TOWN OF MARBLEHEAD
Board of Health

Todd Belfbecker D.M.D., Chair
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, January 14, 2022.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **2831**

(December 31, count was 2292) (January 7, count was 2543)

Active cases: 399

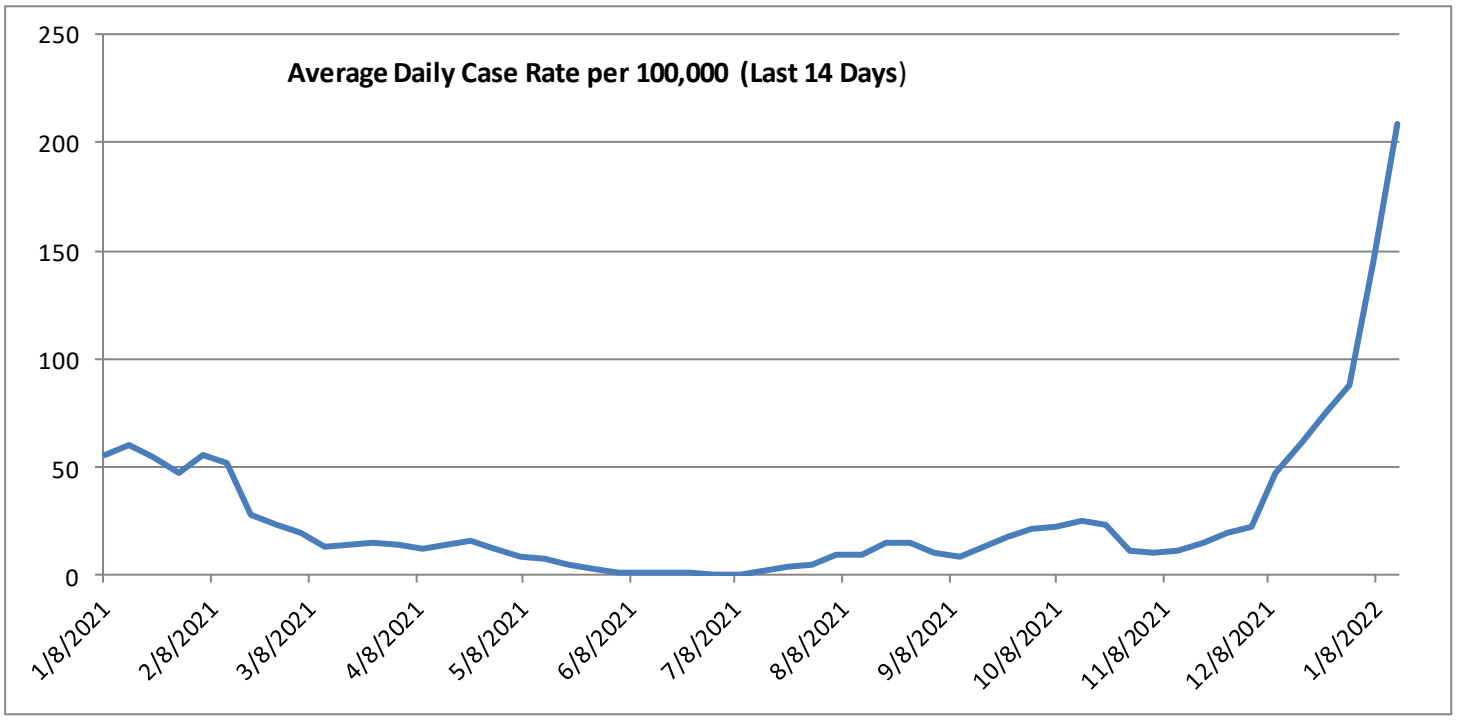
Probable Cases December 31- January 14: **79**

Confirmed deaths: **31**

26	**63**	**91**	**55**	**62**	**90**	**80**	**30**	**35**	**7**
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 12/31/2021-1/14/2022 (539)

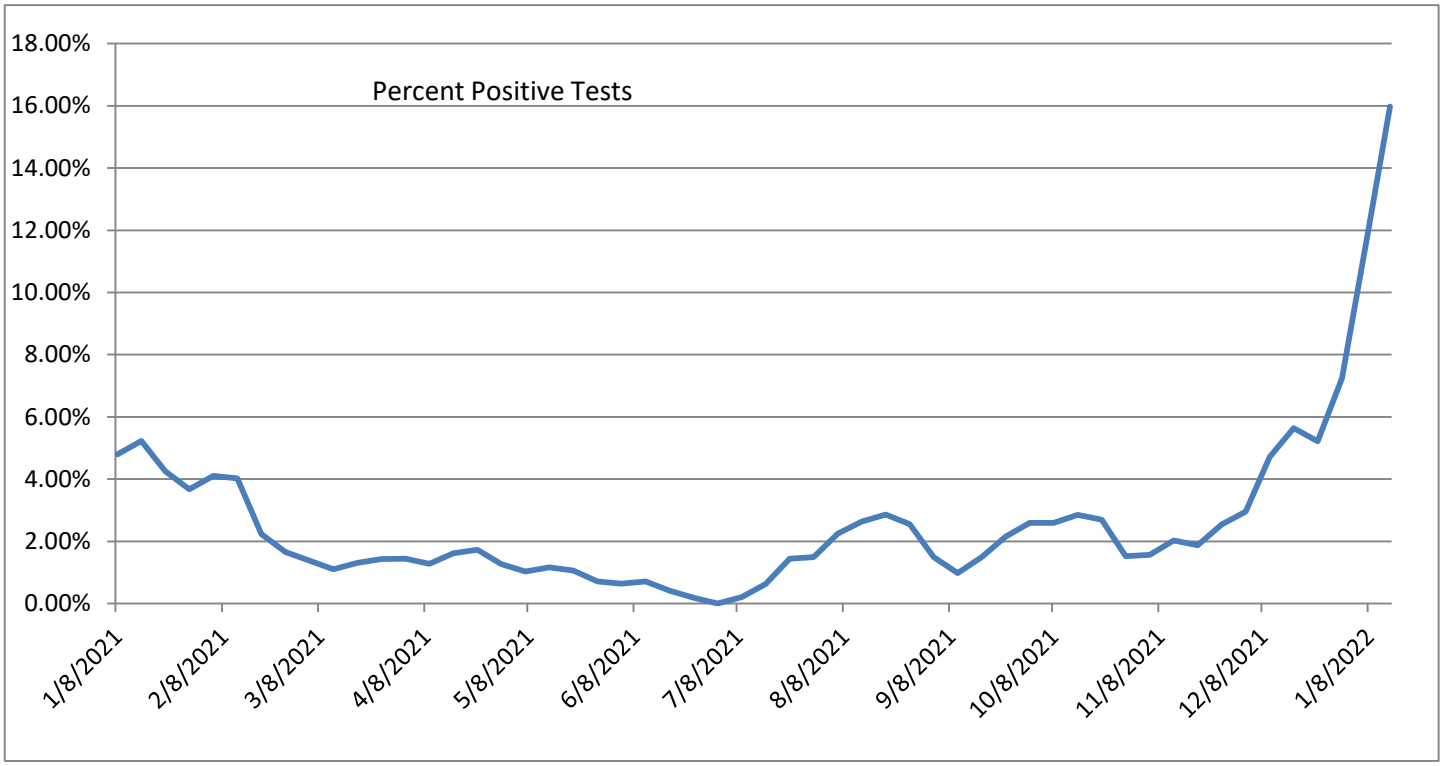
Average Daily Incidence Rate per 100,000 (Last 14 Days)	Relative Change in Case Count	Total Tests	Total Tests (Last 14 Days)	**Percent Positivity (Last 14 Days)**	Change in Percent Positivity
208.6	Higher	94,395	3,729	15.98%	Higher

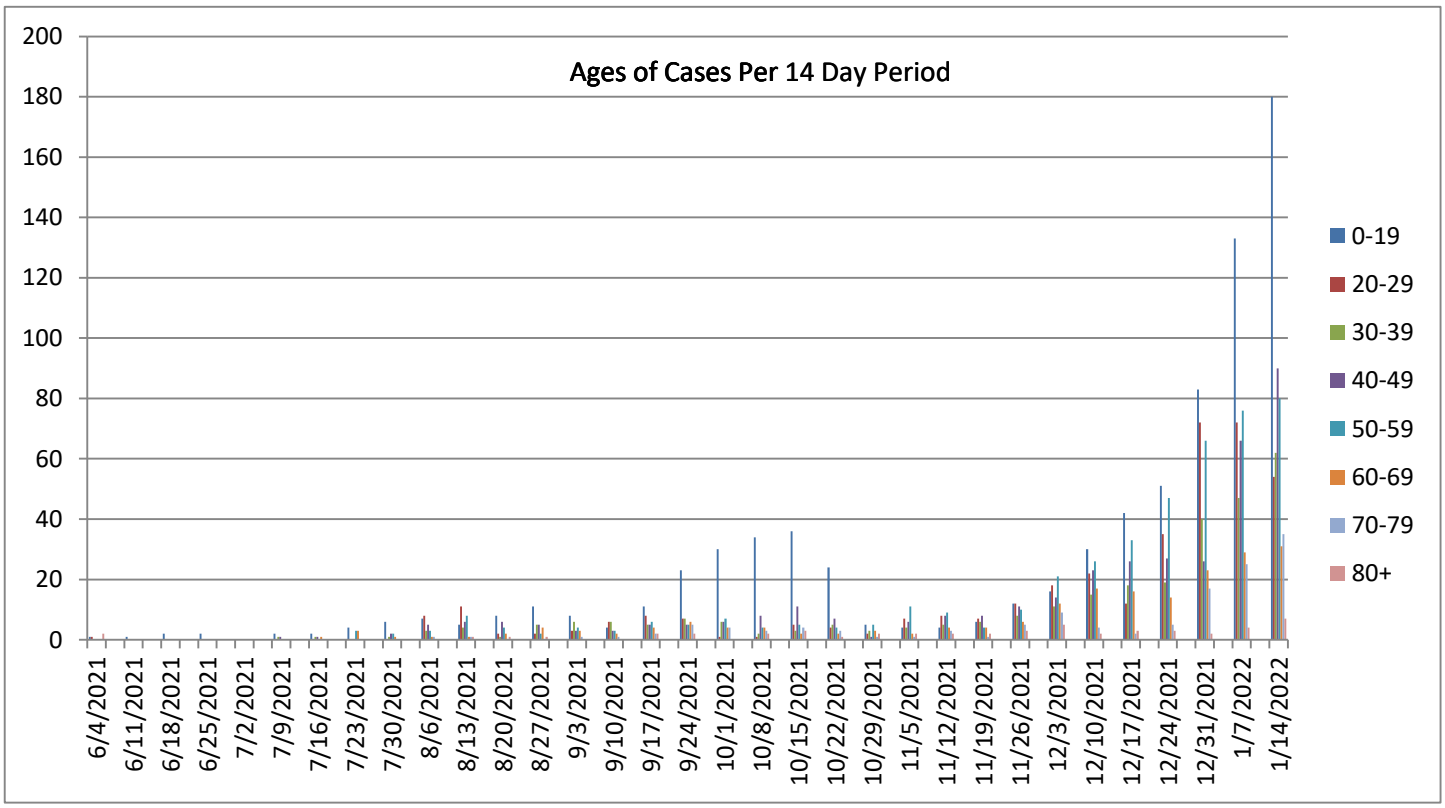


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Marblehead Residents Vaccinated for COVID-19 as of January 14, 2022

Age Group	Fully vaccinated individuals per capita	Partially vaccinated individuals per capita	Individuals with booster doses per capita
5-11 Years	64%	11%	0%
12-15 Years	>95%	5%	5%
16-19 Years	>95%	5%	47%
20-29 Years	94%	6%	43%
30-49 Years	>95%	5%	56%
50-64 Years	94%	6%	64%
65-74 Years	93%	7%	75%
75+ Years	>95%	5%	88%

Booster Shots

All individuals 12+ are eligible for a COVID-19 Booster.

*Individuals 12-17 can only get the Pfizer booster

Anyone 12 years of age or over and have completed their primary series at least 6 months ago for the Moderna or Pfizer vaccine or received their J&J vaccine at least 2 months ago are eligible.

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

COVID-19 Public Health Emergency Regulation

Notice is hereby given that on 12/27/2021 the Board of Health adopted the following emergency Order under the provisions of MGL Chapter 111, §§ 31, 104 and 122: Based upon review of current COVID-19 caseload and testing positivity rates in the community and the rise of the Delta Variant and Omicron variant, the Board of Health has found that there exists in the community a disease and cause of sickness that is dangerous to public health and that action is necessary to minimize the further spread of that disease

The Board of Health voted to adopt as an Emergency Public Health Order, the following indoor face-covering order in the Town of Marblehead.

1. Effective at 12:01am 12/28/2021, face coverings that cover the nose and face are required for all individuals, regardless of vaccination status, aged two years and above in all indoor public spaces, including but not limited to restaurants, retail establishments, restaurants, bars, performance venues, social clubs, event spaces, places of religious worship and municipal buildings, and, or private spaces open to the public.
2. Notwithstanding any provision in this Order, face coverings should not be placed on young children under 2-years-old, anyone who has trouble breathing, anyone who is unconscious, incapacitated or otherwise unable to remove the face covering without assistance, or anyone who due to disability is unable to wear a face covering.

3. Food service establishment customers may only remove face coverings when seated and consuming food and beverages.

4. Indoor performance venue customers may only remove face coverings in the actual act of eating and drinking, if permitted in the venue.

5. Lodging guests and workers are required to wear face coverings when inside hallways and common areas.

6. Residents and employees of multi-family dwelling units are required to wear face coverings inside hallways and other common areas. Notice of this requirement shall be posted at all entry doors to the building and common areas.

7. Fitness Center/Health Club workers, customers, and visitors are required to wear face coverings during fitness activity, including strenuous activity and group activity.

8. At Personal Services establishments, including, but not limited to, barber shops, hair and nail salons, massage, all customers and workers are required to wear face coverings, except for skin or beard care that occurs on the face, where the customer may temporarily remove the face covering but must immediately put the face covering back on for the remainder of the visit.

9. Face Coverings remain mandatory for all individuals on public and private transportation systems (including rideshares, livery, taxi, ferries, and buses), in healthcare facilities and in other settings hosting vulnerable populations, such as congregate care settings, as directed by the Governor and the Massachusetts Department

of Public Health.

10. Nothing in this Order shall affect the state and federal orders already in effect in Massachusetts and mandates established by the Commissioner of the Department of Elementary and Secondary Education regarding the wearing of facial coverings in school.

11. All entry doors of businesses open to the public must post notice advising customers that face coverings must be worn inside the establishment. Establishment staff must supervise and enforce this Order. If a customer refuses to wear a face covering for non-medical reasons, a business may decline entry to the individual.

12. The Board of Health and authorized agents pursuant to MGL chapter 111, § 30, are authorized to enforce this Order and if necessary, may do so with the assistance of the Police Department, in the sole discretion of the Chief of Police.

13. Whoever violates any provision of this Order may be penalized by a noncriminal disposition process as provided in Massachusetts General Laws, Chapter 40, section 21D and the Town's non-criminal disposition by-law. If non-criminal disposition is elected, then any person who violates any provision of this Regulation shall be subject to: for a first offense, a written warning; for a second offense, a penalty in the amount of one hundred dollars ($100), for a third offense, a penalty of two hundred dollars ($200); and for a fourth or subsequent offense, a penalty in the amount of three hundred dollars ($300.00). Each day or portion thereof shall constitute a separate offense. If more than one, each condition violated shall constitute a separate offense.

14. Notwithstanding the foregoing, agents and officers are encouraged to educate offenders and to exercise their judgment on a case-by-case basis, and they may issue verbal or written warnings prior to determining that an offense has occurred.

This Order shall remain in effect until March 8, 2022 unless rescinded earlier by the Board of Health.

State of Massachusetts

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 Disease Control January 29, 2021 Order. Face coverings are also required at all times in transportation hubs, including train stations, bus stops, and airports. The requirement applies to riders and workers.
2. **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.
3. **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

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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.

4. **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.
5. **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.
6. **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.
7. **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**.**

The following persons are exempt from the face coverings requirement:

- Persons for whom a face mask or covering creates a health risk or is not safe because of any of the following conditions or circumstances:
  - the face mask or covering affects the person's ability to breathe safely;
  - the person has a mental health or other medical diagnosis that advises against wearing a face mask or covering;
  - the person has a disability that prevents them from wearing a face mask or covering; or
  - the person depends on supplemental oxygen to breathe.

<u>Massachusetts Department of Public Health</u>
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.

If the individual shows no symptoms, the recommended isolation period is shortened from 10 days to 5 days, followed by 5 days of wearing a mask when around others.

For individuals unvaccinated or are more than six months out from their second Pfizer or Moderna dose (or more than 2 months after the J&J vaccine) and not yet boosted who have been exposed to COVID-19, the CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days.

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Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. Individuals who have received their booster do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.

For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

If you test positive for COVID-19 (isolate)

If you have been boosted or completed the primary series of Pfizer or Moderna vaccine within the last 6 months or completed the primary series of J&J within the last 2 months.

- Wear a mask around others for 10 days.
- Test on day 5, if possible

If you develop symptoms get a test and stay home

If you completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted or completed the primary series of J&J over 2 months ago and are not boosted or are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days
- If you can't quarantine you must wear a mask for 10days.
- Test on day 5, if possible

If you develop symptoms get a test and stay home

Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

Note: The updated ***isolation*** guidance applies to K-12 schools. At this time, ***quarantine*** guidance for K-12 schools remains unchanged. DESE's current mask requirement and Policy on Vaccination Rate Threshold remains in effect.

Child care programs should continue to partner with their local boards of health for support in developing or adjusting their individual program's quarantine and isolation policies in accordance with the revised CDC guidance. EEC will release additional child care specific COVID-19 information during the week of January 3rd. As a reminder, child care programs are encouraged to leverage these suggested strategies, developed by EEC, when developing their policies for COVID-19 mitigation.

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2. It is very contagious and can spread easily.

COVID-19 most often causes respiratory symptoms that can feel much like a cold, a flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease.

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- Most people with COVID-19 have mild symptoms, but some people become severely ill.
- Some people including those with minor or no symptoms may suffer from post-COVID conditions — or "long COVID".
- Older adults and people who have certain underlying medical conditions are at increased risk of severe illness from COVID-19.
- Hundreds of thousands of people have died from COVID-19 in the United States.
- Vaccines against COVID-19 are safe and effective. Vaccines teach our immune system to fight the virus that causes COVID-19.

Isolation and quarantine are important steps to help stop the spread of COVID-19.

An infected person can spread COVID-19 when they cough, sneeze, or even by talking, singing or breathing. COVID-19 spreads very easily between people who are near each other. Staying at home when you are contagious keeps you from giving it to other people. Staying home when you have been exposed to COVID-19 and might get sick keeps you from giving it to other people.

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.

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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.
- 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

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- 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:

- 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?

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- 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.

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.

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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
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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

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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