

May 28, 2020

Important Dates:

May 31st: National macaroon day! Check out how you can celebrate and try your hand at mastering this delicious treat from home [here](#).

June 17th: Spring Annual Town Meeting is scheduled for 7pm. More details soon.

Helpful Links:

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

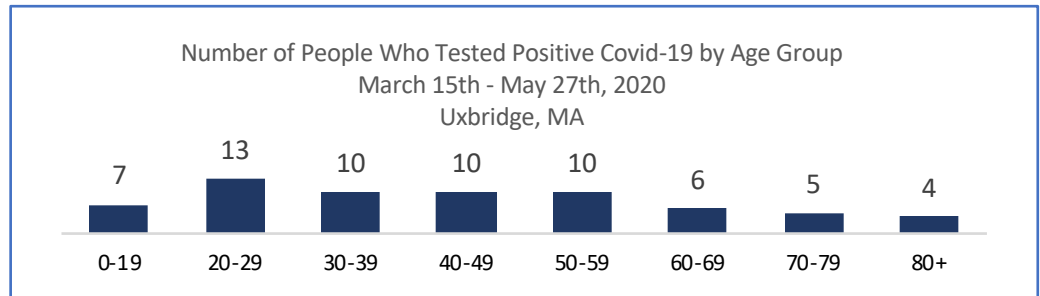
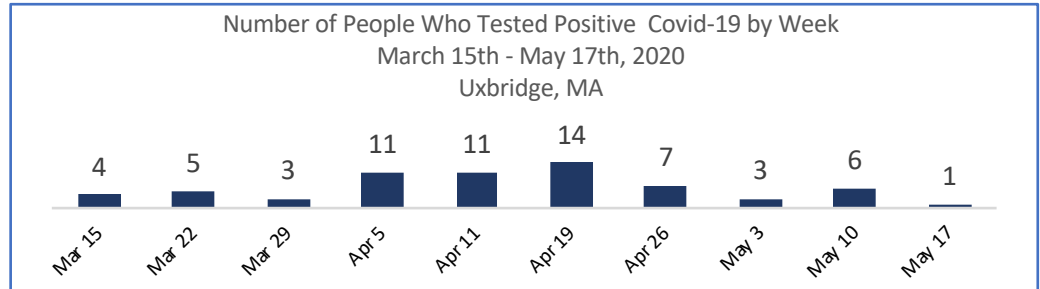
The Week in Numbers:

Total reported COVID-19 cases in Uxbridge Residents	65
Number of COVID 19 cases in Uxbridge out of isolation	51
Number of Meals provided to students by Uxbridge Public Schools	5,208

COVID-19 Weekly Update

Status Update

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.



Back to Work!

As more businesses and offices begin to reopen, many workplaces are setting up precautions so that their employees can return to work safely. Businesses reopening during Phase 1 should follow the [Mandatory Safety Standards for Workplaces](#). If you feel your workplace is not following the proper health and safety standards, try and communicate your concerns with your supervisor. If you have questions or concerns, [click here](#) for information on how file a complaint with the state.



The DEETs on Mosquitoes

Summer is in full swing, and unfortunately that means mosquitos! Insects like mosquitos can carry diseases such as [EEE](#), which is a relatively rare but serious disease. Here are some helpful tips to help prevent mosquitos:

- ❖ Bug zappers don't work, so use insect repellents or "Mosquito Magnet" devices instead
- ❖ Wear long sleeved clothing
- ❖ Avoid deep woods
- ❖ Stay inside or in a screened in area during dawn and dusk



[Click here](#) for more info on mosquito control!

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 Library

For many of us, the library is an important part of our summer routine. Starting June 8th, the library will start to open back up, with curbside service available.

The library has also been hosting yoga online, as well as story time and read aloud sessions. Check out their full calendar [here](#).

Uxbridge Senior Center

The Uxbridge Senior Center has a [YouTube channel](#)! If you are looking for gentle exercises to stay active this summer, check out what they have to offer!

Questions?



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

Elements of Resiliency

There is more and more confusion caused by the reopening of business and activities: When is a mask required? What kind of distance can I maintain at work? The confusion, the adjustment, the financial hardship, and the loss of loved ones plus the restrictions placed on our lives all take an emotional toll. This has been seen in disasters including pandemics throughout history and is well [documented](#). The loss of economic security is an especially prominent factor in how COVID-19 can affect us [emotionally](#).

The extraordinary response being called for is the creation of resilience. For many of us this is not a natural process (see last week's [update](#)). The elements of resilience are worth repeating:

- ❖ Find new ways of connecting
- ❖ Maintain or start healthy habits
- ❖ Nurture optimism and hope
- ❖ Set daily goals: celebrate when you achieve them, forgive yourself when you don't
- ❖ Talk regularly with someone you trust

And being kind to yourself and others 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](#).



MIS-C Information

There is an emerging syndrome in persons younger than 21 years of age with COVID-19. It is called Multisystem Inflammatory Syndrome in Children (MIS-C) and is similar to Kawasaki Disease. It is unknown how common is. Parents should be aware of its symptoms. Click here for more information: <https://emergency.cdc.gov/han/2020/han00432.asp>

Good News Corner!

Exciting news for those of us who have been dreaming of the beach during the past few hot days: Pout Pond is opening up for the season! Opening Day is this weekend, May 30th - May 31st, and next weekend, June 6th - June 7th, and will open full-time on June 13th. Additionally, they have made admission to the pond free for all. The Pout Pond Recreation Committee posted rules for beach attendees on their [Facebook page](#) and are working hard to make sure that employees and visitors to the beach will be able to safely enjoy the summer at the Pond.