



# 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 19, 2021.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **1213**

(March 5, count was 1172) (March 12, count was 1195)

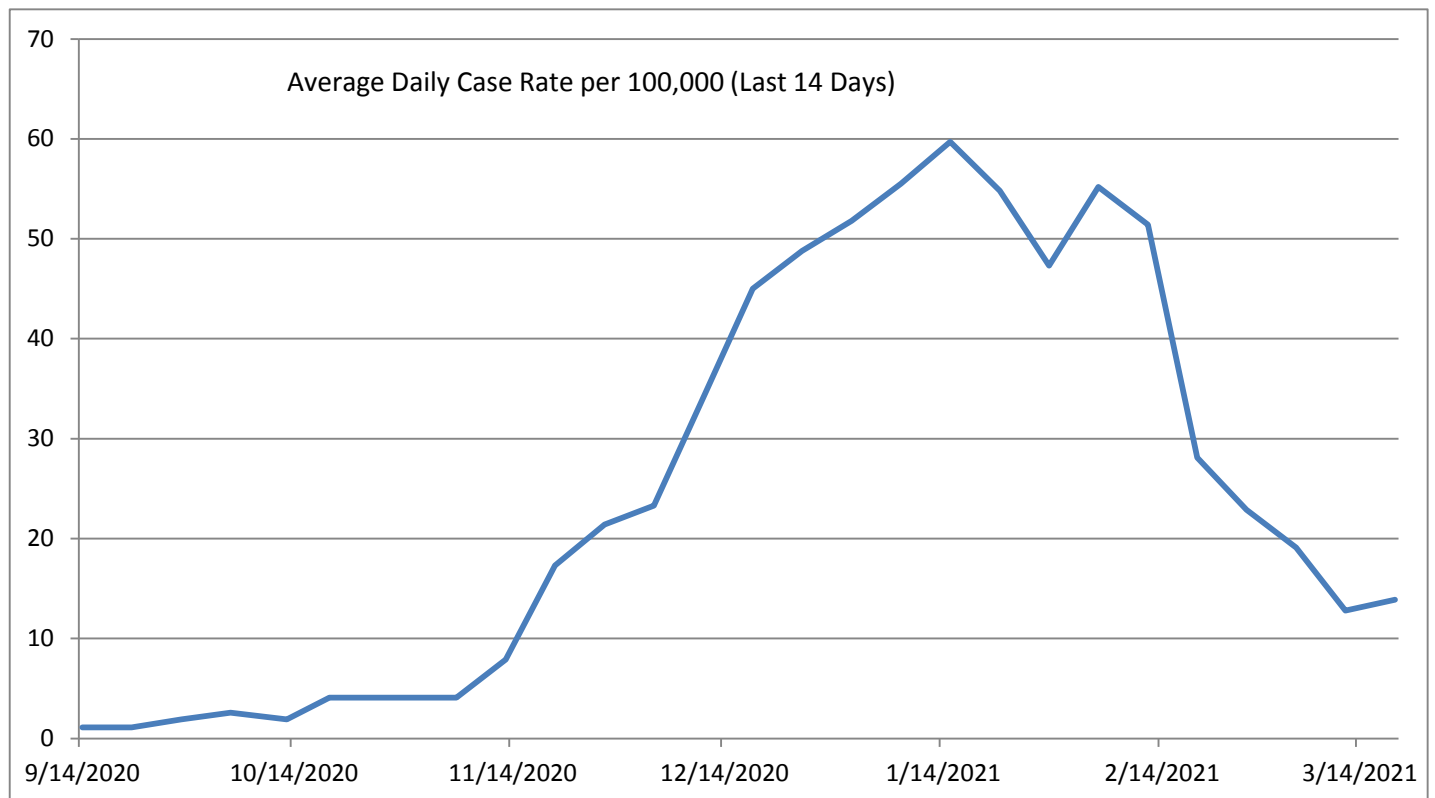
Active cases: **18**

Confirmed deaths: **31**

9 8 3 5 7 9 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 3/5/2021-3/19/2021 (41)

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
13.9	Higher	46317	3204	1.31%	Higher

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





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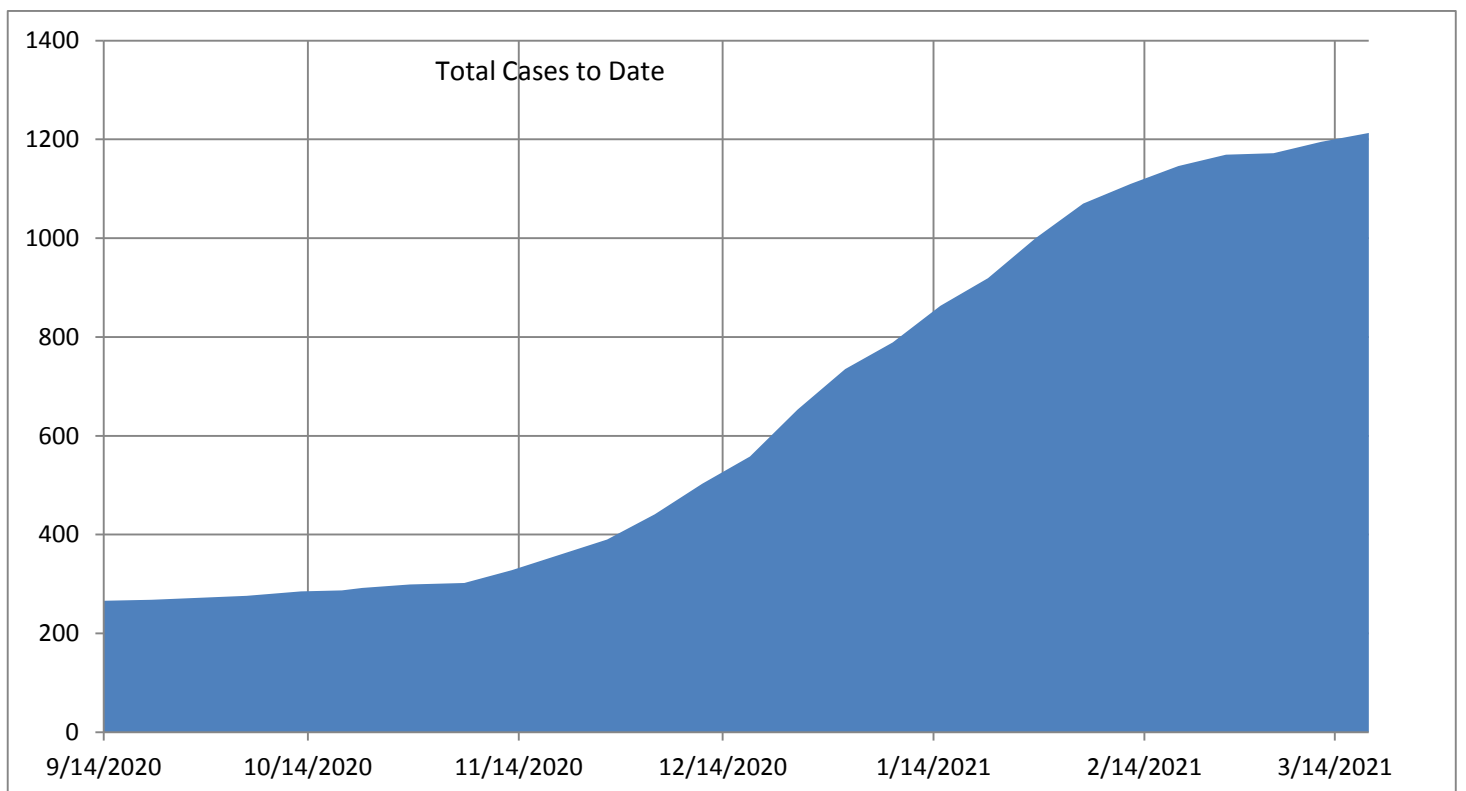
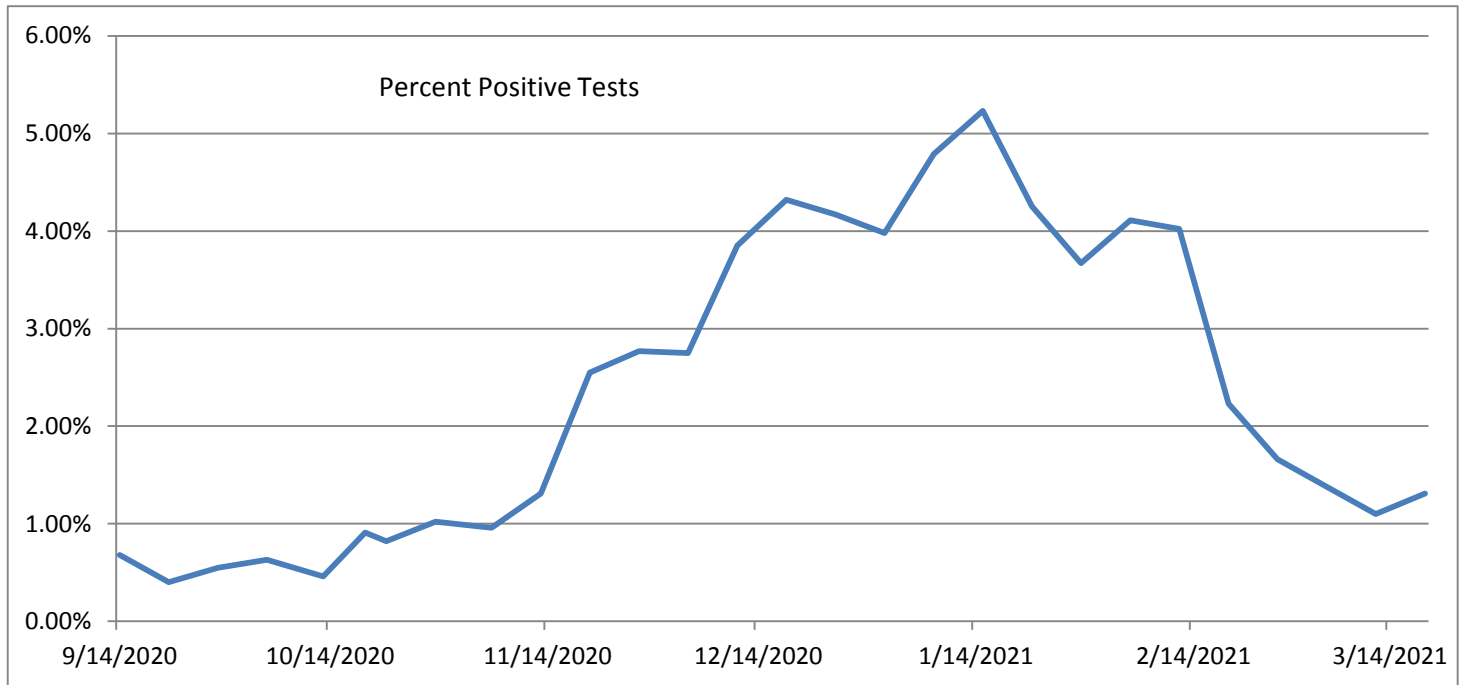
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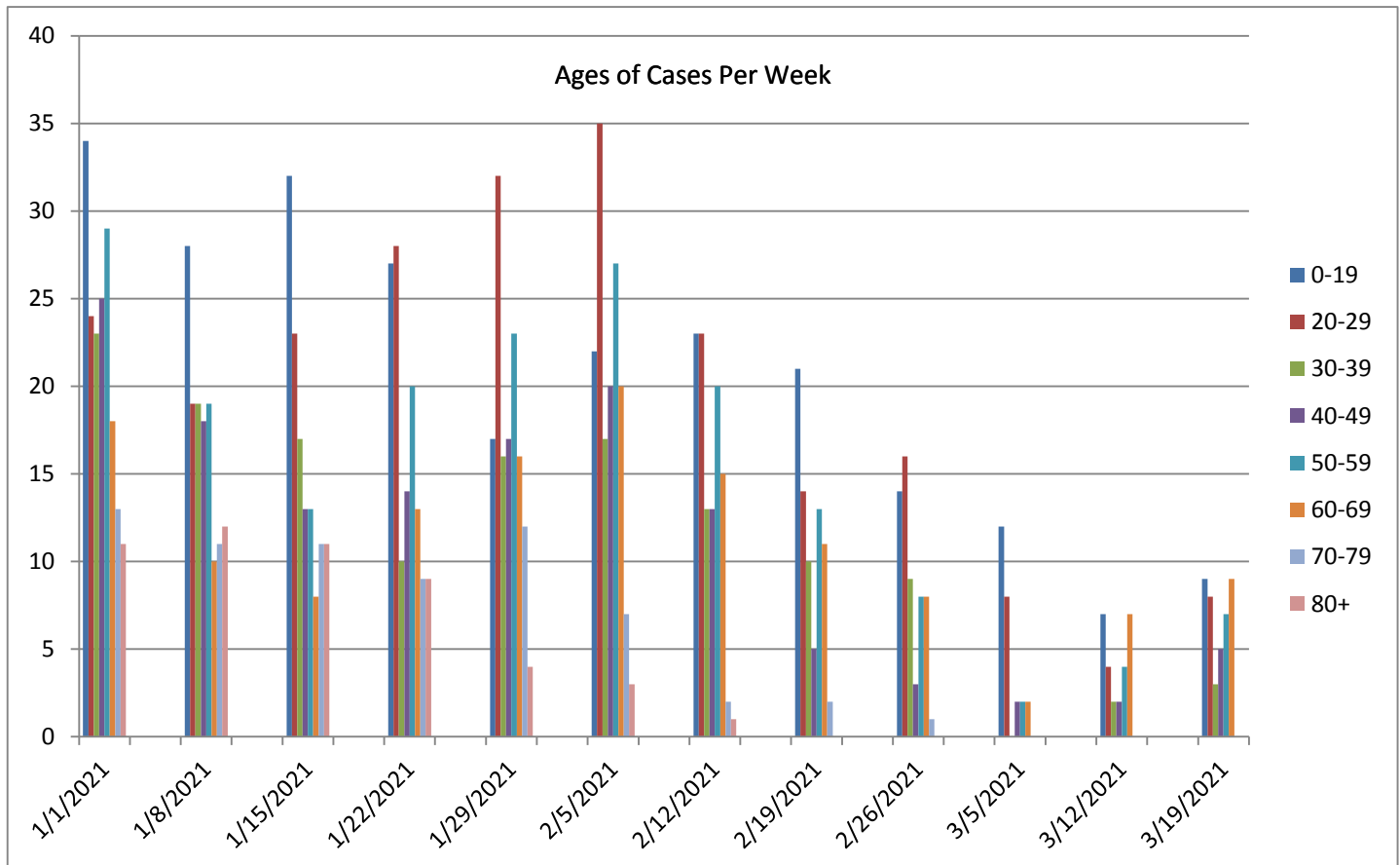
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Marblehead Health Department (MHD) data regarding case counts come directly from Massachusetts Department of Public Health (MDPH) and their surveillance system (MAVEN). We use the language and terminology per the Centers for Disease Control and Prevention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

**11.21% of the 1213 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'.**



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### COVID-19 isolation and quarantine information

Isolating and quarantining are related but distinct approaches to limiting COVID-19's spread. In short: Isolate if you're sick, quarantine if you have been exposed.

**You must isolate** if you are symptomatic or have tested positive for COVID-19. This means you must be alone, without direct contact with anyone else, until you can no longer spread the virus. This typically lasts about 10 days.

**You must quarantine** if you were exposed to someone with COVID-19 but haven't shown symptoms or had a positive COVID-19 test. It's best if you can quarantine for 14 days. However, if 10 days after your exposure you have no symptoms, you can end quarantine. You can end your quarantine after 7 days if you get tested and are negative for the virus.

Resources are available to support you if you're required to isolate or quarantine, and need medical, housing, food, or other assistance.

Isolating and quarantining go far beyond the Commonwealth's [Stay at Home Advisory](#).

**Effective Monday, March 22, the Massachusetts Travel Order will be replaced with a Travel Advisory:**

### Travel Advisory

- As of Monday, March 22, all visitors entering Massachusetts, including returning residents, are advised to quarantine for 10 days upon their arrival.
- Travelers are exempt from this advisory if they have a negative COVID-19 test result that has been administered up to 72 hours prior to their arrival in Massachusetts. If not obtained before entry to Massachusetts, a test may be obtained after arrival, as long as travelers quarantine until a negative test result has been received.
- Anyone who is returning to Massachusetts after an absence of fewer than 24 hours is exempt from this advisory.
- Workers who enter Massachusetts to perform critical infrastructure functions (as [specified by](#) the Federal Cybersecurity and Infrastructure Security Agency) are exempt from this advisory while they are commuting to or from or while at work.
- Travelers who are fully vaccinated (i.e. who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Johnson & Johnson vaccine, 14 days or more ago) and who do not have symptoms are exempt from this advisory.
- Travelers are encouraged to consult and follow the [CDC's guidelines and requirements for travel](#).



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### Massachusetts Department of Public Health | COVID-19 Dashboard

#### Hospitalizations from COVID-19

Released on: March 17, 2021  
Data as of: March 16, 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 **620** patients hospitalized for COVID-19.

#### ICU & Intubated Patients

There are **158** patients in Intensive Care Units (ICU) and **102** patients are intubated.

#### Average Age of Patients

The average age of patients who were hospitalized for COVID-19 was **81** years old.

Select to switch hospital visualizations:

Hospitalization Detail

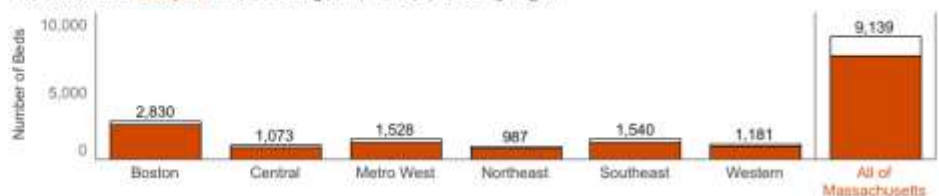
View availability by date  
3/16/2021

#### Occupied beds

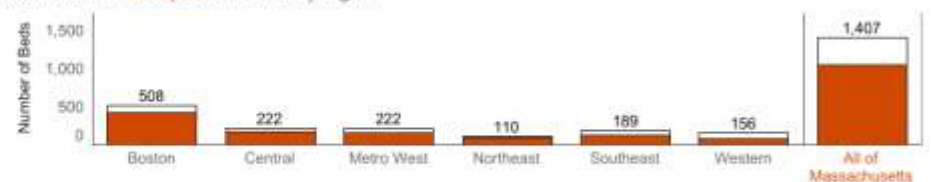
As of today, **84.6%** of medical/surgical beds are occupied and **74%** of ICU beds are occupied.

There are currently **0** 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 until vaccinated
- 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 Monday, March 22, all communities in Massachusetts will move into Step 1 of Phase IV of the state's reopening plan.** This will open a range of previously closed business sectors under tight capacity restrictions that are expected to be adjusted over time if favorable trends in the public health data continue. Effective on the planned advancement to Step 1 of Phase IV, the following large capacity sports and entertainment venues will be permitted to operate at a strict 12% capacity limit after submitting a plan to the Department of Public Health (DPH):

- Indoor and outdoor stadiums
- Arenas
- Ballparks

**Also effective on March 22, gathering limits for event venues and in public settings will increase to 100 people indoors and 150 people outdoors. Outdoor gatherings at private residences and in private backyards will remain at a maximum of 25 people, with indoor house gatherings remaining at 10 people.**

Additionally, dance floors will be permitted at weddings and other events only, and overnight summer camps will be allowed to operate this coming summer. Exhibition and convention halls may also begin to operate, following gatherings limits and event protocols. Other Phase IV sectors must continue to remain closed.

**Effective March 1<sup>st</sup>, the Commonwealth moved 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 1<sup>st</sup> 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



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### **Additional Guidance Changes:**

- **Effective March 1<sup>st</sup>, Restaurants are no longer 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 1<sup>st</sup>, Fitting rooms may open in all retail businesses**

### **Phase IV, Step 1 and Gathering Changes:**

On March 1, Massachusetts loosened capacity restrictions for several industries and advanced to Step 2 of Phase III of the reopening plan. Since then, hospitalizations dropped by 20% and deaths dropped by 24%. The seven day average of new cases in long-term care facilities dropped by 53%. The positive test rate remains below 2% and has been for several weeks now. The seven day average of new cases is also down over this time by 7%.

### **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/m<sup>2</sup> or higher)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

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



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

Beginning March 11<sup>th</sup>, all K-12 educators, child care workers and K-12 school staff are 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](http://www.mass.gov/covidvaccinemap).

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.

### **Educator Vaccination Days**

On March 11, pursuant to a federal directive, approximately 400,000 K-12 educators, childcare workers and K-12 school staff are eligible to receive COVID-19 vaccine in Massachusetts.

K-12 educators, childcare workers and K-12 school staff may receive vaccine from any of the 170 public vaccine sites available on [mass.gov/COVIDvaccine](http://mass.gov/COVIDvaccine).

In an effort to support the Biden-Harris Administration's directive for states to prioritize teacher vaccinations, the Administration will designate 4 days where the state's 7 mass vaccination sites will only offer 1st dose appointments for K-12 educators, child care workers and K-12 school staff.

These dates are: Saturday, March 27, Saturday, April 3, Saturday, April 10, and Sunday, April 11

Workers in this group must use the pre-registration system to request an appointment at one of the seven mass vaccination sites and attest they are a K-12 educator, childcare worker or K-12 school staff.

All other vaccine providers (including Regional Collaboratives) are encouraged, but not required, to restrict their appointments to K-12 educators, child care workers and K-12 school staff on Saturday, March 27, Saturday, April 3, Saturday, April 10 and Sunday, April 11, for consistency. Providers may designate alternative dates, in lieu of the 4 dates designated by the State, if necessary.

Clinics may not restrict access to individuals who live or work in a particular area.

All vaccine providers (including regional collaboratives) must submit their dates for educator clinics by Tuesday, March 16. The Command Center will post the schedule for all clinics next week.

K-12 educators, childcare workers and K-12 school staff are urged to book appointments through [mass.gov/COVIDvaccine](http://mass.gov/COVIDvaccine) beginning on March 11 as well as to book through the federal retail pharmacy program's CVS website. Given the limited supply of vaccine, K-12 educators, childcare workers and K-12 school staff may not receive vaccine until mid-April or later.

### **Mass Vaccination Locations:**

- Springfield, Eastfield Mall
- Natick, Natick Mall
- Foxboro, Gillette Stadium
- Danvers, Doubletree Hotel
- Boston, Fenway Park (through 3/27) and Hynes Convention Center (starting 3/18)
- Roxbury, Reggie Lewis Center
- Dartmouth, Former Circuit City





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### Regional Collaboratives:

- Barnstable County
- Berkshire County Boards of Health Association
- Franklin County Regional Collaborative
- Harrington Hospital, in Collaboration with LBOH
- Heywood Hospital, in Collaboration with LBOH
- Lawrence General Hospital, in Collaboration with LBOH
- Marshfield-Plymouth
- Northampton & Amherst
- Randolph – Collaboration between Avon, Holbrook, and Randolph
- Rutland
- Worcester, Worcester State University, Commonwealth Medicine and St. Vincent Hospital
- Lower Merrimack Valley- Collaboration between Amesbury, Georgetown, Groveland, Merrimack, Newbury, Newburyport, Rowley, Salisbury and West Newbury
- Southern Worcester County Regional COVID-19 Vaccination Coalition- Collaboration between Uxbridge, Northbridge, Mendon, Douglas, Bellingham, Blackstone, Hopedale, Millville, Milford, Oxford, Upton, Sutton

## Vaccine Preregistration Signup

Sign up to be notified about appointments at mass vaccination locations



Add your name to the list

Get notified when appointments are available

Schedule your appointment within 24 hours



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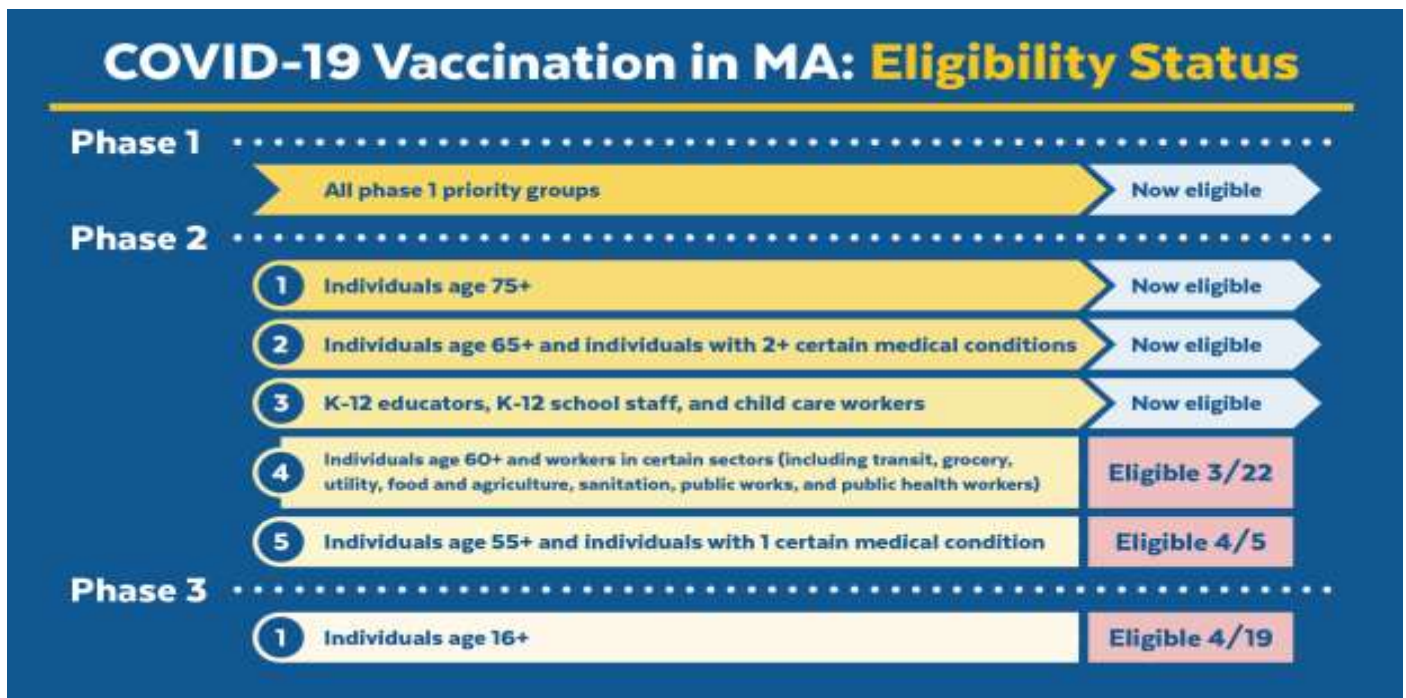
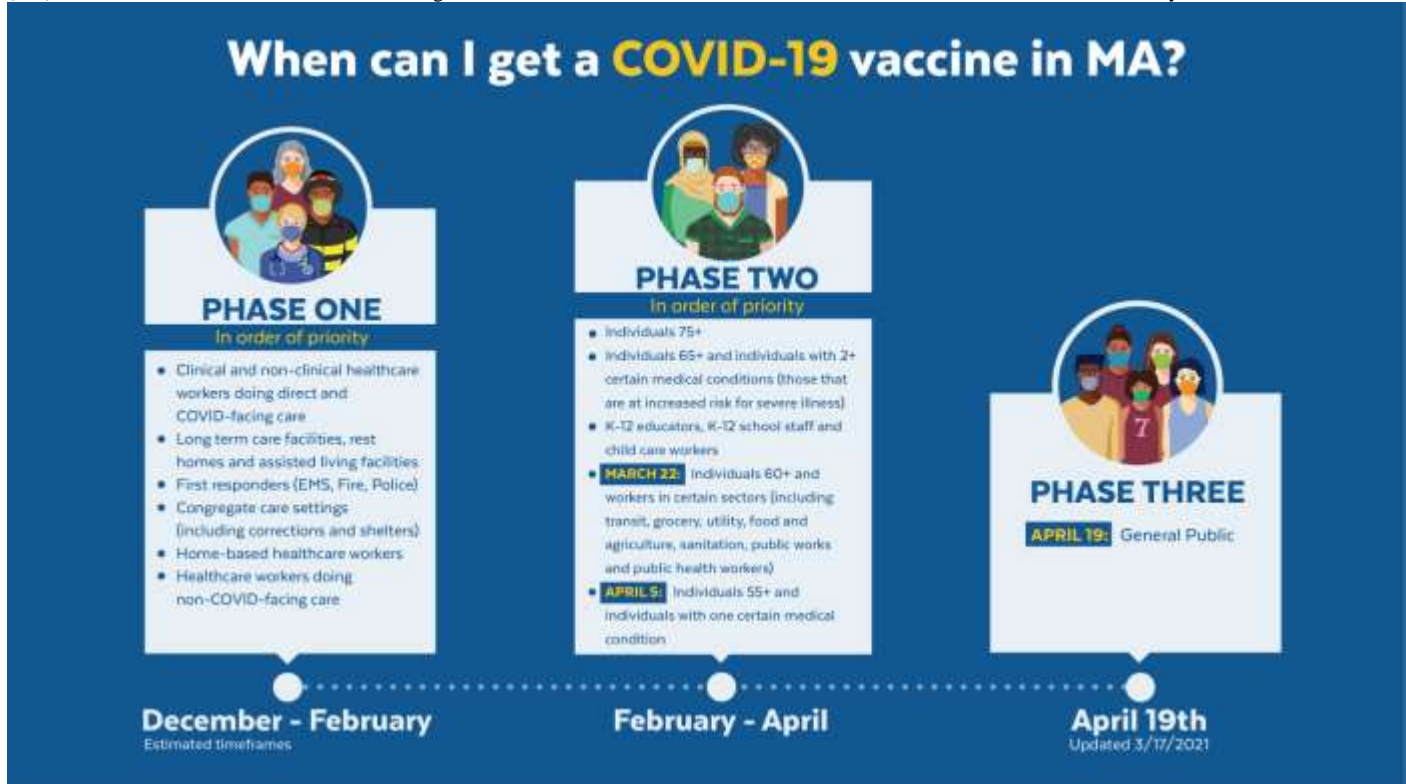
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This list will be updated Tuesdays and Thursdays by 5pm in response to questions submitted via [COVID-19-Vaccine-Plan-MA@mass.gov](mailto:COVID-19-Vaccine-Plan-MA@mass.gov)



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- **Vaccination and Pregnant Women**

- Information about COVID-19 Vaccines for People who Are Pregnant or Breastfeeding:  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

Vaccinating Pregnant and Lactating Patients Against COVID-19:

<https://www.acog.org/media/project/acog/acogorg/files/pdfs/clinical-guidance/practice-advisory/covid-19-vaccination-site-recommendations.pdf>

### 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.



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### **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)

### **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?**

*Persons Who Have Been Completely Vaccinated for COVID-19:* Individuals who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Janssen vaccine, more than 14 days ago and who do not have symptoms, do not need to obtain a negative test prior to traveling to, or quarantine upon arrival to, Massachusetts. COVID-19 vaccinated individuals arriving in Massachusetts must have documentation of their vaccination(s), including the date(s) of administration, available if asked. This exception **does not** include vaccinated individuals who have symptoms of COVID-19, who must follow all testing and quarantine guidance outlined in the travel rules

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

If you have gotten two doses of the Moderna or Pfizer COVID-19 vaccines or one dose of the Janssen (Johnson & Johnson) COVID-19 vaccine more than 14 days ago, you are not required to quarantine following an exposure.

### **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)





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### 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)

### COVID-19 Vaccine Updates

- Residents and staff of low-income and affordable **senior housing** added to first priority in Phase 2
- COVID-19 Vaccine Locations for Health Care Workers <https://www.mass.gov/info-details/covid-19-vaccine-locations-for-health-care-workers>
- 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)
- COVID-19 Vaccinations for Senior Housing Settings <https://www.mass.gov/info-details/covid-19-vaccinations-for-senior-housing-settings>
- 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](mailto: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 18, 2021

First Dose (One Dose Away)	2956
Second Dose	3666



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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-](http://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-](http://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/](http://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**