



**September 10th,  
2020**

### Important Dates:

**September 12<sup>th</sup>:** National  
Chocolate Milkshake  
Day

**October 14<sup>th</sup>:** Flu Clinic  
@ Uxbridge High School  
– more info next week

**Don't forget to get  
your flu vaccine!**

Find a vaccine location  
[here](#)

### COVID-19 Travel Order

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

### The Week in Numbers:

|  |     |
|--|-----|
| Number of<br>COVID-19 cases*<br>in Uxbridge<br>Residents               | 86  |
| Number of <b>active</b><br>cases (individuals<br>still in isolation)   | 2   |
| Number of people<br>served by People<br>First Food Pantry<br>in August | 203 |

\*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 86. There are two active cases. For more details [click here](#).

### COVID-19 Vaccines: What's Happening?

There has been a lot of activity around the COVID-19 vaccine trials in the past few weeks. Globally, there are [37 ongoing vaccine trials](#): 24 trials are in phase 1, which means they are testing safety and dosage in a small population; 14 trials are in phase 2, which means they are expanding the safety trials to a larger population; 9 trials are in phase 3, which are the large-scale efficacy tests; and 3 have been approved for early/limited use, before knowing the results of the phase 3 trials (Russia and China).

On Tuesday, September 8<sup>th</sup>, AstraZeneca put their vaccine phase 2 and phase 3 trials [on hold](#) due to an adverse reaction in a trial participant that may or may not have been caused by the vaccine. It is important to remember that the hold on this trial means that AstraZeneca is following safe vaccine-trial protocol measures and not rushing or ignoring outcomes.

Also on Tuesday, 9 pharmaceutical companies, including AstraZeneca, [pledged](#) to keep their vaccines off the market until they were proven to be safe and effective. As reported in the New York Times, "According to the CEO of one company, any vaccine released for use will be consistent with 'sound science and regulatory standards'". This pledge means that although the manufacturing and distribution processes have been fast-tracked, the development of the product will be created without short cuts. This should be a comfort to all of us.



### Uxbridge Public Forum

The Uxbridge Open Space Committee will be hosting a virtual public forum for the Uxbridge Open Space & Recreation Plan. Register to attend and learn about the planning process, as well as share your input!

- Tuesday, September 15, 6:30 – 8:00 pm – Public Forum, Day 1: [Register here](#)
- Thursday, September 17, 6:30 – 8:00 pm – Public Forum, Day 2: [Register here](#)

**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 11<sup>th</sup>, 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?

Contact the  
Board of Health at:  
508-278-8600 ext. 8  
[boh@uxbridge-ma.gov](mailto:boh@uxbridge-ma.gov)

## Sports, Heart Health and COVID-19

Predictably, new knowledge about a new virus calls upon us to adopt new behaviors. Decisions about restrictions and reopening require an awareness of emerging knowledge and a willingness to adapt. A new question has emerged: Can my child participate in sports?

There is already a lot of guidance from public health experts about how to participate, but ultimate decisions are left to parents and their children. This summer a Red Sox pitcher [was sidelined](#) because, although healthy when infected with COVID-19, he developed myocarditis, an inflammation of the heart muscle which can be trivial or serious. Hopefully, he will fully recover. See this [article](#) for a comprehensive review of myocarditis.

Basic knowledge about COVID-19 myocarditis in healthy athletes is unclear and a complex, preliminary recommendation has been formulated by pediatric cardiologists. The [recommendation](#) in short: IT DEPENDS. We are all being forced by COVID-19 to tone down the expectation that there are clear and immediate answers. This is just one example. Stay tuned. Being kind to yourself and others always works.

**The food pantry is looking for the following items:** tomato sauce; pasta; rice dishes; Mac and cheese; shelf stable milk; jelly; mustard; beef stew; soups; canned vegetables; tuna; chicken; canned fruit; paper goods; personal care items, and detergent. [Click here](#) for donation information.

## Self-Contact Tracing Journals: A New Trend?

In addition to wearing masks, social distancing, and hand washing, [self-contact tracing journals](#) can be a useful tool to help mitigate the spread of COVID-19. So what is a self-contact tracing journal, and why should you start one?

A self-contact tracing journal is essentially a log of all the people you spend time with or come into close contact with (within 6 ft, inside contact or mask-less contact). Record when and where you saw these people, as well as modes transportation you took to get there.

If you test positive for COVID-19, you will be able to easily contact people who may have been exposed. This will also help contact tracers ensure that people who have been exposed are notified and able to get tested ASAP.

**GOOD NEWS**

## Free Desks for Uxbridge Students

The Town of Uxbridge is donating used student desks to Uxbridge students. We understand the pressure remote learning has placed on families and we hope repurposing these desks will help our students learn better at home. Desks are from McCloskey School and are sized for middle to high school students. More information about distribution date/time will be in next week's COVID update.