

September 3rd

Important Dates:

September 5th: National Cheese Pizza Day

September 7th: Labor Day

COVID-19 Travel Order

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

Effective August 29, 2020, Colorado, Delaware, Pennsylvania, and West Virginia have been added to the list of lower-risk states.

Don't forget to get your flu vaccine!

Find a vaccine location

[here](#)

The Week in Numbers:

Number of COVID-19 cases* in Uxbridge Residents

85

Number of **active** cases (individuals still in isolation)

1

*confirmed by [PCR testing](#)

COVID Complaints

New DLS complaint form available [online](#)

COVID-19 Weekly Update

Status Update

One new case was reported this week bringing the total COVID-19 positive case count in Uxbridge to 85. There is one active case. For more details [click here](#).

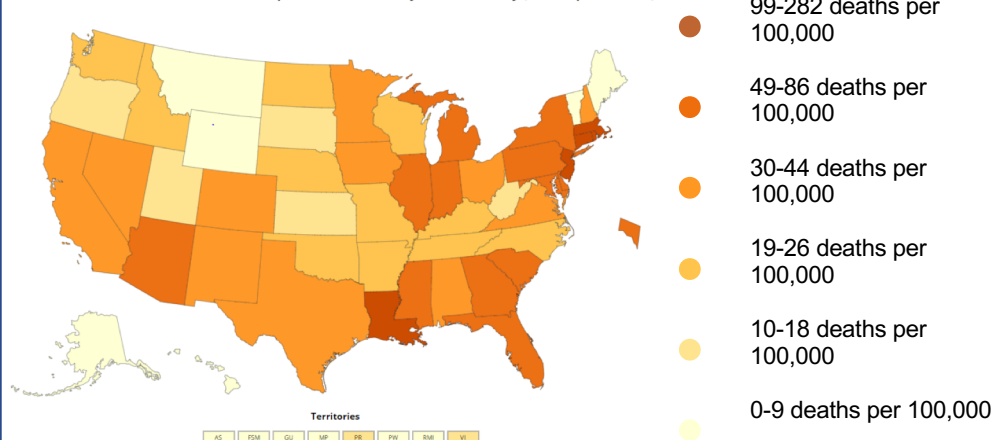
Herd Immunity

There has recently been a lot of talk about herd immunity. COVID-19 herd immunity can occur if a large enough proportion of a community becomes immune to the virus. This immunity can happen through vaccination (which we don't have yet) or through natural immunity when people who are not vaccinated are exposed, infected and then recover from the virus. Right now the strength and duration of this natural immunity is uncertain.

Back in March, the U.K. attempted to adopt [a herd immunity strategy](#), hoping it would be more effective than social distancing measures. This strategy failed. Sweden is also currently implementing a similar [strategy](#), however they have some of the highest case and death rates in the world. Further, Sweden has been experiencing the same negative economic trend as countries who imposed distancing and mask restrictions. One of the new pandemic advisors to the White House, Scott Atlas, is a proponent for implementing a herd immunity strategy in the United States.

A herd immunity [strategy](#) would mean lifting preventative restrictions and allow people to contract COVID-19. Those who survive will be immune (for some period of time). However, this would mean hundreds of thousands of lives lost in the process. Due to the high mortality rate and the uncertainty of long-term effects of COVID-19, the science and medical fields have strongly advised that a herd immunity strategy would not be advisable.

COVID-19 Death Rate in the US Reported to the CDC, by State/Territory (deaths per 100,000)



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.

New Resource

The new website [Mass.gov/StopCOVID19](https://www.mass.gov/StopCOVID19) provides residents and local business owners with information on how to stop the spread, state restrictions on gathering sizes, testing locations and materials that can be printed for display in apartment complexes, restaurants and community areas.

EEE Is Here

On August 11th, a mosquito sample from Douglas tested positive for EEE. All residents are urged to 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](#)
- [Mass.gov/StopCOVID19](https://www.mass.gov/StopCOVID19)
- [CDC COVID-19 Info](#)
- [Report Workplace Violations](#)

Questions?

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

COVID-19 Deaths: So much more than a number

On August 30th, President Trump [retweeted](#) a false report that only 6% of deaths in COVID-19 cases resulted from the virus itself (Twitter has deleted this tweet for spreading false information). This claim was based on a recent [report](#) from the CDC that 6% of COVID-19 related deaths in the U.S. listed COVID-19 as the ONLY (or immediate) cause of death. However, this does **not** mean that the other 94% were not caused by the virus. What it [means](#) is that 94% of people who had COVID-19 and died also had another medical condition (e.g. diabetes, kidney disease, or pneumonia) at the time of death – either caused by the virus or as a pre-existing condition.

Note: Death certificates in the US distinguish between contributing cause and underlying cause. All death certificates list one contributing (i.e. immediate) cause and may list multiple underlying causes. This distinction can be confusing – interested readers may find [this](#) blog post and [this](#) fact sheet informative.

Influenza vs. COVID

Flu season is fast approaching. COVID-19 and the flu share many symptoms, but there are some key differences and considerations to be aware of:

	Influenza	COVID-19
Symptoms	<ul style="list-style-type: none">• Fever, cough, sore throat, runny or stuffy nose, muscle aches, body aches, headaches, fatigue, vomiting and diarrhea (more common in children)	<ul style="list-style-type: none">• Fever or chills, cough, sore throat, difficulty breathing, congestion, runny nose, fatigue, muscle aches, body aches, headache, loss of taste or smell, nausea or vomiting, diarrhea
Who is at high risk?	<ul style="list-style-type: none">• Severe illness: children <2 years, pregnant people, adults > 65 years, People with underlying medical conditions,• Mortality: Infants < 6 months	<ul style="list-style-type: none">• Severe Illness: adults > 65 years, People with underlying medical conditions,• Mortality: adults > 75 years of age
Prevention	<ul style="list-style-type: none">• Vaccine, handwashing, masking, distancing, staying home when sick	<ul style="list-style-type: none">• Handwashing, masking, distancing, staying home when sick
Treatment	<ul style="list-style-type: none">• Antivirals may lessen symptoms for infected people at high risk of death	<ul style="list-style-type: none">• Remdesivir is only under emergency authorization in hospitalized patients

Be aware that some people are at higher risk of serious illness from COVID-19. Check out [DPH's Chronic Disease and COVID-19 – Staying Healthy](#).

FUN
FACT

Uxbridge Testing Stats

According to the Massachusetts weekly COVID-19 [report](#), 546 Uxbridge residents have been COVID-19 tested in the past 14 days, with a test positivity rate of 0.00%. If you need to be tested for COVID-19, [find](#) a location that works for you and join your neighbors in protecting the health of our community!