



August 13th, 2020

Important Dates:

August 15th: National Relaxation Day

Stop the Spread:

The free stop the spread COVID-19 test [sites](#) are extended through September 12th. The closest location to Uxbridge is in Worcester.

COVID-19 Travel Order

All visitors and returning residents entering MA must follow [new travel orders](#).

The Week in Numbers:

Number of COVID-19 cases* in Uxbridge Residents	84
Number of active cases (individuals still in isolation)	3

*confirmed by [PCR testing](#)

Alerts

Sign up for [EEE Updates](#) and [other town alerts](#)

COVID Complaints

New DLS complaint form available [online](#)

COVID-19 Weekly Update

Status Update

This week three new cases were reported bringing the total COVID-19 positive case count to 84. For more detailed state reporting of cases, [click here](#).

Confessions of an Anti-Masker

Several weeks ago, I faced an existential crisis when my family began to wear a variety of things on their faces, making them look like either surgeons or bandits. Not me! Living like a sheep in fear of an invisible parasite that has everyone scrubbing and hiding? Hah! But inevitably my brain kicked in and under cover of night, I began to secretly read some science. An internal battle began between my **science brain** and my *inner rebel*.

Science brain: Masks work! They keep the virus in my spit from spreading to other people. [1](#) [2](#) [3](#)

Inner Rebel: Yeah, right. Bunch of ivory tower hoo-ha. I feel as healthy as ever. There's no virus in my spit!

Science brain: Even if I feel fine, I could have COVID and [not know it](#). That means I could possibly infect every person I come in to contact with if I don't take proper precautions!

Inner Rebel: Ok, but what about me? I'm afraid I'll pass out from lack of oxygen or too much carbon dioxide.

Science brain: Masks don't cause [carbon dioxide](#) build up, and don't affect my [oxygen intake](#). Unless I have a serious breathing problem to begin with, a mask will do no harm. Plus, I care about the health of your family and friends and don't want them to get sick

Inner Rebel: hmmm, that's a good point. I do love my friends and family and would never want to get them sick. But masks are so uncomfortable! They irritate my nose, fog my glasses and pull on my ears.

Science brain: Yes, masks can be annoying to wear. But a small inconvenience compared to what could happen if my friends, my family or I got sick!

Gradually my constitutional resistance to following the masses gave in to scientific reason. I have become, like many converts, an insufferable zealot promoting mask use, posting virtue-signaling celebrities wearing their designer face masks on Facebook. I still come home from my shift, dramatically stagger into my house, rip the mask from my face and utter several four-letter words I have been saving all day for this occasion. What's the best way to cover your smile you might ask? [Layers and fit are important](#). Fashion statements are optional.

So buckle up, Bucko. The science changes quickly. If we learn that closing your eyes and wiggling your nose chases COVID-19 away, we will all be doing that!

About this Publication: The COVID-19 Weekly Update is produced by the Uxbridge Board of Health with the help of volunteers from the [Academic Public Health Volunteer Corps](#). The Weekly Update provides residents relevant and timely updates about the COVID-19 situation, other public health topics and related news from the community. It is published every Thursday, and is accurate up to the time of publication.

EEE Is Here

On August 11th, a mosquito sample from Douglas tested positive for EEE. It is important that all residents take precautions to protect themselves against mosquito-borne diseases. To see the state's mosquito sampling results, [click here](#). To learn more about mosquito borne illnesses, visit the [Uxbridge BOH Mosquito borne diseases webpage](#).

Helpful Links

- [Uxbridge COVID-19 Webpage](#)
- [Uxbridge Support Services](#)
- [Massachusetts DPH](#)
- [CDC COVID-19 Info](#)
- [Report Workplace Violations](#)
- [Mosquito-Borne Diseases](#)



Questions?

If you cannot find the answer online, contact the Board of Health at: 508-278-8600 ext. 8 boh@uxbridge-ma.gov

Ticks: They Spread More than Lyme

Eight different tick-borne illnesses have been reported in Massachusetts. The three most common ones are Lyme disease, Anaplasmosis, and Babesiosis. Symptoms of all tick-borne diseases are similar, and include fever/chills, headache, muscle/joint aches, and occasionally nausea with vomiting and diarrhea, and less commonly mental confusion and fatigue. The classic "bullseye rash" does not always occur.

In Uxbridge in 2019, 59 cases of Lyme disease, 7 cases of Babesiosis and 5 cases of Anaplasmosis were reported. To date this year, 42 cases of Lyme disease, 7 cases of Babesiosis and 5 cases of Anaplasmosis have been reported.

All tick-borne illnesses can be transmitted year-round, especially since winters are getting warmer, but the risk of human infection is greatest from March through August. The most common diseases are transmitted by the nymph stage of black-legged ticks (*Ixodes scapularis*), which is about the size of a poppy seed. For that reason, many people do not remember being bitten. Two of the less common diseases can be transmitted by the American Dog Tick. Click [here](#) for a photo gallery of tick species which allow you to compare tick species and sizes. If you think you may have a tick-borne illness, it's important to get checked out by a health care professional as soon as possible, especially if your immune system is compromised.

Tick-borne illnesses can be prevented with some simple measures:

- Wear light-colored clothing when outdoors so you can see ticks more easily;
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET or permethrin;
- Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin;
- Check yourself for ticks daily, and shower after coming in from outdoors; remove any that you find promptly ([click here for how to do this](#));
- Dogs and rarely cats, are susceptible to some tick-borne illnesses, so make sure they are getting medications to prevent fleas and ticks from attaching as recommended by a veterinarian. You can't get these diseases from your pets but they can carry infected ticks into your house.
- Unfortunately, we have to live with these bugs but if we're careful we don't have to live with the illnesses they carry.



Reopening on Hold

On Friday, Governor Baker announced [updated restrictions](#) on gatherings and restaurants in an effort to continue to mitigate the spread of COVID-19. The regulations, which went into effect on Tuesday, stated that outdoor gatherings (in both private and public venues) are limited to 50 people (instead of 100 people) and face coverings are required for gatherings of more than 10 people from different households. Additionally, restaurants are now [required](#) to serve food prepared on-site to accompany alcoholic beverages.