



# 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, April 9, 2021.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **1268**

(March 26, count was 1237) (April 2, count was 1252)

Active cases: **19**

Confirmed deaths: **31**

9 5 3 7 4 2 1 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 3/26/2021-4/9/2021 (31)

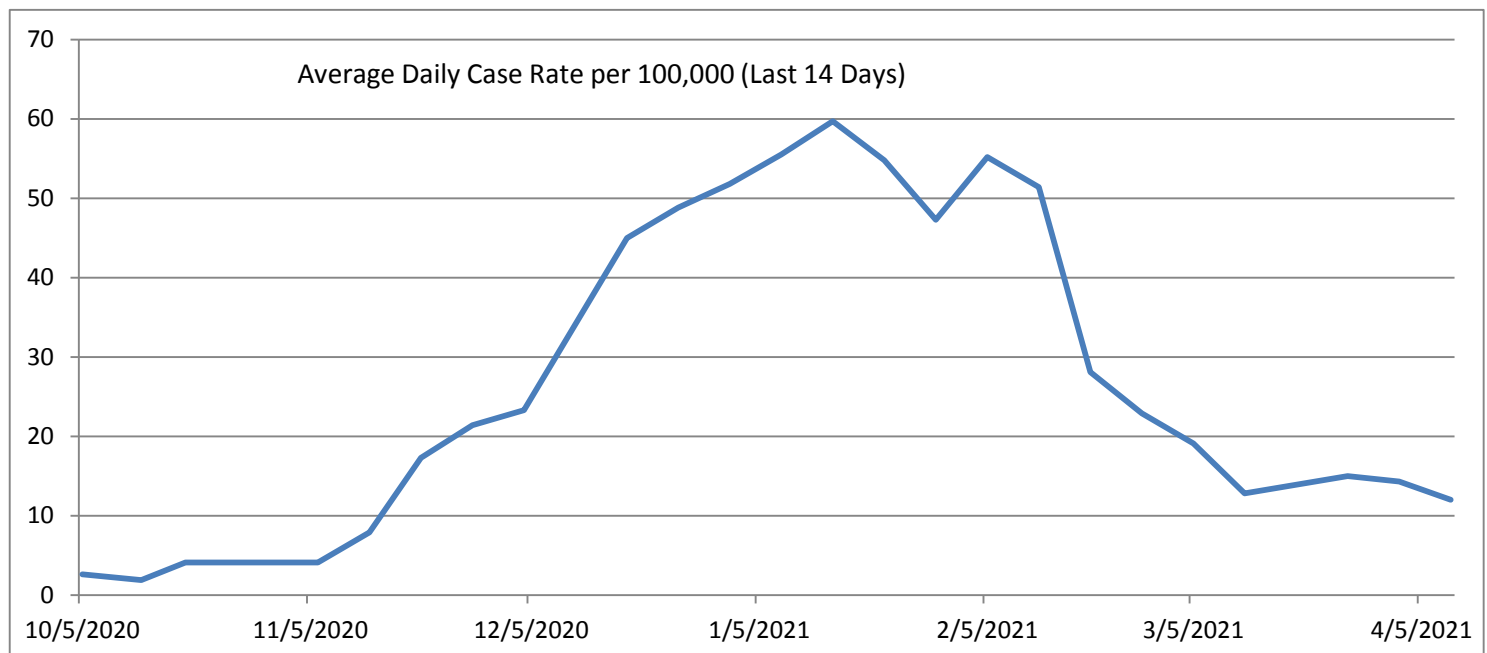
Average Daily Incidence Rate per 100,000 (Last 14 Days)	Relative Change in Case Count	Total Tests	Total Tests (Last 14 Days)	Percent Positivity (Last 14 Days)	Change in Percent Positivity
12.0	Lower	50902	3135	1.28%	Lower

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

### Marblehead Residents Vaccinated for COVID-19 as of April 9, 2021

First Dose (One Dose Away) **4347**

Second Dose **5886**





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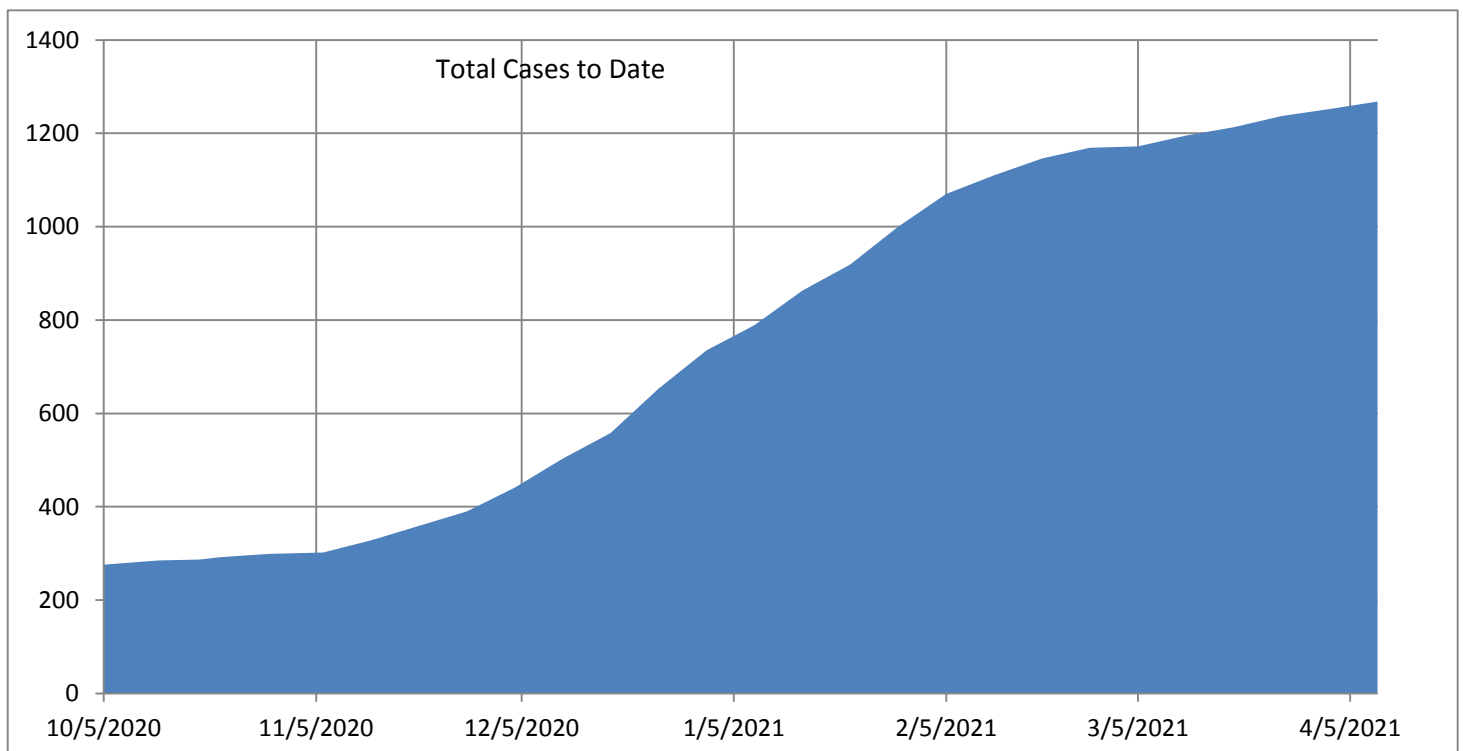
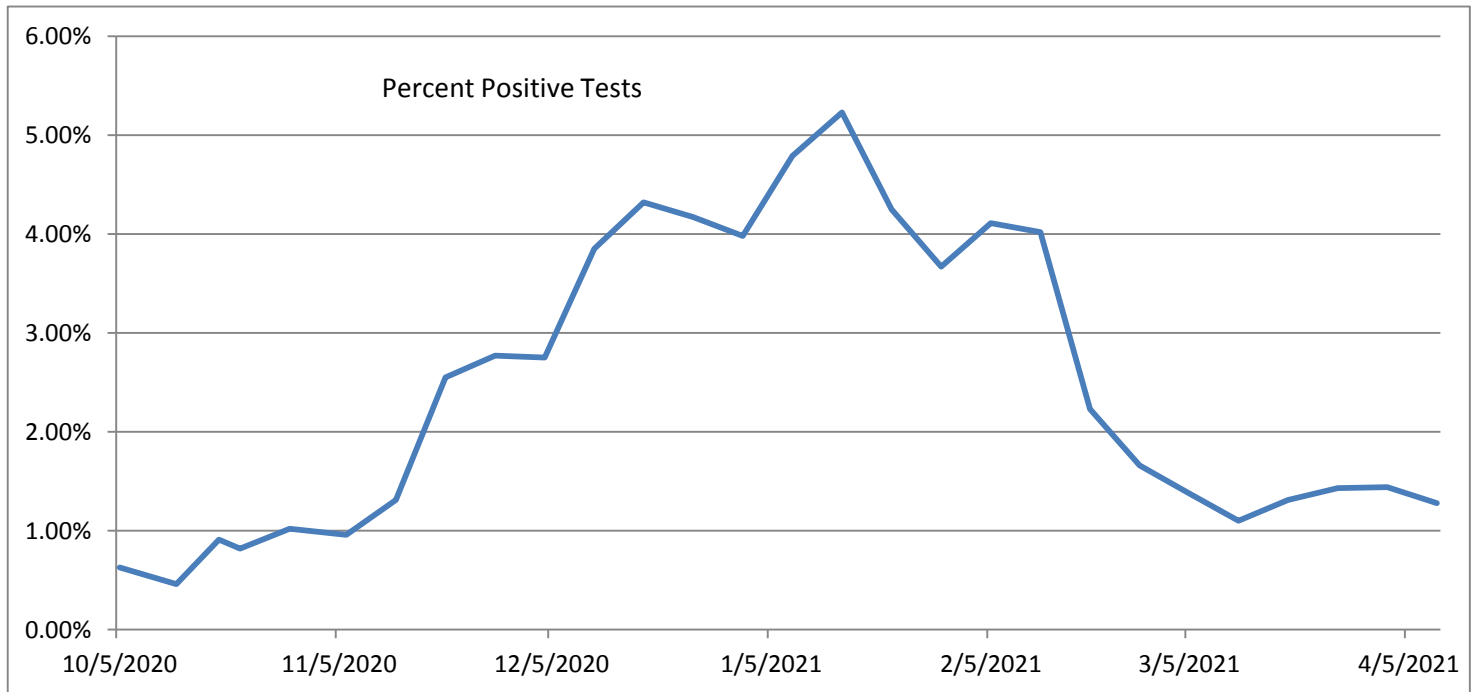
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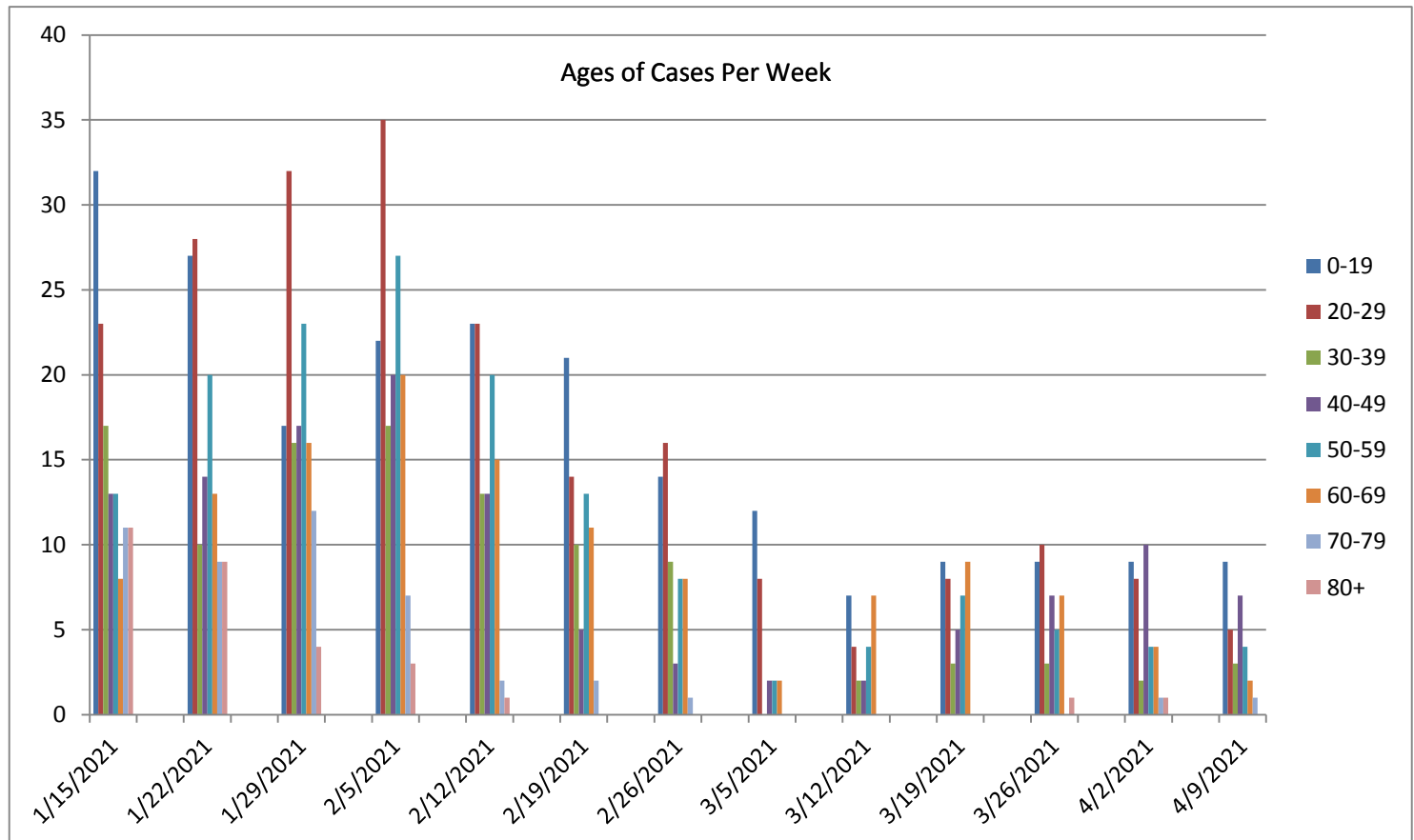
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Marblehead Health Department (MHD) data regarding case counts come directly from Massachusetts Department of Public Health (MDPH) and their surveillance system (MAVEN). We use the language and terminology per the Centers for Disease Control and Prevention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

**10.73% of the 1268 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: April 7, 2021  
Data as of: April 6, 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 **755** patients hospitalized for COVID-19.

#### ICU & Intubated Patients

There are **179** patients in Intensive Care Units (ICU) and **105** patients are intubated.

#### Average Age of Patients

The average age of patients who were hospitalized for COVID-19 was **61** years old.

Select to switch hospital visualizations:

Hospitalization Detail

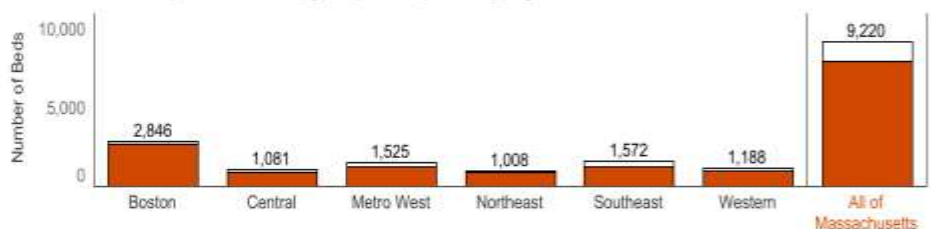
View availability by date  
4/6/2021

#### Occupied beds

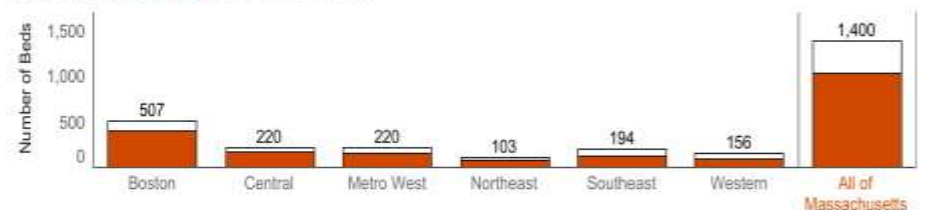
As of today, **86.3%** of medical/surgical beds are occupied and **74%** of ICU beds are occupied.

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.

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

When you wear a cloth mask, it should:

- Cover your nose and mouth,
- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.

Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.



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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:**

#### **Phase 2**

#### **Currently Eligible:**

Listed in order of priority:

- People who are 75 or older
- People who are 60 or older
- People with 2 or more certain medical conditions
- People who live or work in low income and affordable senior housing
- K-12 educators, K-12 school staff, and child care workers
- Certain workers

#### **Eligible April 5, 2021:**

- People who are 55 or older
- People with 1 certain medical condition

#### **Phase 3**

#### **Eligible April 19, 2021:**

- Individuals ages 16+

If your group is not specifically listed in either Phase 1 or Phase 2, you will be eligible to receive the vaccine in Phase 3, which will launch April 19, 2021.





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## 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

## When can I get a **COVID-19** vaccine in MA?



### PHASE ONE

*In order of priority*

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- First responders (EMS, Fire, Police)
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care

**December - February**

Estimated timeframes



### PHASE TWO

*In order of priority*

- Individuals 75+
- Individuals 65+ and individuals with 2+ certain medical conditions (those that are at increased risk for severe illness)
- K-12 educators, K-12 school staff and child care workers
- **MARCH 22:** Individuals 60+ and workers in certain sectors (including transit, grocery, utility, food and agriculture, sanitation, public works and public health workers)
- **APRIL 5:** Individuals 55+ and individuals with one certain medical condition

**February - April**



### PHASE THREE

**APRIL 19:** General Public

**April 19th**

Updated 3/17/2021





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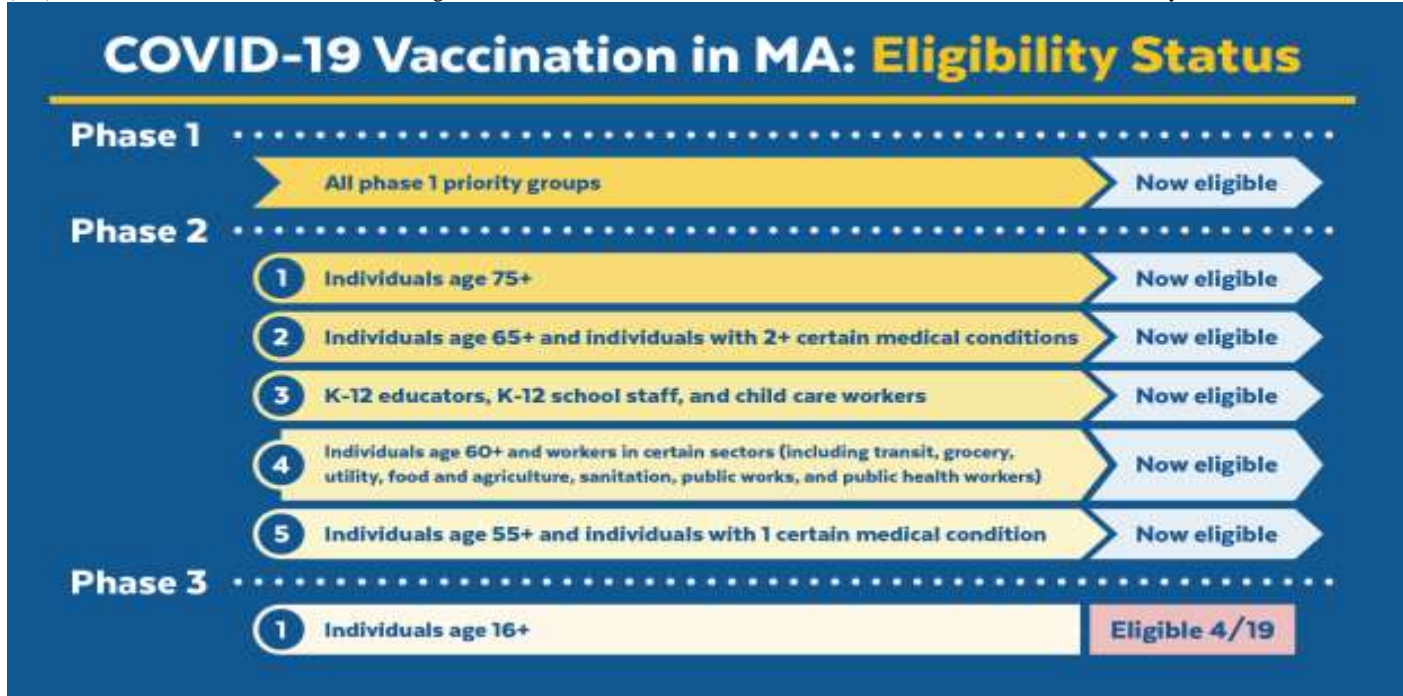
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This list will be updated Tuesdays and Thursdays by 5pm in response to questions submitted via [COVID-19-Vaccine-Plan-MA@mass.gov](mailto:COVID-19-Vaccine-Plan-MA@mass.gov)

- **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?

Some people have side effects after being vaccinated (such as tiredness, headache, and pain at the injection site), which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. If you develop respiratory symptoms like runny nose, cough, or loss of sense of smell or taste, these are not side effects of the vaccine and you should consider getting tested for COVID-19 or talk to your healthcare provider. It is possible to get COVID-19 even after you get the vaccine. Stay home if you are sick and avoid close contact with others. You may wish to check with your employer about how this will impact your work.

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,



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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](#).

If you have any concerns, you can also call your healthcare provider. You or your provider can report any side effects to the Vaccine Adverse Event Reporting System (VAERS), which is a national system run by the federal government.

### How long after getting the COVID-19 vaccine does it take to be effective? (Updated 3/23/21)

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. You are considered fully vaccinated if you have received two doses of either the Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen (Johnson & Johnson) vaccine more than 14 days ago.

### 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.

### 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. Experts are working to learn more about both the protection someone gets from having an infection (also called natural immunity) and protection someone gets from the vaccine.

### What guidance do I need to follow after I am fully vaccinated? (New 3/23/21)

Some prevention measures will continue to be necessary for all people, even people who have been fully vaccinated. For more information, please visit [Guidance for people who are fully vaccinated against COVID-19 | Mass.gov](#).



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### What it means to be fully vaccinated

- People are fully vaccinated for COVID-19 if they have received two doses of either the Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen (Johnson & Johnson) vaccine more than 14 days ago.
- This guidance does **not** apply to fully vaccinated individuals who have symptoms of COVID-19.

### Gathering with other people

#### 1. Continue wearing a mask and avoiding close contact with others in public.

COVID-19 vaccination will help keep you from getting sick from COVID-19 but experts continue to conduct more studies about whether the vaccines also keep people from spreading COVID-19. Wearing masks and social distancing help lower your chance of spreading the virus to 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.

#### 2. You may visit other people who have been fully vaccinated.

You may visit with other fully vaccinated people indoors in private settings without wearing masks or physical distancing. For example, if you are fully vaccinated, it is likely a low risk for you to invite other fully vaccinated friends to dinner inside your home.

#### 3. Take precautions when visiting people who have *not* been vaccinated.

The Massachusetts Department of Public Health recommends following CDC guidance which says you may visit in a private setting indoors with unvaccinated people **from a single household** who are at **low risk of [severe COVID-19 disease](#)** without wearing masks or physical distancing. For example, fully vaccinated grandparents can visit indoors with their unvaccinated healthy child and their healthy children without wearing masks or physical distancing, provided none of the unvaccinated family members are at risk of severe COVID-19.

If the unvaccinated people are from **multiple households** OR are at **increased risk** of severe COVID-19, everyone involved should take precautions including wearing a well-fitted mask, staying at least 6 feet away from others, and visiting outdoors or in a well-ventilated space. For example, if a fully vaccinated individual visits with an unvaccinated friend who is seventy years old and therefore at risk of severe disease, the visit should take place outdoors, wearing well-fitted masks, and maintaining physical distance (at least 6 feet).

#### 4. Follow state guidance on participating in large gatherings, like weddings and concerts.

Everyone, even people who have been fully vaccinated, should adhere to current guidance on gathering limits, as well as sector-specific safety rules for activities such as concerts. Review the latest orders on [Limits on Gatherings](#).

### Isolation, quarantine and testing

#### 1. You do not need to follow the Massachusetts Travel Advisory.

The advisory for all visitors entering Massachusetts, including returning residents, to quarantine for 10 days upon their arrival does not apply to people who are fully vaccinated.



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### **2. Stay home and get tested if you feel sick.**

While vaccines are highly effective there is still a chance you can get COVID-19 even after you get the vaccine. If you develop respiratory symptoms like runny nose, cough, or loss of sense of smell or taste, these are not side effects of the vaccine and you should consider getting tested for COVID-19 or talk to your healthcare provider. Stay home if you are sick and avoid close contact with others. You may wish to check with your employer about how this will impact your work.

### **3. Isolate if you test positive for COVID-19.**

If you test positive for COVID-19 you need to isolate. The COVID-19 vaccines will not make you test positive on [viral tests](#).

### **4. Monitor for symptoms if you are a close contact to someone with COVID-19.**

If you do not live or work in a congregate setting (e.g., correctional and detention facilities, assisted living residences, nursing and group homes), you are not required to quarantine following an exposure. *However, you should still monitor for symptoms of COVID-19 for 14 days following an exposure. If you experience symptoms, isolate yourself from others and contact your healthcare provider or seek testing.*

### **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)

### **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.

### **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

- If you believe you need an in-home vaccination, please contact the Homebound Vaccination Central Intake Line at **(833) 983-0485**. Representatives are available **Monday through Friday from 9:00 AM to 5:00 PM**. Representatives are available in both English and Spanish, and also have access to translators for over 100 languages.
- 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>





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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**