TOWN OF MARBLEHEAD
Board of Health

Todd Belfbecker, 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 30, 2021.

Confirmed cases (recent guidance categorizes all confirmed or presumptive positive cases as positive): **1318**

(April 16, count was 1295) (April 23, count was 1306)

Active cases: **13**

Confirmed deaths: **31**

9	**0**	**0**	**2**	**6**	**3**	**1**	**2**
0-19 years	20-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80+

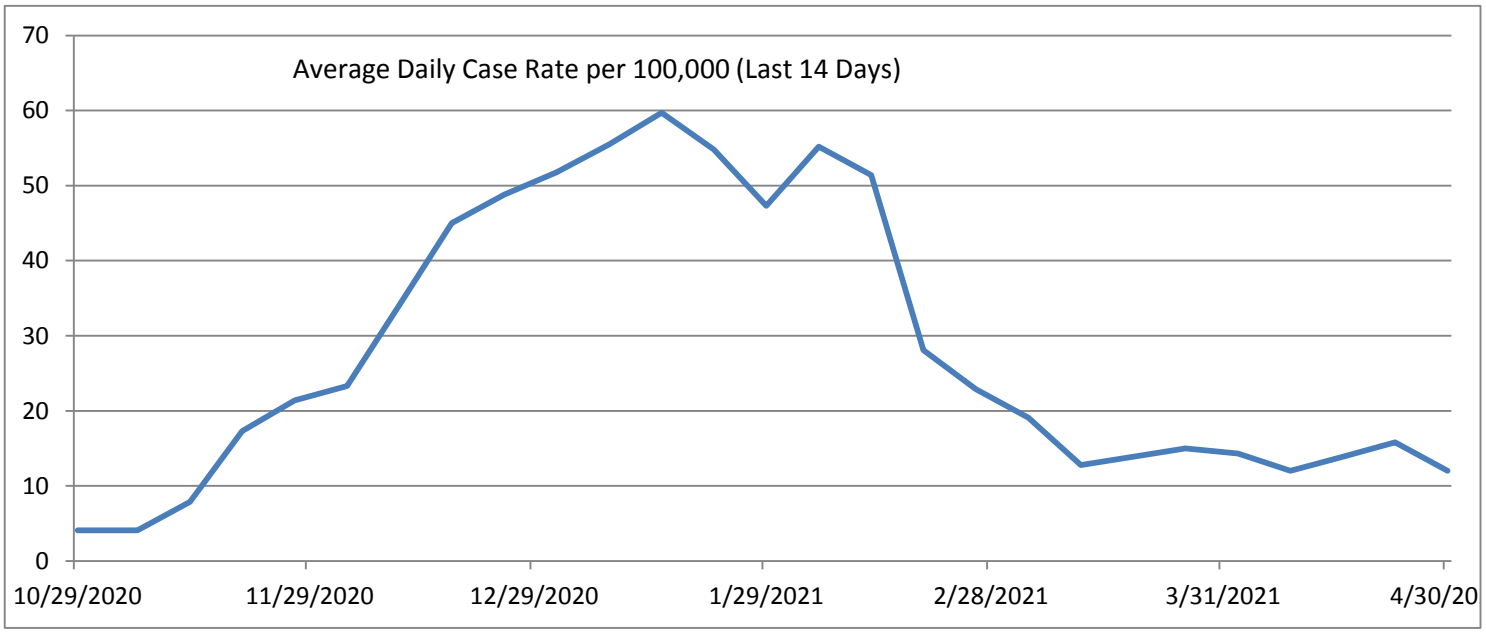
Total Cases by Age Group from 4/16/2021-4/30/2021 (23)

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	55,031	2608	1.27%	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 30, 2021

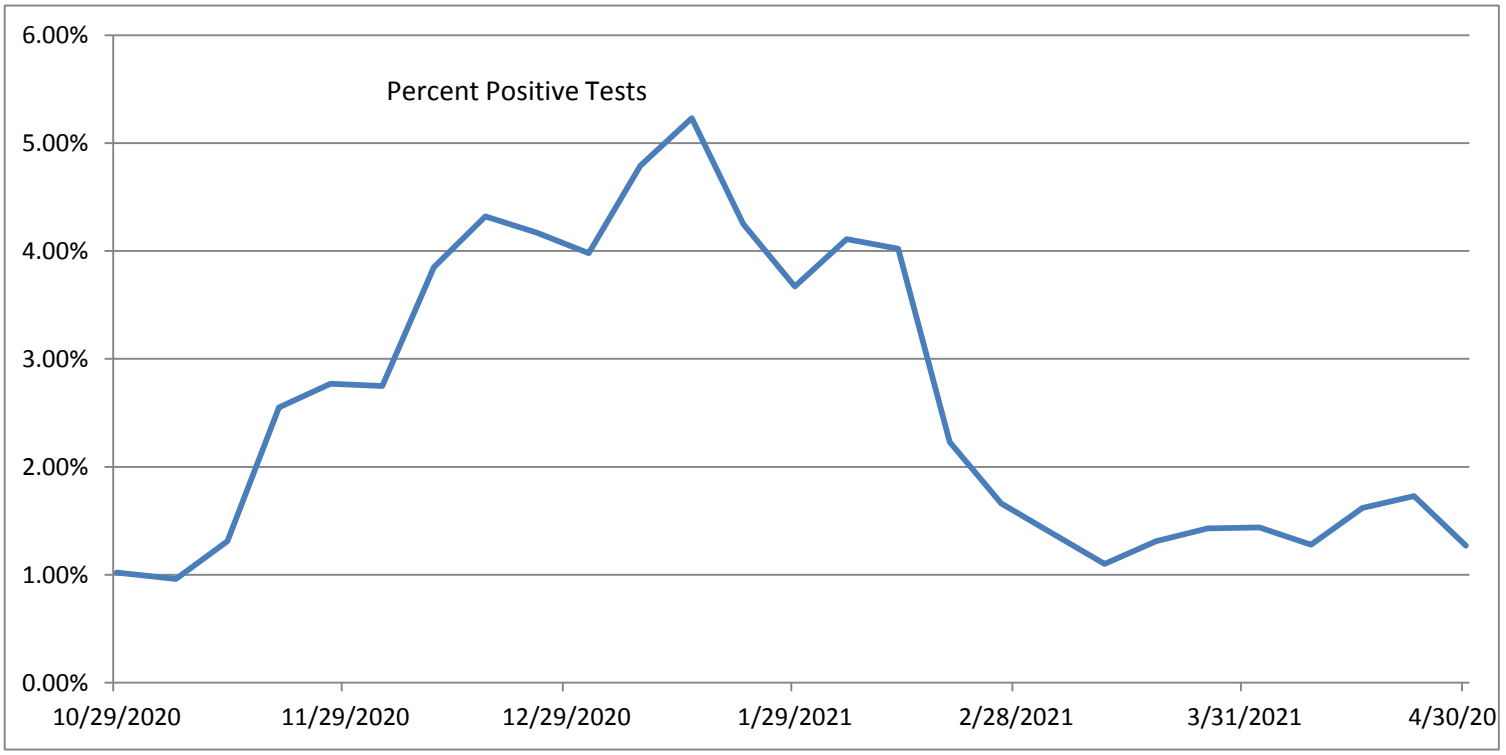
First Dose (One Dose Away)	**4124**
Second Dose	**8754**

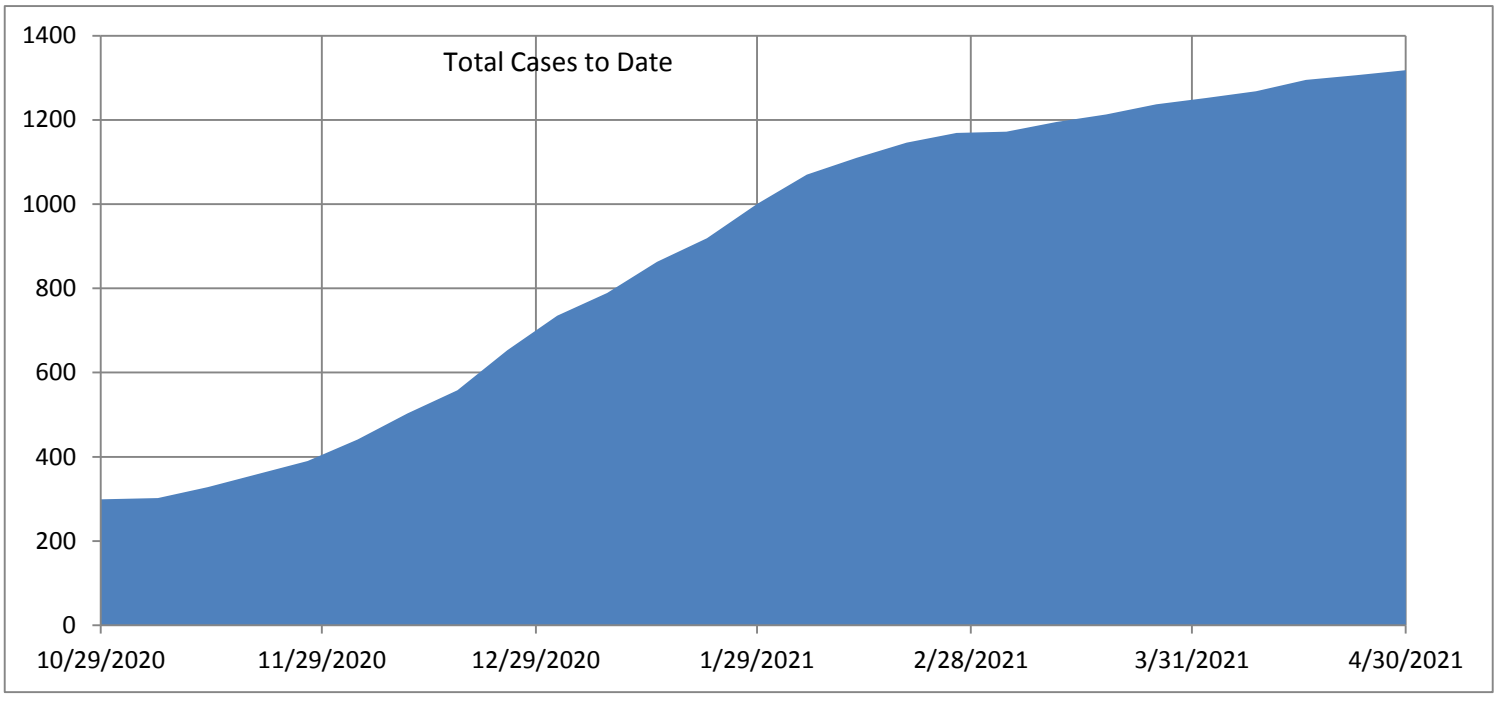


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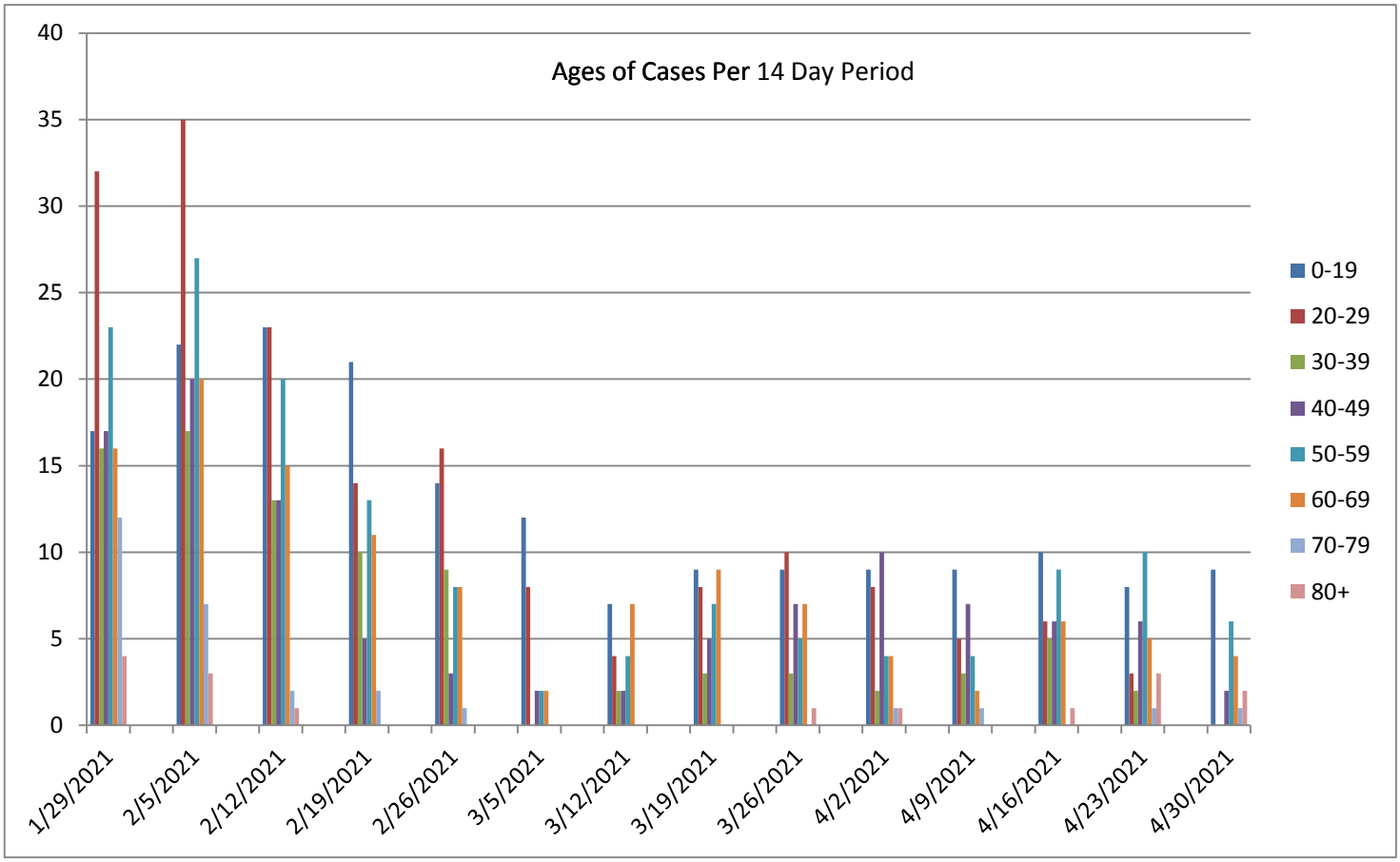




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Marblehead Health Department (MHD) data regarding case counts come directly from Massachusetts Department of Public Health (MDPH) and their surveillance system (MAVEN). We use the language and terminology per the Centers for Disease Control and Prevention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

10.32% of the 1318 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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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.

Face Coverings Order:

Effective April 30th, the Face Coverings Order will be relaxed for some outdoor settings.

Face coverings will only be required outside in public when it is not possible to socially distance, and at other times required by sector-specific guidance.

Face coverings will still be required at all times in indoor public places. Face coverings will also continue to be required at all times at events, whether held indoors or outdoors and whether held in a public space or private home, except for when eating or drinking.

At smaller gatherings in private homes, face coverings are recommended but not required. The $300 fine as an enforcement mechanism will be eliminated.

For more information, visit mass.gov/reopening.

Phase IV, Step 2 Industries and Gathering Changes:

On March 22, Massachusetts loosened capacity restrictions and advanced to Step 1 of Phase IV of the reopening plan. Since then, case rates dropped by 20%. The positivity rate has dropped to the lowest levels recorded since last summer.

Effective Monday, May 10th:

Large venues such as indoor and outdoor stadiums, arenas and ballparks currently open as part of Phase 4, Step 1 at 12% will be permitted to increase capacity to 25%.

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The Commonwealth will reopen some outdoor Phase 4, Step 2 industries including amusement parks, theme parks and outdoor water parks that will be permitted to operate at a 50% capacity after submitting safety plans to the Department of Public Health.

Road races and other large, outdoor organized amateur or professional group athletic events will be permitted to take place with staggered starts after submitting safety plans to a local board of health or the DPH.

Youth and adult amateur sports tournaments will be allowed for moderate and high risk sports.

Singing will also be permitted indoors with strict distancing requirements at performance venues, restaurants, event venues and other businesses.

Effective May 29th:

Subject to public health and vaccination data, gathering limits will increase to 200 people indoors and 250 people outdoors for event venues, public settings and private settings.

Subject to public health and vaccination data, additional Phase 4, Step 2 industries will be permitted to open including:

- Street festivals, parades and agricultural festivals, at 50% of their previous capacity and after submitting safety plans to the local board of health.
- Bars, beer gardens, breweries, wineries and distilleries, will be subject to restaurant rules with seated service only, a 90 minute limit and no dance floors.

Subject to public health and vaccination data, the restaurant guidance will be updated to eliminate the requirement that food be served with alcohol and to increase the maximum table size to 10.

Effective August 1st:

Subject to public health and vaccination data, remaining industries will be permitted to open including:

- Dance clubs, and nightclubs
- Saunas, hot-tubs, steam rooms at fitness centers, health clubs and other facilities
- Indoor water parks
- Ball pits

All industry restrictions will be lifted at that time, and capacity will increase to 100% for all industries, with businesses encouraged to continue following best practices. The gathering limit will be rescinded.

Depending on vaccine distribution and public health data, the Administration may consider re-evaluating the August 1st date.

The Department of Public Health will also continue to issue guidance as needed, including guidance to still require masks indoors.

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Vaccine distribution in MA will occur in a phased approach:

Phase 3

Eligible April 19, 2021:

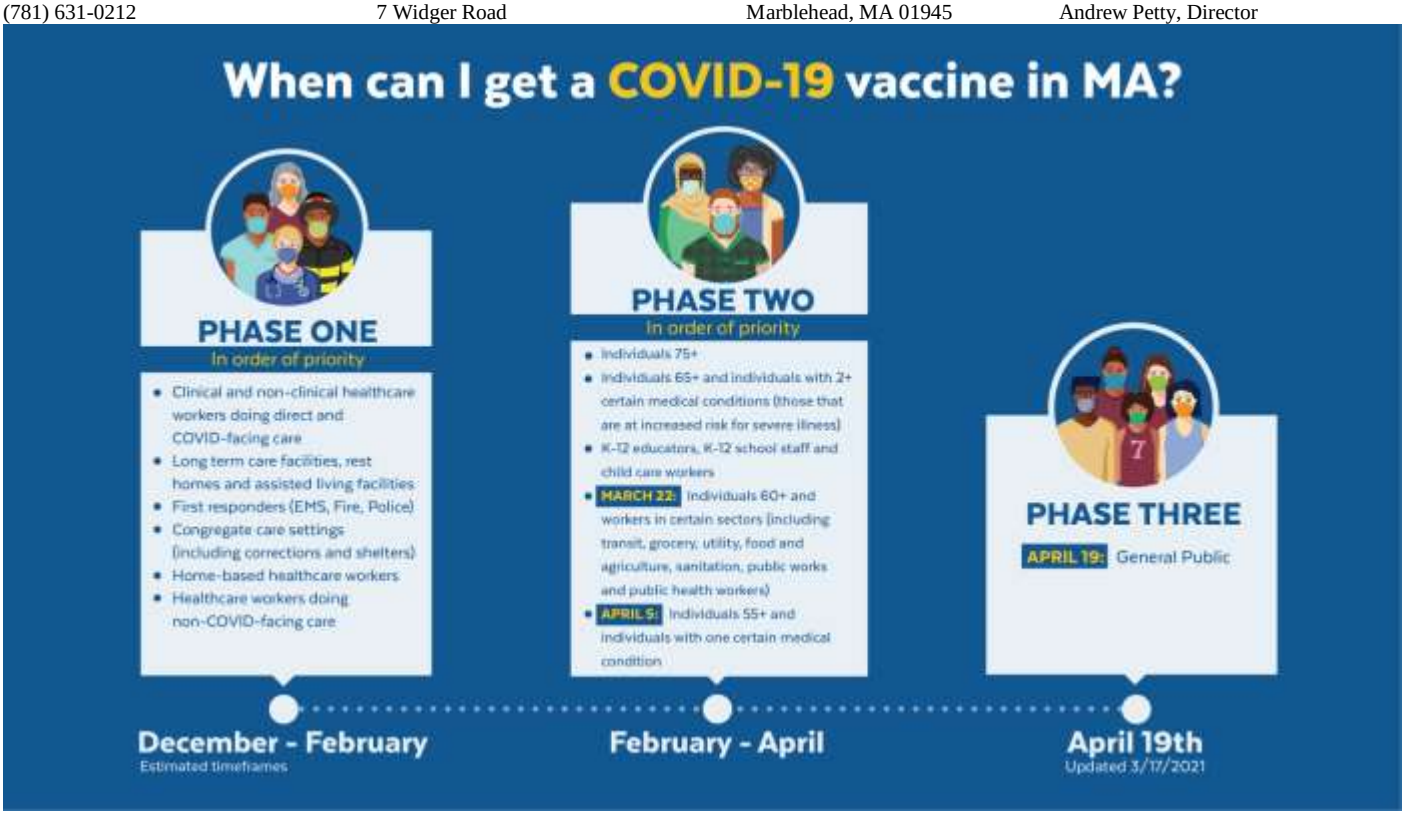
- People age 16 and older who live, work, or study in Massachusetts can get vaccinated

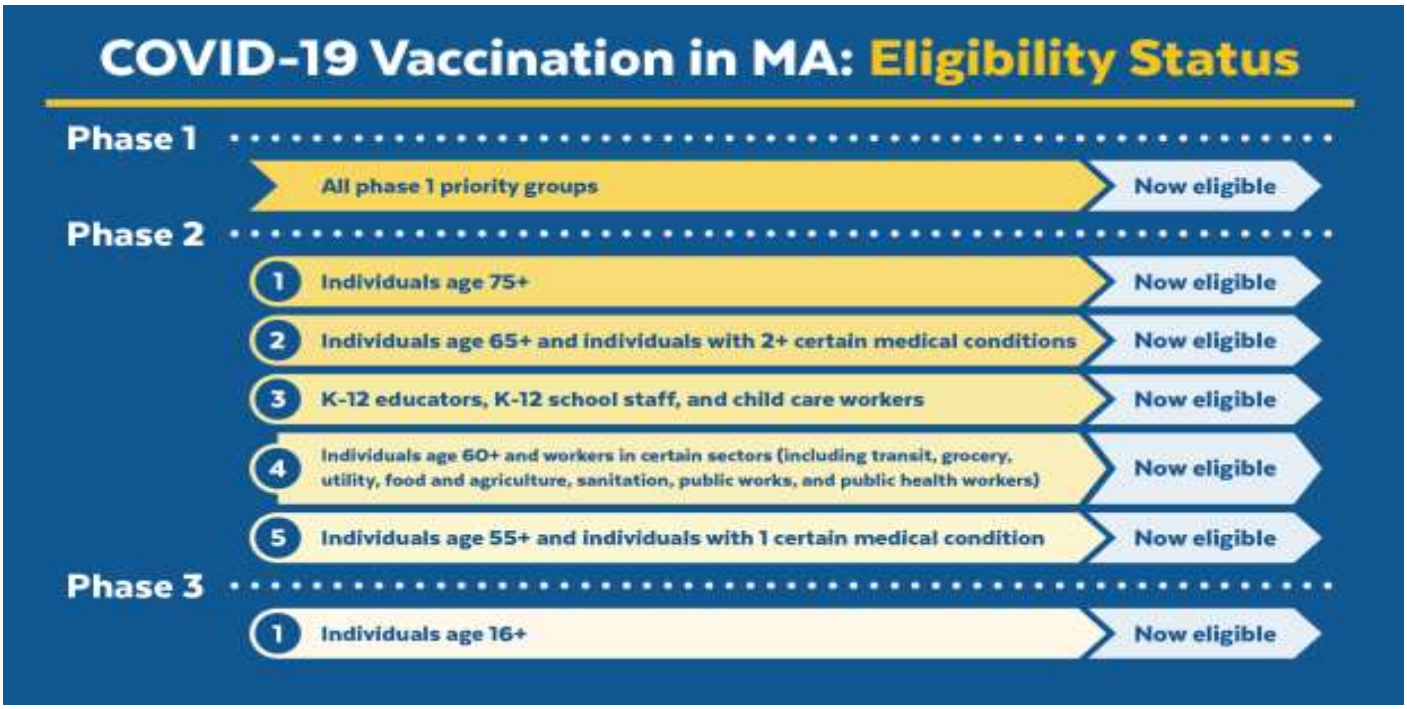


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This list will be updated Tuesdays and Thursdays by 5pm in response to questions submitted via COVID-19-Vaccine-Plan-MA@mass.gov

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Before getting vaccinated

Will I have to pay for the vaccine?

No. The vaccine is being provided free of charge to all individuals by the federal government. If you have insurance, it will be billed at no cost to you. However, you do not need to be insured to receive the vaccine. You will never be asked for a credit card number to make an appointment.

May undocumented immigrants receive the vaccine for free?

Yes. The vaccine itself is free for all individuals in Massachusetts. Health insurance (including Medicare and Medicaid) will cover the cost of administering the vaccine. For patients without health insurance, health care providers may request reimbursement from the federal government for the cost of administering vaccine to undocumented immigrants.

Can I still get the vaccine if I don't have an ID card?

Yes. You can get a vaccine even if you do not have insurance, a driver's license or a Social Security number. For more information, visit How to prepare for your COVID-19 vaccine appointment.

Will getting the vaccine negatively impact a person's immigration status?

No. The federal government has confirmed that it will not consider COVID-19 treatment (including a vaccine) as part of a determination of whether someone is a "public charge" or as it relates to the public benefit condition for certain individuals seeking an extension of stay or change of status, even if the vaccine is paid for by Medicaid or other federal funds.

Is a patient's vaccination record protected from disclosure?

The Department of Public Health will maintain an electronic record of each patient in Massachusetts who receives the COVID-19 vaccine. The vaccine database is kept confidential like a patient's medical record with their doctor.

Will the COVID-19 vaccine be mandatory?

The Department of Public Health is not mandating the COVID-19 vaccine. It is a voluntary program. The COVID-19 vaccine has been shown to be highly effective at preventing illness and it is an important tool in the fight against the pandemic.

Will I need to be tested for COVID-19 before getting the vaccine?

No, a COVID-19 test is not needed before getting the vaccine.

Should someone who is COVID-19-positive receive the vaccine?

No. People who are known to have COVID-19 should wait to be vaccinated until their isolation period has ended, usually 10 days after symptoms started or, if they didn't have symptoms, 10 days after their test was positive.

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Should people who have had COVID-19 be vaccinated?

Yes, people who have previously had COVID-19 should be vaccinated.

What are the benefits of getting a COVID-19 vaccine?

COVID-19 vaccination will help keep you from getting sick from COVID-19. All COVID-19 vaccines available in the U.S. have been shown to be very effective. 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 getting the virus or spreading it to others, but these measures are not enough. The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

How will vaccines work against new COVID-19 variants, like the one that appeared in the United Kingdom?

It is normal for viruses to change as they spread, and for new variants to appear. Scientists are working to learn more about new COVID-19 variants to understand how easily they might spread, and whether the vaccines we already have will protect people against them. The Janssen (Johnson & Johnson) vaccine was studied in multiple countries, including South Africa and Brazil, both places where COVID-19 variants have appeared. So far, studies suggest that currently authorized vaccines provide protection from the variants.

Does the Johnson & Johnson COVID-19 vaccine provide as much protection as the Pfizer and Moderna vaccines?

All three approved COVID-19 vaccines are safe and highly effective against serious illness, hospitalization, and death. The Janssen (Johnson & Johnson) vaccine provided 93% protection against hospitalization from COVID-19. It was also shown to be effective against the new COVID-19 variants, with research conducted in countries with these more infectious variants including South Africa and Brazil. An added benefit is that the Janssen (Johnson & Johnson) vaccine requires only a single shot – so if you are offered it, you are "one and done" and don't need to make a second appointment.

What is an Emergency Use Authorization?

Three vaccines – Pfizer,Moderna, and Janssen (Johnson & Johnson) – have received Emergency Use Authorization (EUA) from the federal Food and Drug Administration. Learn more about what this means – and other information about the vaccines – in their EUA fact sheets for recipients and caregivers. These factsheets can be found at:

- Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (fda.gov)
- Moderna COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (fda.gov)
- Janssen COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (fda.gov)

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During your appointment

What can I expect at my appointment to get vaccinated for COVID-19?

Please visit What to Expect at Your Appointment to Get Vaccinated for COVID-19 | CDC for tips on what to expect when you get vaccinated, what information your provider will give you, and resources you can use to monitor your health after you are vaccinated.

Do I need to wear a mask when I receive a COVID-19 vaccine?

Yes, you must wear a mask that covers your nose and mouth during your appointment.

Can I choose which vaccine I receive?

No. Recipients will receive the vaccine offered to them when they attend a vaccination clinic. All of the vaccines are highly effective and safe. The best vaccine is the one that is available to you. People are urged to take whatever shot they can, as soon as it's available.

How long do I have to wait between the first and second dose of the COVID-19 vaccine for Pfizer and Moderna?

Your **second shot is recommended at 21 days for Pfizer and 28 days for Moderna, but any time up to 6 weeks** (42 days) after the first dose is in line with CDC guidance. You should not get the second dose earlier than **21 days for Pfizer or 28 days for Moderna.** The Janssen (Johnson & Johnson) vaccine is only one dose.

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

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

Will I be monitored after being vaccinated?

People who have a history of anaphylaxis (severe allergic reaction) from any cause are observed for 30 minutes. All others are monitored for 15 minutes.

What medical personnel and equipment are on site at the mass vaccination clinics?

Each mass vaccination site has qualified vaccine administrators (the people who give the vaccine) who can review a person's eligibility to receive a vaccine and answer a patient's questions before giving the shot. Each site has qualified medical professionals on site providing vaccines, overseeing the vaccine process, and observing patients for 15-30 minutes afterwards.

The mass vaccination sites are prepared to handle medical emergencies and adverse reactions with their medical staff on site and often have ambulances on site to assist as needed. If you are concerned about having an adverse

reaction to the vaccine, you should first discuss your concerns with your health care provider before arriving on site. Patients are required to share their vaccine and health history with the person who is vaccinating them and should discuss any concerns or questions with them before getting the vaccine.

Will I receive anything to show proof of vaccination? *(Updated 4/2/21)*

You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it. Please be sure to keep this card for your second dose. You may take a photo of your card as a backup digital copy.

You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered. Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine. The factsheets can be found at Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (fda.gov), Moderna COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (fda.gov), and Janssen COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (fda.gov).

What should I do if I lose my COVID-19 Vaccination Record Card? *(New 4/2/21)*

You have a few options:

1. Contact your healthcare provider or the location where you were vaccinated. They can print out another copy of your record.
2. Your record will also be in v-safe, if you enrolled in the program.
3. You can fill out an Immunization Record Request Form that goes directly to the state Department of Public Health. If you use this form, you will get a complete history of all vaccines you've gotten, not just the COVID-19 vaccine, and it can take up to 6 weeks to get your records.

- **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

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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, 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.

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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.

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).

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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.

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.

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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