



CITY OF MARLBOROUGH

BOARD OF HEALTH

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Joseph Tennyson, MD, Chair
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Community updates: 04/09/2020

MARLBOROUGH	
Total Cases	99
Recovered	36
Deaths	2
Active	61

OTHER UPDATES

How and where to get tested [click here](#)

Looking for dental care in the midst of COVID19? To reduce the loads in hospital emergency rooms [click here](#) to find dentists that are open and ready to see you!

Coping with Stress and Fear from COVID-19



Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



Make time to unwind.

Try to do some other activities you enjoy.

Help is available:
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call 2-1-1