

COVID-19 Weekly Update

Status Update

NO NEW CASES THIS WEEK! Total COVID-19 positive case count in Uxbridge is 84 with ZERO active cases. For more detailed state reporting of cases, [click here](#).

August 27th, 2020

Important Dates:

August 31st: National Eat Outside Day

September 1st: Election Day – Go [Vote!](#)



The FDA has released a short video on the types of COVID-19 tests. Check it out [here](#).

The Week in Numbers:

Number of COVID-19 cases* in Uxbridge Residents	84
Number of active cases (individuals still in isolation)	0
Number of meals provided to families by the Food Pantry (July)	146

*confirmed by [PCR testing](#)

Alerts

Sign up for [EEE Updates](#) and [other town alerts](#)

COVID Complaints

New DLS complaint form available [online](#)

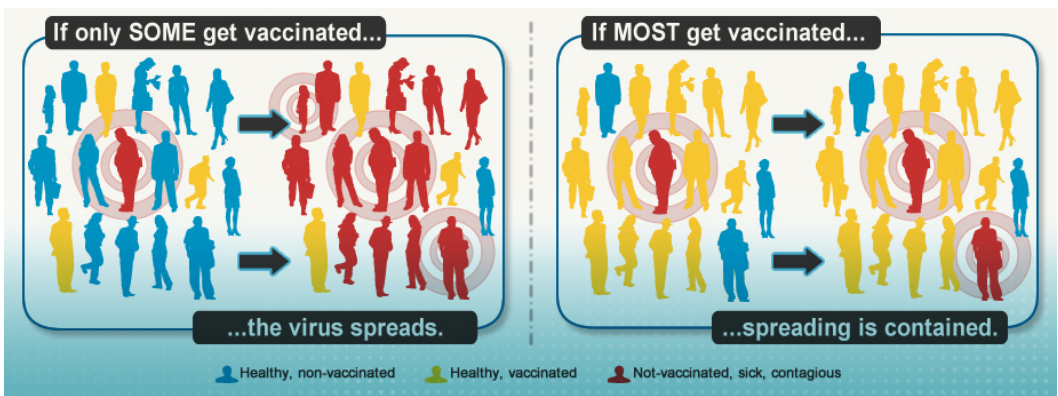
New Flu Vaccination Requirement

Last week, Massachusetts public health officials announced that all students will now be required to get the influenza vaccine for the 2020-2021 flu season. This requirement applies to all students in childcare, preschool, grades K-12 as well as undergraduate and graduate students engaging in campus activity who are under the age of 30 years. Click [here](#) to read the press release and find a detailed breakdown of immunization requirements and state rates [here](#). The state also has an updated table of immunization requirements for the 20-21 school year available for download as a word document [here](#).



Why is the state requiring it?

The new vaccination requirement is one of the many steps the state is taking to combat the current COVID-19 pandemic. According to the [CDC](#), the flu vaccine averted 72,000 hospitalizations and 52,000 deaths in the 2016-2017 flu season (the most recent finalized data available). By ensuring that students in MA receive the flu vaccine this season, the state hopes to reduce the burden on hospitals, freeing up more beds and equipment to help treat people suffering from extreme COVID-19 cases. Additionally, many of the symptoms for influenza overlap with the symptoms of COVID-19, meaning that the demand for COVID-19 tests may increase during the usual flu season.



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.

EEE Is Here

On August 11th, a mosquito sample from Douglas tested positive for EEE. It is important that all residents 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](#)
- [CDC COVID-19 Info](#)
- [Report Workplace Violations](#)
- [Mosquito-Borne Diseases](#)



Questions?

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



Nasal Spray vs. Shot



The flu vaccine is given as either a [nasal spray](#) or a [shot](#). The nasal spray is appropriate for non-pregnant people between the ages of 2 years and 49 years and protects against the four common strains of influenza. There are several different vaccine products available, and all are effective and approved for people over the age of 6 months.

Where can I get vaccinated?

There are several options available for people to get vaccinated for the upcoming school year. Local pharmacies can administer have the flu vaccines but make sure to call ahead for availability. You can also receive a flu shot at your doctor's office but there may be a co-pay for a nurses visit if it is not part of a pre-scheduled flu vaccine clinic. Additionally, the Uxbridge Board of Health is planning a drive-thru vaccine clinic in October (specific dates coming soon). Health officials are [recommending](#) people get vaccinated earlier than usual, since scheduling appointments and traveling to vaccine clinics will likely take more time than in years past, due to the COVID-19 pandemic. This will also hopefully reduce the number of flu cases in MA.

Can you get the flu from the vaccine?

The short answer is no. There are three main types of vaccine; inactivated influenza vaccine [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine (LAIV). The IIV uses an egg-based manufacturing process whereas the RIV is egg-free. The LAIV is issued as a nasal spray and works by introducing a weakened live virus to initiate an immune system response (but not enough of the virus to give you the flu).

How effective is the vaccine?

The effectiveness of the flu vaccine varies depending on the season, the person and the type of flu virus circulating. Overall, it is estimated that the vaccine reduces the risk of getting the flu by 40% to 60%. This is a significant reduction in the flu burden, and especially important given the additional strain of COVID-19 on our healthcare system. Getting the vaccine not only protects you from getting the flu but it also helps keep people around you, who may not be able to get vaccinated for health reasons, safe as well. Vaccines, like masks and social distancing, are important to help keep you and your neighbors safe.

COVID-19 and the Flu

It is important to recognize that the influenza immunization is another layer of protection against the flu. Much like preventing COVID, precautions such as hand washing, wearing a mask, and staying at home while sick work together. Each layer by itself is not enough but when done together, all layers add up to significant protection. A safe and effective COVID vaccine, while likely not to be perfect, will add another layer of protection against COVID in the same way.