



## Town of Mount Washington Board of Health

### Important Notice

**Today Governor Baker has extended the Non-Essential Business Closures to MAY 18, 2020**

Gatherings of 10 or more prohibited until May 18<sup>th</sup> and the Stay at Home Advisory Remains in Effect.

As expected, case numbers in our state are rising, so it's more important than ever to follow guidance from local, state and federal officials. It is critically important that everybody follows the steps listed below. This is especially important for those who are at high risk for COVID-19.

#### Staying home means:

- Only leave home for essential errands such as going to the grocery store or pharmacy. When you do leave home, practice social distancing by staying 6 feet away from others.
- If you are at high-risk, you should ask about special hours at your local pharmacy or grocery store for high risk individuals.
- When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service.
- You can still go to the gas station, order and pick up take-out food, and receive deliveries.
- You can still go outside to get fresh air, but make sure you practice social distancing and avoid touching surfaces frequently touched by others. Don't participate in close contact activities such as pick-up sports games.
- Use remote modes of communication like phone or video chat instead of visiting friends or family. Refrain from visiting nursing homes, skilled nursing facilities, or other residential care settings.
- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.
- Parents should not have play dates for children.

Taking these steps helps prevent the spread of the virus, helps preserve our hospital capacity for very ill patients, and preserves our supply of PPE (personal protective equipment) so critically needed by our medical workers.

We will update the Town Website and the Town COVID-19 email letter later this week. All previous guidance from the Massachusetts Department of Health and the Mount Washington Board of Health remains in effect.

We are all in this together, and together we will help to make it better for everyone.