



April 9, 2020

### Highlights this Week:

- New advisory on face coverings
- Ways you can help your community
- News about meals for students

### Helpful Links:

- [Town of Uxbridge COVID-19 Info](#)
- [Massachusetts DPH](#)
- [CDC COVID-19 Info](#)

### The Week in Numbers

Reported COVID-19 cases in Uxbridge residents*	13
Number of meals provided to students by <a href="#">Uxbridge Public Schools</a>	540
People transported by EMS	4

\*This number includes only cases confirmed by testing and is an underestimate of the true number of cases in Uxbridge.

# COVID-19 Weekly Update

## Status Update

**Face Coverings:** The CDC now recommends wearing cloth face coverings in all public settings where social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies and workplaces). COVID-19 can be spread in the community by people who have the virus but do not have symptoms. In accordance with this recommendation, the Board of Health has issued the [following advisory](#):

**The Uxbridge Board of Health advises all Uxbridge residents, and people who work in places of business and government facilities, that a mask be worn at all times outside of a home or other dwelling. This applies to people in all public spaces, outdoor spaces and private businesses.**

Please remember that medical masks and N95 respirators should be reserved for health workers and first responders. More information on homemade face coverings can be found [here](#).

**Case Count:** To date, 13 cases of COVID-19 have been reported among Uxbridge residents. This number represents people whose disease status has been confirmed with a test and it includes those who are currently ill as well as those who have recovered. Because [testing is still limited](#), **this count underestimates the actual number of cases in the town**. For this reason, it is still critical for residents to continue taking protective measures such as following the [Governor's Stay at Home advisory](#) and practicing social distancing.

**If you are sick:** The main symptoms of COVID-19 are fever, cough, and shortness of breath, although a [range of symptoms](#) have been reported including loss of ability to smell and taste as well as diarrhea.

- If you experience signs consistent with COVID-19, please call your doctor for guidance on next steps and availability of testing. If you do not have a primary physician, call your local Emergency Room for guidance.
- Most cases of COVID-19 are mild and do not require medical attention; **if you have mild symptoms, do not leave your home except to get medical care, and do not visit public places.**
- **If you have difficulty breathing, seek medical attention immediately.**

## 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.

### Sign up for CodeRED!

CodeRED is a telephone and computer-based system that notifies residents and businesses of critical and emergency situations and provides timely information regarding actions that residents can take.

[Click here](#) to sign up!

For real-time updates about the Massachusetts COVID-19 response, text **COVIDMA** to **888-777**

For a list of **support services** including information about what to do if you are in need of food, mental health services, or other assistance, please [click here](#).

**Fun Fact:** New Zealand Prime Minister Jacinda Arden has declared two important additions to the list of essential personnel: **The Tooth Fairy** and **The Easter Bunny**. Surely these two will be very busy in the days ahead!

### Questions?

If you cannot find the answer online, call the Board of Health at:

**508-278-8600 ext. 8**

## Community Updates

Please consider [donating](#) or [volunteering](#) during the COVID-19 Crisis. You can assist the community by:

- Donating to the People First Food Pantry
- Donating blood
- Donating Personal Protective Equipment (PPE)

For more information on these opportunities and others, [click here](#). Check back often, as more opportunities will be added!

Starting April 13, Uxbridge Public Schools will be providing free breakfast and lunch to [youths 21 years and younger, regardless of residence or school attended](#).

- Bagged meals will be available at the Taft Early Learning Center every Monday, Wednesday, and Friday from 11 AM-1 PM.
- Please visit [their website](#) for more information.

### Tips for Shopping:

- The CDC is recommending only taking trips for essential items for the next two weeks.
- Dedicated hours for seniors (60+): [Hannaford \(7-8 AM\)](#) and [CVS \(9-10 AM\)](#)
- Reusable bags are currently not permitted.
- Plan ahead by making a list to decrease time in the store and limit trips to once per week.
- Bring wipes to disinfect your cart before use.
- Wear your face covering and wash your hands as soon as you return home.

**Protect Essential Personnel!** Though many of us are staying home, essential workers such as postal workers and grocery store staff are still going in to work while trying to stay healthy, and you can help. Please consider [leaving disinfecting wipes in your mailbox](#) for your mail carrier. When visiting stores, [keep groups as small as possible](#) (go alone if you can!) and [pay with a card](#), if possible. [Click here](#) for more ways to keep yourself and essential workers safe!

### The Good News Corner

Uxbridge High Technology Teacher Michael Smutok and his engineering students are using 3D printers to produce plastic face shields for healthcare workers. Originally the idea of a student, the plan was approved by the Board of Health, and two printers are now running 24/7. The group is producing sixteen face shields a day, allowing the students to continue learning remotely while safeguarding the health of healthcare workers. Read more [here](#).

