

June 18th, 2020

Important Dates:

June 19th: [Juneteenth](#)

June 20th: Summer Solstice

June 21st: Fathers Day

Helpful Links:

- [Uxbridge COVID-19 Webpage](#)
- [Uxbridge Support Services](#)
- [Massachusetts DPH](#)
- [CDC COVID-19 Info](#)
- [Complete List of Emergency Orders & Guidance](#)
- [Emergency Childcare Programs](#)

The Week in Numbers:

Total reported COVID-19 cases in Uxbridge Residents	75
Number of COVID 19 cases in Uxbridge out of isolation	71
Number of Meals provided to students by Uxbridge Public Schools	3,220
Number of Meals provided by the Senior Center	172

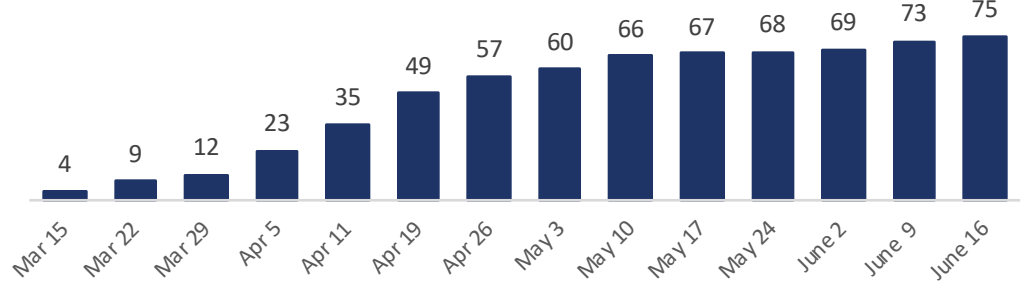
COVID-19 Weekly Update

Status Update

COVID-19 in Uxbridge

The graphs below shows the **total** number of confirmed COVID-19 cases in Uxbridge (not the number of cases each day). It is important to note that these are only cases that have been confirmed by PCR testing at an approved lab.

Cumulative Covid-19 Positive Cases since March 15th

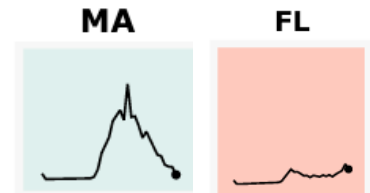


Resurgence vs. Second Wave

As states are beginning to return to "normal", cases of COVID-19 have begun to increase again. Some states, like [Florida](#), look like they are experiencing a second wave of the pandemic. Other states, such as MA, are seeing a steady decline. So, are we already seeing the second wave of COVID-19 in the US? According to Anthony Fauci and other infectious disease epidemiologists, the answer is no. Case rates have been decreasing over the past month, but there were still new cases occurring. A second wave of the virus will only come after we have experienced **NO** community spread of the virus for at least a week; in other words, after the first wave is over.

Instead, the cases in the U.S. have continued to go through small spikes, even while the number of cases was declining nationally. These spikes represent an increase in cases in states such as Florida and represent regional differences.

On a hopeful note, this means that there is still time to prevent a second wave; According to Dr. Fauci, "It is not inevitable that you will have a so-called 'second wave' in the fall or even a massive increase if you approach it in the proper way". If you want to see more information on case counts, hospital rates, and state-specific trends, check out Johns Hopkins' [COVID database](#).



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.

Uxbridge Helps

Are you in need of face masks, food assistance, pet care, or other services related to COVID19?

Uxbridge HELPS is a service connecting community organizations with those in needs. For more information and to request assistance, [click here](#).



Our Neighbors

The COVID-19 case count in Uxbridge has been excitingly low the past few weeks and the case rate in Worcester County has been as well. If you want to see how Uxbridge compares to surrounding towns, [click here](#) to see the weekly case and testing information by city/town released each Wednesday by the Mass. Department of Public Health.



Questions?

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

Masks are still in style!

A reminder that mask wearing is most effective when everyone uses them. The combination of wearing a mask, proper social distancing procedures, quarantine, and hand hygiene has the potential to significantly minimize the spread of COVID-19. Masks are most effective at stopping droplets breathed out by a person who has COVID19, but can also protect those wearing a mask from inhaling droplets themselves. The spread of COVID-19 from those without symptoms is responsible for about 40% of all viral transmissions. Wearing a mask is not only for your own safety, but the safety of others and is good for everyone. A recent [study](#) that examined how useful mask wearing has been during the COVID 19 pandemic found that wearing masks is the most effective way to prevent transmission, although some scientists have [pushed back](#) on some of the assumptions made in the article.

What Happened to Regular Health Care?

Phase 2 of the reopening plan began on June 8 and health care practices are responding with appropriate caution. The experience with telehealth has changed primary health care and each practice is maximizing this type of "visit". If telehealth is not appropriate, in-person visits are prioritized, with emphasis being given to preventative and pediatric care, immunizations and urgent visits which would lead to further illness.

Taking care of your health has always been important. During this pandemic it is even more so. Practices have adapted to COVID-19 and it is safe to be seen, as long as familiar masking and hygiene measures are followed by both you and your health care provider.

Please see the [government pamphlet](#) on non-acute care for clarification

Call your doctor for further information. Do not hesitate to call them if you feel you need to be seen!

Good News Corner!

The Uxbridge Public School meal program has delivered over 34,380 meals since our schools closed due to COVID-19. They have a message of thanks for the community:

We would like to thank those who made masks for us, The People First Food Pantry, Hannafords, and The Uxbridge Senior Center for their support and contributions through this pandemic. It was a community effort.

Now that the program has ended for the summer, here a few resources to check out:

- Summer meal information: www.meals4kids.org
- SNAP: <https://www.mass.gov/snap-benefits-formerly-food-stamps>
- Project Bread: <http://www.projectbread.org/>