



Town of Mount Washington
Board of Health
2 Plantain Pond Road
Mount Washington, MA 01258
413 528-1798

General Standards

The following COVID-19 prevention and mitigation standards have been issued by the Governor of Massachusetts and apply to all activities in Massachusetts. Residents should adhere to each of the following:

- Wear a face mask or face covering. For more information on face masks and face coverings, please see the state's [Mask Up MA](#) webpage. Please note that this order has been updated and face masks are required more often than they were previously.
- Observe good hand hygiene, including hand washing and use of alcohol-based sanitizers with at least 60% alcohol. Carry hand sanitizer and use it often, especially after coming into contact with frequently touched surfaces.
- Refrain from touching your face.
- Stay home if:
 - you feel unwell;
 - you have tested positive for COVID-19;
 - you have been exposed to someone with COVID-19; or if you have traveled to or from a state that is not classified as lower risk within the last 14 days. For more information on lower risk states, please see the state's COVID-19 [Travel Order](#) webpage. New York and Connecticut have been REMOVED from the allowed interstate travel list. As of November 12, 2020 all individuals entering Massachusetts from any state other than Hawaii, New Hampshire, Maine and Vermont are **REQUIRED to complete and submit** the on-line [Massachusetts Travel Form](#) unless the individual meets an exemption below:
 - **Lower-risk State:** This includes individuals coming from a COVID-19 lower-risk state within the United States; **Hawaii, New Hampshire, Maine and Vermont.**
 - **Transitory travel:** This includes people who are passing through Massachusetts and permits travelers to drive through the State or to connect to their airplane, bus or train, or to stop at a highway rest stop, but this exception extends only so long as is reasonably required for the traveler to complete their transit, make any necessary airplane, bus, or train connection, or make use of travel services such as at a highway rest stop. **Please note: this exemption DOES NOT apply to non-essential shopping in New York State or Connecticut.**
 - **Persons Commuting for Work or School:** People who regularly commute, at least weekly, outside of Massachusetts to a fixed place to attend school or work or any person who regularly commutes, at least weekly into Massachusetts to a fixed place to attend school or work; provided that in either case, this exception applies only to and from the person's residence and place of work or school. *Workers or students who travel to any place that is not their home state for personal or leisure reasons cannot rely on this exemption.*
 - **Patients Seeking or Receiving Medical Treatment:** Patients who are traveling to Massachusetts to seek or receive specialized medical care from a physician located in the Commonwealth and persons accompanying and providing needed support to the patient.
 - **Military Personnel:** Any person who is required to travel to Massachusetts at the order or directive of a Federal or State military authority.
 - **Workers Providing Critical Infrastructure Services:** Workers who enter Massachusetts to perform critical infrastructure functions as specified in Version 3.1 of the listing published by the Federal Cybersecurity and Infrastructure Security Agency are exempt from quarantine while they



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are commuting to or from or while at work. For the first 14-days after arrival, when the worker is not at work or commuting to work they must quarantine.

- Failure to submit a completed [Massachusetts Travel Form](#), when required, or failure to comply with the quarantine requirement, if applicable, **may result in a \$500 fine per day**. Additional information about both the [Massachusetts Travel Form](#) and the 14-day quarantine requirement, can be found in this [comprehensive guidance issued by the Massachusetts Department of Public Health](#).

If you must quarantine according to the regulations you are, of course, allowed to leave the house to purchase food or supplies but you should consider bringing what you will need with you or use one of the online ordering and delivery options available. Social activities and non-essential trips outside of the house are not permitted. Being in public for entertainment or social interaction increases the risk for all of us.

Fall and Winter Recommendations From the Mount Washington Board of Health

As we move into the Holiday Season and colder weather, it is important that we stay aware of the health risks associated with social gatherings. The Governor has issued strict instructions for Massachusetts residents in order to keep them safe during this health emergency. Take them seriously.

Stay at home

We are still safer at home while COVID-19 is present in Massachusetts. **Safer at home** means people over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands. All residents are advised to leave home only for healthcare, worship and permitted work, shopping, and activities. More guidance is outlined in the [Safer-at-Home Advisory](#).

While there are all sorts of guidelines available for social events, it is best to minimize exposure wherever possible.

The recent spikes in Berkshire County and in the rest of the Commonwealth have been tied to social get togethers, both in “events” and home parties. Even under the guidelines, it is very important to seriously consider the risk factors involved.

This holiday season will prove difficult for many of us. Be cautious now so that we can celebrate with our loved ones and friends later. The situation will only improve if we all consider the safety of ourselves and others.