



April 30, 2020

Important Dates:

- End of current Stay-at-Home Order: **May 18**
- Annual Town Election: **May 19**
- Spring Annual Town Meeting: **June 12**

Helpful Links:

- [Uxbridge COVID-19 Webpage](#)
- [Uxbridge Support Services](#)
- [Massachusetts DPH](#)
- [CDC COVID-19 Info](#)

The Week in Numbers

Reported COVID-19 cases in Uxbridge residents*	51
Number of meals provided to students by Uxbridge Public Schools last week	2,922
Number of meals requested from Senior Center distribution starting next week	45

*This is the total number of cases reported in Uxbridge as of 12 PM on 04/30/20. Of the above cases, 19 are no longer in isolation.

COVID-19 Weekly Update

Status Update

Non-essential business closure and Stay-at-Home Advisory Extended: On April 28, Governor Baker announced that non-essential businesses would remain closed and the Stay-at-Home advisory would be extended through [May 18](#). The ban on gatherings of more than 10 people has also been extended. To read the state's press release, click [here](#).

Stay Healthy, Vote Absentee! Annual town election update: To date, over 200 absentee ballots have been requested and mailed to residents by the town clerk's office. With this year's option for absentee voting, we are hoping to have a record number of votes cast for the annual town election! Get yours [here](#).

BOH Face Covering Order: On April 23 the Uxbridge Board of Health unanimously passed an order to [require face coverings by all persons in public places](#). Wearing a face covering adds to the practices of staying home, social distancing, limiting the size of gatherings, and personal hygiene in reducing the spread of COVID.

- [The primary purpose of wearing a face covering in public is to protect others.](#) For a demonstration of how face coverings reduce droplets deposited in the air, and thus decrease the risk of virus transmission, check out the video at [this link](#).
- [Face coverings are variable in their ability to prevent infected particles from spreading outwardly to others.](#) It depends upon the material used and how it is worn. Make sure you wear yours correctly! In order to be effective, face coverings should fit snugly across the nose and sides of the face and should cover the nose and mouth at all times. For more information, click [here](#). A limited supply of face coverings is available through Uxbridge HELPS; to make a request, click [here](#).
- [Face coverings may play a role in reopening non-essential businesses.](#) Individuals have the ability to lower the risk to those around them by wearing face coverings, practicing social distancing, and washing hands often. Making the decision to follow these practices consistently will decrease the risk to the community, moving us toward the safe re-opening of non-essential businesses!

Wearing a face covering can be uncomfortable, and we are all adjusting to this new normal! Thank you for doing your part!

**NO ENTRY
WITHOUT FACE MASK**



About this Publication: The COVID-19 Weekly Update is produced by the Uxbridge Board of Health on behalf of the Town of Uxbridge to provide the town with relevant and timely updates about the COVID-19 situation and related news from the community. It is published every Thursday, and is accurate up to the time of publication.

For town updates, sign up for emergency notifications via [CodeRED](#) and other alerts and announcements through the town's website via [E-Alerts](#). The E-Alert service allows you to customize your alert settings to specific department news and announcements, meetings, agendas and other information.

For real-time updates about the Massachusetts COVID-19 response, text **COVIDMA** to **888-777**



Pastor Josh Howard of Valley Chapel donated 96 rolls of toilet paper to [Uxbridge HELPS](#) this week! Thanks Pastor Josh!

Questions?

If you cannot find the answer online, call the Board of Health at:

508-278-8600 ext. 8

Community Updates

Finding Community: An essential part of coping with social distancing is [finding a sense of community](#). Below are community resources meant to increase social connection as well as address specific needs during this unusual time.

- The Western Mass Recovery Learning Community has an [extensive list of online groups](#), from Just for Fun to Veterans' Groups to Grief Support. All groups are free and open to anyone. Not all are based in Massachusetts, so be aware of time zones!
- [Riverside Community Care](#) provides counseling and behavioral health services, including emergency mental health and substance abuse evaluations.
- [Family Continuity](#) provides family counseling and behavioral health services for children. [Parents Helping Parents](#) is a support group for parents in Massachusetts.

Reaching out just to talk is so important. [Asking for help is okay](#). We all need to talk and tell someone our story. Reach out to those at your place of worship, a neighbor across the street, a family member who lives nearby and can visit you. Write a letter or email to someone and give yourself permission to ramble on and on. You can do all of this and practice good social distancing. Be kind to yourself and each other!

COVID-19 Testing: A Brief Summary

- **PCR test:** This test confirms [current](#) cases of COVID-19 by confirming the presence of the viral RNA (genetic material). It requires a nasopharyngeal swab (a swab inserted far into the nose).
- **Antibody test:** This test confirms [previous exposure](#) to coronavirus by identifying antibodies, which are a product of the body's [immune response](#) to the virus. It requires a blood sample. While there are many antibody tests available now, more research is needed to determine their accuracy.

All of these tests have important roles to play in healthcare and research of COVID-19. No definitive treatment for this disease currently exists. It is important to [consult your physician](#) for recommendations on both testing and treatment. [At-home tests and treatments recommended by non-medical personnel are unreliable and potentially dangerous.](#)

Contact Tracers assist the COVID-19 response by tracing and notifying contacts of infected people through phone interviews with infected people and their contacts. [Please assist them in their work by answering their call and answering honestly](#). Uxbridge contracts nursing services through Salmon VNA. Nurses from Salmon VNA perform contact tracing activities in town.

Scam ALERT

Contact Tracers will NEVER:

- Ask for your social security number, health insurance information, bank account, or credit card number. Never disclose this information to someone who claims to work for a health department!
- Disclose confidential information of you or your contacts.

The Good News Corner

On April 17, police officers, firefighters, and EMTs saluted the staff at Milford Regional Medical Center with a [Tribute Train](#). Public safety personnel from at least 15 towns including Uxbridge came together to support frontline healthcare workers there. A LifeFlight medical rescue hospital also circled the hospital in appreciation! Click [here](#) to see a video of the parade!

