



**TOWN OF BEDFORD**  
97 MCMAHON ROAD  
BEDFORD, MASSACHUSETTS 01730

## **Bedford Public Schools Update on COVID-19**

**April 1, 2020**

If you need this document translated, please call your child's school principal - Si necesita este documento traducido, por favor comuníquese con la escuela de su hijo - Se você precisa este documento traduzido, entre em contato com a escola do seu filho - Si vous avez besoin de traduire ce document, s'il vous plaît contacter l'école de votre enfant - 如果你需要这份文件翻译，请联系您的孩子的学校 - إذا كنت تحتاج/تحتاجين إلى ترجمة هذه ، الوثيقة إلى اللغة العربية يرجى الاتصال بمدرسة طفلك/طفلاتك

The Bedford COVID-19 Task Force met Wednesday, April 1, 2020 to review the latest guidance from the Department of Public Health (DPH), the office of Governor Charlie Baker, and Town Legal Counsel.

The COVID-19 Task Force is comprised of the following Town officials:

*Sarah Stanton, Town Manager*  
*Jon Sills, Superintendent of Schools*  
*Heidi Porter, Director of Health and Human Services*  
*Robert Bongiorno, Police Chief*  
*David Grunes, Fire Chief*  
*Taissir Alani, Facilities Director*

### Active Cases

As of today, April 1, 2020, there have been a total of eleven (11) presumptive positive cases of COVID-19 reported to the Town of Bedford Board of Health by the Massachusetts Department of Public Health (MA DPH). Three (3) of these cases have already recovered and have come off of isolation and quarantine, and there is (1) Person Under Investigation. It is likely that there are other individuals impacted by COVID-19 in the community that have not sought medical attention, and/or have not been tested and are isolating at home regardless. Those individuals do not appear on the surveillance reports the Town receives from the MA DPH.

The Board of Health continues to do the appropriate follow-up and outreach to those residents and close contacts known to us. Many of the identified close contacts of the initial cases never exhibited symptoms have completed their required quarantine period and have been released from quarantine by the Board of Health. The Town has also been informed of two (2) presumptive positive cases at Hanscom Air Force Base. One individual has been released from isolation, and has no contacts that the Town of Bedford is required to follow up on.

Anyone exhibiting flu-like symptoms should immediately self-quarantine, isolate from household members and contact their healthcare provider for further guidance on whether testing is warranted.

### Town Update

Tips to boost emotional health and well-being during the COVID-19 outbreak:

The Health and Human Services Department reminds Bedford residents that it is important to take care of your emotional health and well-being during the COVID-19 outbreak and Stay at Home Advisory. Decreasing stress can help bolster your immune system and can help keep you and others around you healthy. Following are some tips for staying emotionally healthy and well.

Take Care of your body by: eating healthy, well-balanced meals; exercising regularly; getting plenty of sleep and taking deep breaths, stretching, or meditating. Spend time virtually connecting with others and talk with people you trust about your concerns and how you are feeling. Take breaks from watching, reading, or listening to news stories, including social media. Make time to unwind and try to do some activities you enjoy. The Massachusetts Department of Mental Health has prepared some guidance on Maintaining Emotional Health & Well-Being During the COVID-19 Outbreak.

For more resources: <https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak>

### School Update

As we launch our remote/online learning operation this week, I want to thank everyone for their patience, their questions and their comments. By necessity, this is a work in progress, something new for students, faculty and families alike, so collaborative problem-solving will be an important component of its success. This means that we invite communication, but please know that principals and district leaders are receiving hundreds of inquiries a day, so we need to ask for your patience as they/we craft their replies.

In particular, I want to thank first responders and frontline medical personnel, first, for the dangerous work that you are doing on all of our behalf's, but also to acknowledge the extraordinary challenges that online learning must create for your families for those of you with young children. Please communicate with your children's teachers and principals about your particular circumstances. We want to do whatever we can to support your children's learning- working with childcare providers even if they change daily, providing additional outreach by teachers or teaching assistants, etc.

### General Guidance

For previous updates on COVID-19, please review the COVID-19 News and Announcements Page at on the Town website ([www.bedfordma.gov](http://www.bedfordma.gov)).

It is important to remember that while the COVID-19 outbreak is evolving quickly, influenza is currently circulating in the area. Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses:

- Wash your hands often with soap and warm water for at least 20 seconds. Avoid touching your eyes, nose and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick and avoid close contact with others.
- Employ social distancing if you are not otherwise required to be in quarantine and must go out.
- For those at home, a little moderate exercise or meditation goes a long way. Get up, stretch, and maybe have a short walk.

The best source of guidance and recommendations is the DPH website: [www.mass.gov/covid19](http://www.mass.gov/covid19)

Alternatively, if you are without internet capabilities, please call the State hotline: 2-1-1

You can also the Town of Bedford website for local updates and actions: [www.bedfordma.gov](http://www.bedfordma.gov)

Town and School officials, and the Bedford Health Department, remain in continuous communication about this issue, and further updates will be provided to the community as we receive them.