



COVID-19 Weekly Update

May 21, 2020

Important Dates:

May 18th: Stay at Home order ends. "[Safer at Home](#)" order begins.

May 25th: Memorial Day Phase 1 begins of [Reopening Massachusetts Plan](#).

Using physical distancing, flags will be placed at Veterans' graves. Please turn to [Uxbridge TV](#) for coverage of Memorial Day activities past and present.



Helpful Links:

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

The Week in Numbers:

Total Reported COVID-19 Cases in Uxbridge Residents	64
Number of COVID 19 cases in Uxbridge out of isolation	39
Number of meals provided to students by Uxbridge Public Schools	4,712

Status Update

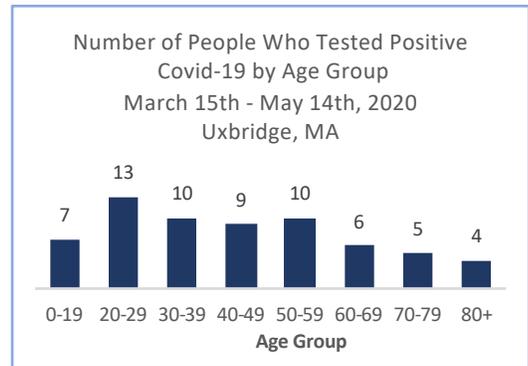
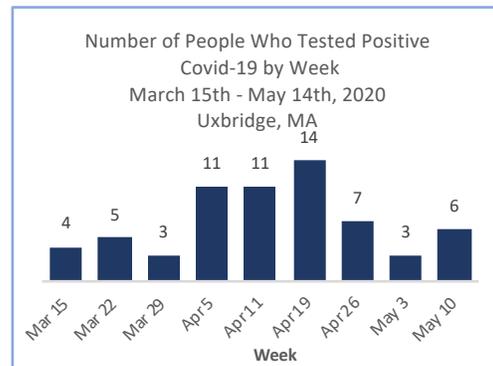
Rules, Regulations and Re-openings, Oh My!



"Safer at Home"

Now that "Stay at Home" is over, what's next? With the constantly updated advisories it can be difficult to keep track of them all! The most recent advisory by the Governor is called "[Safer at Home](#)". This means that everyone is instructed to stay home unless they are headed to a newly re-opened business, facility etc. Those over 65 and with underlying medical conditions should stay home with the exception of healthcare, grocery or absolutely necessary trips. All residents of MA are required to wear a face mask and continue to be vigilant in monitoring for symptoms and washing their hands. Restrictions on gatherings more than 10 people remain in effect. New advisories are posted [here](#) on the State website if you have any questions!

COVID-19 in Uxbridge: The graphs below show trends of confirmed COVID-19 cases in Uxbridge. It is important to note that these are only cases that have been confirmed by PCR testing at an approved lab.



Where to Wear?

Any person who is in a place open to the public in the Commonwealth, when unable to maintain a distance of approximately six feet from every other person, shall cover their mouth and nose with a mask or cloth face-covering. **Masks are required at all times when:**

- Inside or waiting in line outside of grocery stores, pharmacies, and other retail stores; and
- When providing or using the services of any taxi, car, public transportation, ride-sharing, or similar service.

It is always a good idea to carry a mask with you in case you come into a situation where a mask is required! [Click here](#) for more info on wearing a mask in public.

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.

A Welcome and Thank You!

With this week's Update we say goodbye and congratulations to Haillie Crockett, soon to be Dr. Crockett, who will earn her DVM and MPH degrees from Tufts Cummings School of Veterinary Medicine and Tufts University School of Medicine next week. Thank you, Haillie, on behalf of the Town of Uxbridge, for producing such an informative and useful document each week. We wish you all good things as you begin your professional career in veterinary medicine and public health.

We also welcome Ruby Barnard-Mayers, MPH and Erin McSweeney, a MPH student at Boston University, both members of the [Academic Public Health Volunteer Corps](#). Ruby and Erin, as co-editors of the Uxbridge Weekly Update, will bring their creative skills to this weekly publication. We're glad to have you with us!

Questions?



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

Where do we go from here?

This week, with the opening of a few more business and activities, a whole new layer of rules and expectations has been created. There is optimism. There will be confusion. Readjustment to the new normal is not a choice. **The choice lies in how we readjust.** Psychologists and educators use the term resilience to describe the ability to thrive and grow as we move into an uncharted reality. Creating resilience within ourselves and our community means (with examples):

- Find connection in new ways (explore relationships made while responding to COVID-19)
- Stay well through habits which foster your bodily health (get enough sleep)
- Think in optimistic and hopeful ways (avoid habitual complaining)
- Find meaning and purpose in your daily life (set daily goals which are realistic to achieve)
- Find someone to talk with regularly (a trusted friend who can listen without passing judgement)

Here are two articles which nicely detail how each person can each create resilience:

- <https://www.apa.org/topics/resilience>
- <https://www.fastcompany.com/90491308/9-science-backed-ways-to-boost-resilience-during-the-covid-19-crisis>

Like the signs say: **Uxbridge We Will Do This Together!**
Be kind to yourself and others. It is always the right thing to do.

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](#).



What's Opening When?

Businesses, such as pet shops, hair salons, and car washes can open as soon as May 25th. Hair Works, in Uxbridge, recently posted the clear steps they will be taking when they reopen on Facebook. They are a great example of how to prepare for reopening.

For a complete list of businesses and reopening dates/phases [click here](#).

All open business must have [this poster](#) on display to ensure customer and employee safety.

Good News Corner!

Uxbridge Public Schools (UPS) and Uxbridge Police have been organizing a parade to celebrate this year's Class of 2020, beginning at 2:00 p.m. on May 31. The parade will start at the McCloskey Middle School, proceed down Granite Street to Hartford Ave, and then turn left to proceed to Main Street. After traveling the length of Main Street, the parade will end at the UHS campus on Quaker Highway. Please line the parade route to cheer, acknowledge, and celebrate the class while maintaining social distancing and safety guidelines! We look forward to seeing you! And congratulations to [Principal Rubin, Massachusetts 2020 Principal of the Year!](#)