Community updates:

Marlborough currently has had only one resident test positive for Covid-19. This resident has completed all the requirements for isolation and has been cleared. We expect, however, that more Covid-19 cases have been diagnosed clinically and that testing results are outstanding.

- City parks & fields have been posted as closed, as are City-owned public buildings (open to employees)
- Drive-thru testing facilities are open at Marlborough Hospital and AFC's Boston Post Road West facility. Please contact both facilities to see their guidelines and hours.
- All restaurants, hotels, and convenient stores have eliminated self-serve operations and are providing take-out and delivery only.
- Some hair and nail salons, as well as some gyms, continue to operate with limitations (<25 people, social distancing to the extent practical)

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 of 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. I**f 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.

Latest Update
3/18/2020

Marlborough currently has had only one resident test positive for Covid-19. This resident has completed all requirements for isolation and been cleared.

Due to the varying turn-around time for lab results*, some residents* are awaiting results. *These results have not been reported to the local BOH and they should continue to quarantine or self-isolate if they have been instructed to do so by their physician.*

The capacity to test for Covid-19 has been increasing due to commercial labs coming on line. You will need an order and directives from your physician before going for testing. People should continue to consult with their doctor for medical advice should symptoms arise.

Drive-up/Drive-thru testing will be possible soon. We will let you know as soon as the information is available.