

BOARD OF HEALTH
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Coronavirus

Currently the risk to Massachusetts residents is low.

DATE: March 5, 2020
TOWN: Avon

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The Centers for Disease Control (CDC) announced revised guidance regarding travelers to Level 2 and 3 countries returning to the US and recommended procedures for reducing the risk of transmission of the virus associated with COVID-19. The CDC link is also here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers> (click on the travel notice beside each country).

Change in guidance for returnees from Level 2 and 3 countries:

- Returning travelers from Level 3 countries other than China and Iran (currently Italy and South Korea) are asked to self-quarantine ("stay home") for 14 days since the date of entry to the United States and self-monitor for symptoms consistent with COVID-19.
- Returning travelers from Level 2 countries (currently Japan) are asked to limit contact with others and self-monitor for symptoms.

Reminder of guidance already in place:

CDC recommends everyone avoid all non-essential travel to Level 3 countries (currently China, Iran, Italy, and South Korea) and that older individuals and those with chronic health conditions avoid non-essential travel to Level 2 countries (currently Japan).

Travelers with questions should call the 24/7 Epi Line: 617-983-6800.

There has been one confirmed case in Massachusetts and one presumed positive case. The CDC, the Massachusetts Department of Public Health (DPH), and other agencies are monitoring this situation. The CDC continues to classify the immediate health risk posed by Covid-19 as low. If any cases have been discovered in Avon, the Avon Board of Health would be notified immediately through the Massachusetts Virtual Epidemiology Network (MAVEN) and the Homeland Health Alert Network (HHAN). These communication tools are used by the MDPH and the Avon Board of Health twenty-four (24) hours a day, seven (7) days a week.

Although the risk to Massachusetts residents is still low, many of the things that we do to protect ourselves from the common cold and flu will help protect you and your loved ones from any type of respiratory virus, including, Covid-19. Below, you will find a list of ways to take action.

1. **Wash** your hand often with soap and water for at least 20 seconds. If unable to wash, use alcohol-based hand sanitizers. Wash hands before eating.
2. **Avoid** touching your eyes, nose, and mouth, without first washing your hands.

3. **Clean** things that are frequently touched (doorknobs, countertops) with household cleaning sprays or wipes.
4. **Cover** your cough or sneeze into a facial tissue. Dispose of used facial tissues immediately into a trash can. If you don't have a tissue, cover your cough or sneeze into the crook of your elbow, not your hands. If you do sneeze into your hands, wash them immediately with soap and water for at least 20 seconds. If unable to wash your hands, use alcohol-based hand sanitizers.
5. **Stay home** from work or school, seek health care, and avoid contact with others, including large social gatherings and public events.
6. **Avoid** close contact with others who are sick.
7. **Think ahead** about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit mass.gov/KnowPlanPrepare for a preparedness checklist.

Operational guidance has been distributed to our first responders and the Avon Public School. As of now, we are not planning on cancelling any upcoming town-sponsored events. The School Department will let the community know directly of any alterations in school activities and events.

For up-to-date information regarding Covid-19, visit the MDPH's website at www.mass.gov/2019coronavirus or the CDC at www.cdc.gov/coronavirus/2019-ncov. Any updates relative to the Town of Avon will be distributed through the Town Website: avon-ma.gov. The situation continues to evolve quickly, so we will be sure to provide prompt updates as the situation dictates.