



August 20<sup>th</sup>, 2020

#### Important Dates:

**August 22<sup>nd</sup>:** Last day to register to vote

**August 26<sup>th</sup>:** Last day to register to return vote by mail applications

#### Stop the Spread:

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

#### The Week in Numbers:

Number of COVID-19 cases* in Uxbridge Residents	84
Number of <b>active</b> cases (individuals still in isolation)	2
Number of meals provided to families by the Food Pantry	146

\*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

NO NEW CASES THIS WEEK! Total COVID-19 positive case count in Uxbridge is 84 with only 2 active cases. For more detailed state reporting of cases, [click here](#).

### Rules on Rules on Rules on Rules on Rules on Rules

As the state continues to update the COVID-19 guidelines and reopening plans, it is getting more and more confusing to keep track of what we are all supposed to be doing. New [guidelines](#) around youth and amateur sports have come out; low risk sports that involve little to no contact have no restrictions due to the minimal risk of transmission, whereas moderate and high-risk sports (like basketball, soccer, and wrestling) must be adapted to incorporate safe practices and strategies. Travel [guidelines](#) (see next page) and the rules around [reopening](#) are also constantly changing as new information about cases in neighboring states come in.

### Fauci's Five Things

In a [live interview](#) with the Journal of American Medicine on August 3<sup>rd</sup>, Dr. Anthony Fauci outlined five critical steps for all people to take to slow the spread of the COVID-19 pandemic. These steps are easy to follow and supported by sound scientific evidence:

1. Wear a mask: Masks must be made of the right material (see next page for a breakdown of the best mask material) and be worn over both nose and mouth. Even if you wear a mask it's still a good idea to...
2. Avoid crowds: Even if you wear a mask regularly, being in close proximity with other people can still spread COVID-19. If you can't avoid people...
3. Stay six feet apart: This is because most (but not all) droplets that we exhale generally drop to the ground at 6 ft. If you are getting together with friends...
4. Opt for the outdoors: This will make it easier to maintain 6 ft of space and avoid crowds. And remember to always...
5. Wash your hands: soap and water are incredibly useful tools in combating COVID-19 (and gives you an excuse to [sing 20 seconds](#) of your favorite song).

### Food Pantry Needs:

The food pantry in Uxbridge is looking for snack foods (individually wrapped), canned meals (e.g. spaghetti, etc.), ramen noodles, pasta, and laundry detergent. Donations can be left in the donation bin by the exit doors at Hannafords or Drop off is Tuesday evening from 6:30pm to 7:30pm at 19 Douglas Street, Uxbridge. [Click here](#) for more information.

**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 11<sup>th</sup>, 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](mailto:boh@uxbridge-ma.gov)

## Masks: What Type is Best for You

It appears that wearing face coverings in public places is here to stay for awhile. It is worthwhile to do some research and find the best mask for you and your family. Face coverings are a critical layer of protection against COVID. There is emerging knowledge about the value of a variety of face coverings in reducing the spread of COVID but there are guiding principles which clearly apply now.

1. N95 masks are still the best but they are still not in adequate supply for those most in need (health care workers and first responders), therefore, we don't recommend them for the general public. Due to their materials and fit, they are the best at reducing transmission but are less comfortable than other options.
2. Remember that the most important reason for wearing a mask remains that **it protects others from you**. There is still emerging research and opinion about the importance of large droplets which fall to the ground within 6 feet or so, as opposed to smaller aerosol droplets which can remain in the air for several hours. However, there is no question that perhaps 40 % of COVID -19 is spread from **people without symptoms**.
3. The principles of choosing a face covering are based upon reducing the number of large and small droplets which you emit as you breathe or talk:
  - The tighter the fit over your mouth and nose the better;
  - The more completely it covers your mouth and nose the better; and
  - The tighter the weave and the more layers of material (including filters) in the face covering the better.
4. A very tight fit of a face covering made of dense fabric in many layers can make it difficult to breathe, so balancing your comfort with effectiveness makes perfect sense. Bandanas and gaiters are the least effective, since they fit so loosely and often have a loose weave and are not recommended for situations of prolonged indoor exposure. They are better than nothing if that's all you can [tolerate](#).

For further information, please see this excellent [review](#) of the various types of facial coverings and for a good review of the reasoning behind face coverings click [here](#).

## Maps on Maps on Maps

Even though there are a lot of ever-changing rules about COVID, at least we have new maps to help us visualize and understand them! The state of MA has a [map](#) to show where risk of EEE is highest at the town level. There is also a new [map](#) showing COVID-19 case counts in MA (which is also being used to help with school reopening plans). For travel guidance, the state has been using this [map](#) from Covid Exit Strategy, which shows state-level information on COVID-19 cases and deaths across the country.

## Travel Order Clarified

The state has added new questions to the [FAQ section](#) of the COVID-19 travel order page. The new questions and answers added are Q19 - Q25 and clarify some of the confusion around critical life services, which may be helpful for those of you traveling to and from RI. If you are traveling to RI for the purpose of managing shared custody of a child, visiting pharmacies or grocery stores, receiving healthcare or religious services, you are exempt from the quarantine/testing requirements currently in place in MA.