Effective March 22nd, subject to public health data, the gatherings limit will increase for event venues and public settings, but will stay the same in private settings:

- **Event Venues and Public Settings:**
 - 100 indoor
 - 150 outdoor
- **Private Settings (such as private residences):**
 - 10 indoors
 - 25 outdoors



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Phase 4, Step 1: Effective March 22nd, subject to public health data, the Commonwealth will move into Phase 4, Step 1:

- Indoor and outdoor stadiums, arenas and ballparks will reopen with a **12%** capacity limit
A large venue is defined as a having a capacity of 5,000 or more
Venues with capacity under 5,000 are subject to the Indoor and Outdoor Performance Venue guidance
Large venues will be required to submit a safety plan to the Department of Public Health
- Overnight Camps will be allowed to open for Summer 2021
- Exhibition and Convention Halls may reopen, subject to gathering limits and event rules
- Dance floors may open at weddings and events *only*
- All other Phase 4 industries will not be able to open until a future reopening step. Those include:
Road races, street festivals, and parades, and fairs
Amusement parks, theme parks, outdoor water parks
Indoor water parks and indoor/outdoor ball pits
Saunas, hot-tubs, steam rooms at fitness centers, health clubs, and other facilities
Beer gardens/ breweries/ wineries/ distilleries
Bars, dance clubs, and nightclubs—venues offering entertainment, beverages, or dancing and not providing seated food service

Vaccine distribution in MA will occur in a phased approach:

Individuals 65 and over:

Individuals 65 and over, including residents and staff of low income and affordable public and private senior housing are eligible to receive vaccine effective starting February 18th. Residents and staff of low income and affordable public and private senior housing can learn more about vaccination options here.

Individuals with 2+ Certain Medical Conditions:

Individuals 16 and older with two or more of certain medical conditions (defined below) are also eligible for vaccine, effective today. In concert with CDC guidelines, the Commonwealth has adopted the list of conditions that cause individuals to be at an increased risk of severe illness from COVID-19. Massachusetts has also identified moderate to severe asthma as an eligible medical condition.

Phase 2 eligible conditions:

- Asthma (moderate-to-severe)
- Cancer • Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity and severe obesity (body mass index [BMI] of 30 kg/m² or higher)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Learn more from CDC: COVID-19: People with Certain Medical Conditions

Vaccines for K-12 Educators, Child Care Workers and K-12 School Staff

Beginning March 11th, all K-12 educators, child care workers and K-12 school staff will be eligible to schedule appointments for the COVID-19 vaccine. Educators may book appointments at all 170 sites currently open to eligible residents in Massachusetts by visiting www.mass.gov/covidvaccinemap.



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Additionally, the Command Center will work to designate specific days at the seven mass vaccination sites for educators to get their shots. More details will be released soon.

There are approximately 400,000 K-12 educators, child care workers and K-12 school staff in Massachusetts. Due to a severely constrained federal supply and the existing population that is currently eligible for vaccines, it is estimated that it will take a month for all eligible individuals to secure a first appointment.

Vaccine Appointments

This week, the Commonwealth anticipates over 250,000 doses will be administered between first and second doses across all providers throughout the Commonwealth.

On Thursday, March 4, 12,000 new first appointments for mass vaccination sites will be made available to eligible groups. Over 45,000 new second dose appointments have also been scheduled at mass vaccination sites.

The number of new appointments (first dose appointments) is less than previous weeks due to the volume of second dose appointments. 7,500 appointments have also been booked by the call center (211) for older adults who were unable to use a computer to book an appointment and required assistance.

As more individuals have received a first vaccine dose across the Commonwealth, there is a greater need to book second appointments, so the mass vaccination sites have fewer first dose appointments available on a weekly basis.

Johnson & Johnson Vaccine

The COVID-19 Command Center was notified that Massachusetts is receiving only one shipment of 58,000 doses for the month of March. These doses have been allocated – primarily to hospitals and health systems.

Based on information the Commonwealth has received from the federal government, the Administration does not expect to be able to order more J&J doses until the end of March or early April.

While the Commonwealth is receiving limited doses of the J&J vaccine in March, the Administration is continuing to plan for eventual widespread distribution of the J&J vaccine.



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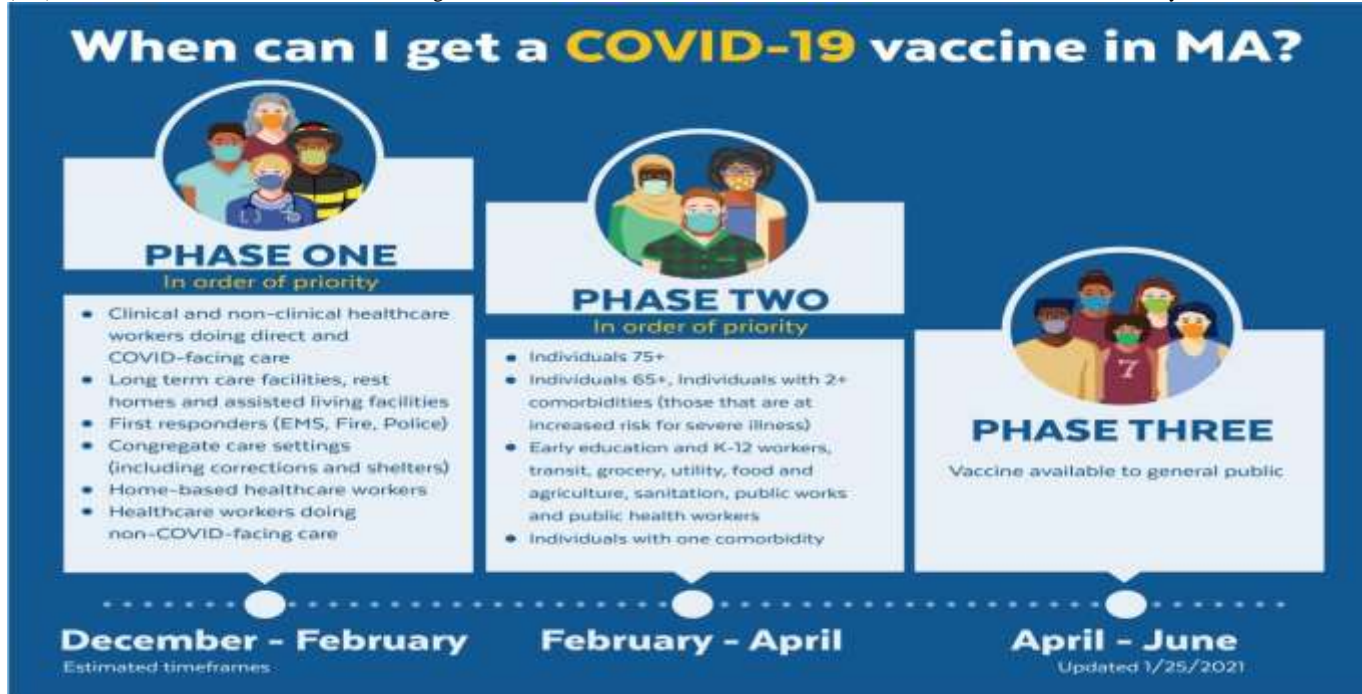
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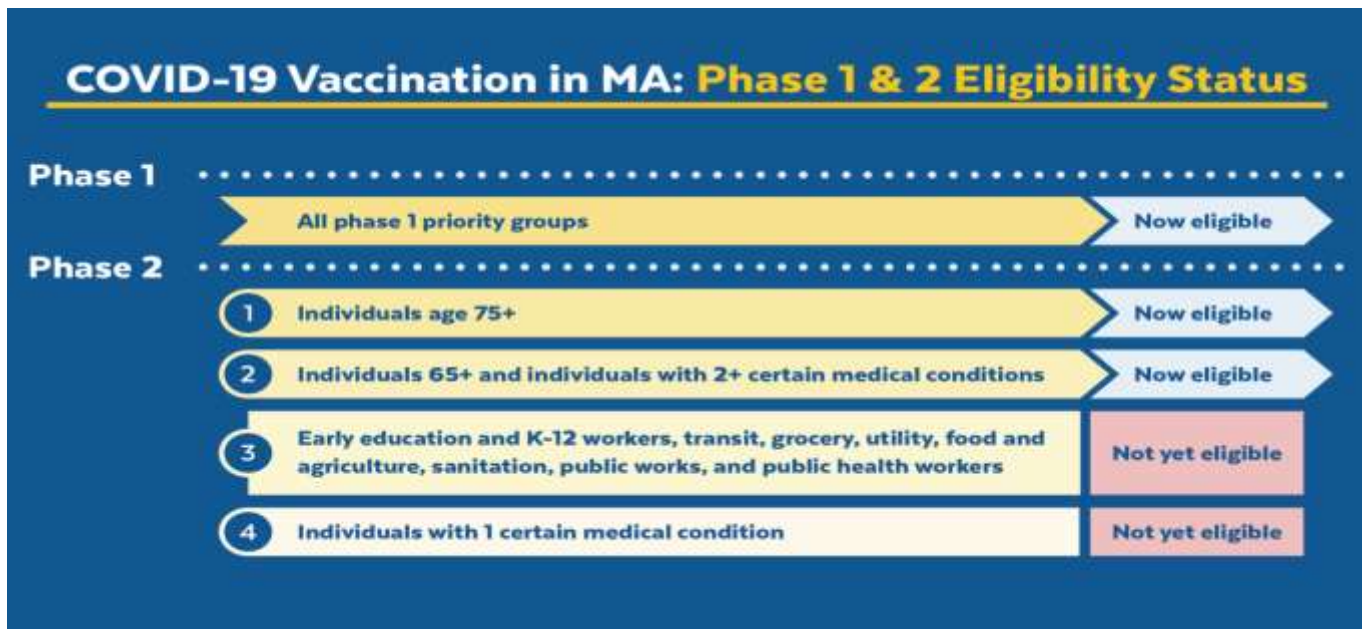
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This list will be updated Tuesdays and Thursdays by 5pm in response to questions submitted via COVID-19-Vaccine-Plan-MA@mass.gov





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After getting vaccinated

What should I do if I experience symptoms after receiving a COVID-19 vaccine, such as fever and body aches?

If you have any significant pain or discomfort, talk to your healthcare provider, who may recommend over-the-counter medicine, such as ibuprofen or acetaminophen. To reduce pain and discomfort where you got the shot apply a clean, cool, wet washcloth over the area, and use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids and dress lightly. In most cases, discomfort from fever or pain is normal, but contact your healthcare provider if:

- the redness or tenderness where you got the shot increases after 24 hours
- your side effects are worrying you or do not seem to be going away after a few days

How do I report if I have any side effects after getting the COVID-19 vaccine?

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through **v-safe**, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information. And **v-safe** will remind you to get your second COVID-19 vaccine dose if you need one. To sign up for **v-safe**, please visit [V-safe After Vaccination Health Checker | CDC](#).

How long after getting the COVID-19 vaccine does it take to be effective?

It usually takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

How long does protection from the COVID-19 vaccines last?

We do not have data yet to say for how long the COVID-19 vaccines will provide protection from getting sick even if you do get COVID-19. Experts continue to conduct more studies about whether the vaccines also keep people from spreading COVID-19.

Does immunity after getting COVID-19 last longer than protection from COVID-19 vaccines?

The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. Some early evidence—based on some people—seems to suggest that natural immunity may not last very long. Regarding vaccination, we won't know how long immunity lasts until we have a vaccine and more data on how well it works. Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available. (source: [Frequently Asked Questions about COVID-19 Vaccination | CDC](#) as of 12/21/20)



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How effective is one dose of a COVID-19 vaccine compared to two doses?

The COVID-19 vaccines were not studied for use as a single dose. People should get both doses of the vaccine to be fully vaccinated in order to be effective.

Do I have to follow the Travel Order if I have received a COVID-19 vaccine?

Yes. At this time, vaccinated individuals must continue to follow the Governor's Travel Order and related testing and quarantine requirements. It is important for everyone to continue using all the public health measures available to help stop this pandemic. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

Do I still have to quarantine after I've been vaccinated if I am identified as a close contact to someone with COVID-19?

Yes. We do not yet have data to say for how long the COVID-19 vaccines provide protection from getting sick and whether the vaccines also keep people from spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before changes are made to public health quarantine recommendations. Other factors, like how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

Do I need to wear a mask and avoid close contact with others if I have received two doses of the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using **all the tools** available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others. Together, COVID-19 vaccination and following CDC's recommendations for [how to protect yourself and others](#) will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. (source: [Frequently Asked Questions about COVID-19 Vaccination | CDC](#) as of 12/21/20)

When can I stop wearing a mask and avoiding close contact with others after I have been vaccinated?

There is not enough information currently available to say if or when CDC will stop recommending that people [wear masks](#) and [avoid close contact with others](#) to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. (source: [Frequently Asked Questions about COVID-19 Vaccination | CDC](#) as of 12/21/20)



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COVID-19 Vaccine Updates

- **NEW** Residents and staff of low-income and affordable **senior housing** added to first priority in Phase 2
- **NEW** COVID-19 Vaccine Locations for Health Care Workers <https://www.mass.gov/info-details/covid-19-vaccine-locations-for-health-care-workers>
- **NEW** COVID-19 Vaccinations for Congregate Care Settings <https://www.mass.gov/info-details/covid-19-vaccinations-for-congregate-care-settings>
 - Vanity URL: [Mass.gov/congregatecarevaccine](https://www.mass.gov/congregatecarevaccine)
- **NEW** COVID-19 Vaccinations for Senior Housing Settings <https://www.mass.gov/info-details/covid-19-vaccinations-for-senior-housing-settings>
- **NEW** COVID-19 vaccine locations for individuals currently eligible to be vaccinated <https://www.mass.gov/info-details/covid-19-vaccine-locations-for-individuals-currently-eligible-to-be-vaccinated>
- When can I get the COVID-19 Vaccine? <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>
- COVID-19 Vaccine Distribution Phases (timing by group) <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine#overview-and-current-status>
- Stop COVID-19 Vaccine Graphics (includes first responders, general, and vaccine timeline graphics): <https://www.mass.gov/info-details/stop-covid-19-vaccine-graphics>
- Email Address to send vaccine questions: covid-19-vaccine-plan-ma@mass.gov
- Guidance for health workers who have been vaccinated <https://www.mass.gov/info-details/massachusetts-covid-19-vaccine-program-mcvc-guidance-for-vaccine-providers-and>

Marblehead Residents Vaccinated for COVID-19 as of March 3, 2021

First Dose (One Dose Away)	2562
Second Dose	2256



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Additional Information can be found at the following links

Daily Dashboard Mass.gov

www.mass.gov/info-details/covid-19-response-reporting#covid-19-daily-dashboard-

COVID-19 Weekly health Report

www.mass.gov/info-details/covid-19-response-reporting#covid-19-weekly-public-health-report-

Positive COVID cases in Schools

www.doe.mass.edu/covid19/positive-cases/

Resources & hotlines

- [Create a profile and sign-up for COVID-19 alerts](#) by text, email, or phone call in your preferred language.
- [Call 2-1-1](#) or use [live chat](#) for non-emergency questions and help
- Call [Crisis Counseling Assistance Program](#) | (888) 215-4920
- [Email](#) the Governor's Office or call (617) 725-4005

Abuse & assault

- Domestic violence and sexual assault:
 - Massachusetts | [Call SafeLink](#) at (877) 785-2020 or access [SafeLink live chat](#). For deaf and hard-of-hearing call (877) 785-2020, or by TTY at (877) 521-2601
 - [Download SafeLink flyers](#) to post on the wall or use in Social Media.
 - National | Call Domestic Violence 24/7 Crisis Hotline at (800) 799-7233
 - National | Call Sexual Assault 24/7 Crisis Hotline at (800) 656-4673
- Child abuse or endangerment:
 - Mon - Fri, 8:45 a.m. - 5:00 p.m. | [Find and call your local DCF office](#)
 - Sun - Sat, 5:00 p.m. - 8:45 a.m. | Call Child-At-Risk hotline at (800) 792-5200

Nursing homes

- Call [Nursing Home Family Resource](#) line at (617) 660-5399

If you or a family member are experiencing a mental health or substance use disorder crisis, the Emergency Services Program/Mobile Crisis Intervention (ESP/MCI) is available 24 hours a day, 7 days a week, 365 days a year. Anyone may contact ESP/MCI for assistance. Call toll-free at 1 (877) 382-1609

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