



CITY OF MARLBOROUGH

BOARD OF HEALTH

140 Main Street, Lower Level
Marlborough, Massachusetts 01752
Facsimile (508) 460-3638 TDD (508) 460-3610

Joseph Tennyson, MD, Chair
James Griffin, Vice Chair
Robin Williams, Member
Tel (508) 460-3751

Community updates: 3/23/2020

Marlborough currently has **two** residents who tests positive for Covid-19. We expect, however, that more Covid-19 cases have been diagnosed clinically and that testing results are outstanding.

- Today, Governor Baker issued an [emergency order](#) requiring all businesses and organizations that do not provide “Covid-19 Essential Services” to close their physical workplaces and facilities to workers, customers and the public as of Tuesday, March 24th at noon until Tuesday, April 7th at noon. These businesses are encouraged to continue operations remotely.
- Testing continues at Marlborough Hospital. Please remember that if you do not have a doctor’s order that was sent in to them, you will be asked to wait in the line to be screened and tested. **They have asked that there be only 1 person per car.**
- The number of positive cases has risen to 2 in Marlborough.
- Most importantly we want to thank everyone for continuing to practice social distancing and remembering to check on each other.

As more individuals are being seen by their doctor and being diagnosed with either the flu or Covid-19, we would like to remind you some basic tips for taking care of yourself.

https://www.cdc.gov/flu/treatment/takingcare.htm?deliveryName=USCDC_7_3-DM23371

If you are seen by your physician and tested, you will be told to quarantine for 14 days. This is what that means:

- **Stay home except to get medical care.** You should restrict activities outside your home, except for getting medical care. Don’t go to work, school or public areas. Avoid using public transportation, ridesharing or taxis.
- **Separate yourself from other people and animals in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. You should avoid visitors. You**

- **should also restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.**
- **Call ahead before visiting your doctor.** If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19.
- **Wear a facemask.** You should wear a facemask when you're around other people.
- **Cover your coughs and sneezes.** Cover your mouth/nose with a tissue when you cough or sneeze.
- **Clean your hands often.** Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands. Your household members should also wash their hands frequently.
- **Avoid sharing personal household items.** You shouldn't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- **Clean all "high-touch" surfaces every day.** High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Use a household cleaning spray or wipe according to the label instructions.
- **Monitor your symptoms.** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your health care provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.
- **For other people in your house.** They should wear a disposable facemask and gloves when they touch or have contact with your blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, or urine. Throw out disposable facemasks and gloves after using them. Don't reuse. When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water, or alcohol-based hand sanitizer. Next, remove and dispose of your facemask, and immediately clean your hands again with soap and water, or alcohol-based hand sanitizer.