



TOWN OF BEDFORD
97 MCMAHON ROAD
BEDFORD, MASSACHUSETTS 01730

Bedford Public Schools Update on COVID-19

June 8, 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 June 8, 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

Current Case Report

As of today, June 8, 2020, there have been a total of two hundred thirty-two (232) positive cases of COVID-19 reported to the Town of Bedford Board of Health by the Massachusetts Department of Public Health (MA DPH), of those, one hundred twenty-six (126) are Bedford residents not living in a healthcare/long term care setting. Forty (40) deaths of Bedford residents have been attributed to COVID-19. The total case number includes residents of the Town of Bedford, including but not limited to those in: single-family homes, apartments, the VA campus, Hanscom Air Force Base, special needs group homes and any and all other larger assisted living/care facilities in Bedford as reported to us by the MA DPH.

As you may be aware, long-term care facilities serving the elderly and congregate care facilities, house susceptible populations with underlying conditions who are particularly vulnerable to COVID-19. Increased testing occurs at these facilities and results in more positive cases being identified. As such, cities and towns with these facilities, like Bedford, experience elevated positive case counts and, unfortunately, deaths due to the vulnerability to COVID-19 of the populations within those facilities.

Seventy-one (71) of the total Bedford cases have already recovered and have come off of isolation and there may other Bedford residents who would be considered persons under investigation in that they are symptomatic, have undergone testing but have not yet received results. 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 and the VA is conducting follow-up and contact tracing of the Veteran's under their care. Many of the identified close contacts of some of the Bedford cases never exhibited symptoms, have completed their required quarantine period and have been released from quarantine by the Board of Health.

Please note, in part to alleviate the community concern, the VA does do a daily report of their numbers, which includes inpatients, outpatients and staff, many of whom do not call Bedford home. The information can be found here: <https://www.accesstocare.va.gov/Healthcare/COVID19NationalSummary>

Enjoy the Nice Weather and Reopening of the Economy - but please continue to Slow the Spread!

With the nice weather upon us and businesses and facilities opening their doors as part of the Phase II Reopening of the Massachusetts economy, residents may have a strong desire to go out and about and enjoy it all. While Bedford parks, playgrounds and athletic fields are open to adults and youths, group sizes should consist of no more than 10 people total and contact sports (e.g., basketball, football, baseball, soccer, field hockey, lacrosse, hockey and other sports where ordinary play puts players in direct contact or close proximity) must limit activities exclusively to no-contact drills and practices.

The Bedford Board of Health and the COVID-19 Task Force, who have been working so diligently to keep you informed and protected during this epidemic, caution residents to strictly adhere to limitations and restrictions in place as part of the reopening protocols. Please use social distancing. Please wear a face covering when leaving your home. Please wash your hands often for 20 seconds. Please do not touch your face. Please do not gather in large groups. Know the symptoms of COVID-19 and get tested if you've had an exposure. Stay safe and, with these actions, continue to slow the spread.

Checking-in on Mental Health, Stress and Anxiety during COVID-19

The daily news reports, social media posts and even the case numbers reported in our own daily Town of Bedford update on COVID-19 can be daunting and information overload in a time where there are few outlets for relief. With some businesses and services starting to open, fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person's characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

People who may respond more strongly to the stress of a crisis include:

- People who have preexisting mental health conditions including problems with substance use;
- Children; and,
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders.

Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns;
- Difficulty sleeping or concentrating;
- Worsening of chronic health problems; and,
- Increased use of alcohol, tobacco, or other drugs.

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster. Connect with family, friends, and others in your community. Take care of yourself and each other, and know when and how to seek help. Call your healthcare provider if stress reactions interfere with your daily activities for several days in a row.

Things you can do to support yourself:

- Avoid excessive exposure to media coverage of COVID-19.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy to return to your normal life.
- Connect with others, but keep in mind that social distancing (staying 6 feet from others) is important for preventing spread of COVID-19. If you are in Quarantine or Isolation, make sure you share your concerns and how you are feeling with a friend or family member via telephone, skype, text message or email. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

Some other resources include:

If you are a resident who is 60 or older please contact Social Worker Danika Castle in the Council on Aging at 781-275-6825.

If you are a resident under the age of 60 you can contact Social Worker Christopher Bang in the Youth and Family Services Department at 781-918-4328.

Any Bedford resident seeking mental health counseling or therapy services can contact one of the Social Workers or reach out to Eliot Community Human Services directly at 978-369-1113.

Domestic Violence Services Network, Inc. (DVSN) is continuing to follow up on domestic violence referrals and requests for service on a daily basis and provides community advocacy and safety planning for anyone who calls in or is referred for help and support by law enforcement partners. During the COVID-19 pandemic, DVSN clients need support more than ever and DVSN shall continue to provide CONFIDENTIAL support, advocacy, and resources via telephone to the extent possible. For help and support, PLEASE CALL DVSN's Help Line - 888-399-6111.

Advocates Psychiatric Emergency Service team is always available to offer skilled, compassionate support and connections to resources and services during difficult times. If you are experiencing a mental health or emotional crisis, please call (800) 640-5432 to speak to an Advocates crisis clinician. They are available to help 24 hours a day, every day.

Our colleagues at William James College have made their virtual educational resources and support groups available to Bedford residents. Please use the following links to access these resources:

William James College Virtual Public Events- From Educational/Informational Resources to Support Groups:
<https://www.williamjames.edu/community/resource-hub/public-events-calendar.cfm>

Mental Health & Wellness Tips During Quarantine:
<https://interface.williamjames.edu/guide/mental-health-wellness-tips-quarantine>