# TOWN OF BEDFORD

97 MCMAHON ROAD
BEDFORD, MASSACHUSETTS 01730

# Bedford Public Schools
# Update on COVID-19

**May 3, 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 ses 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/طفلتك

The Bedford COVID-19 Task Force met May 3, 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, May 3, 2020, there have been a total of one hundred and thirty-three (133) positive cases of COVID-19 in Bedford and twelve (12) deaths reported to the Town of Bedford Board of Health by the Massachusetts Department of Public Health (MA DPH). The total case number includes residents of the Town of Bedford, Hanscom Air Force Base and the Bedford Veteran's Administration (VA) Campus as reported to us by the MA DPH.

Twenty-seven (27) of the total Bedford cases have already recovered and have come off of isolation and there are currently zero (0) known Persons Under Investigation. 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

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Town Update

**Anticipated Surge in COVID-19 Positive Cases**

By all accounts, the country, state and Town of Bedford are in the midst of a surge in COVID-19 cases. In conjunction with this, the MA Department of Public Health is promoting a program for long term care facilities to do wide-scale testing of staff and residents, due to the vulnerability of the population these facilities serve. Given the presence of these types of facilities in Bedford, there is a possibility that this testing will result in an increase in the number of positive COVID-19 residents in Bedford in the coming days and weeks. The Board of Health will continue to work with these facilities to ensure proper isolation of any impacted residents or staff while they receive any necessary treatment and will continue to promote enforcement of use of proper personal protection and hand hygiene.

**Answer the Call!**

The Bedford Board of Health asks Bedford Residents to be part of the COVID-19 solution and "Answer the Call!" If you have tested positive for COVID- 19 or if you've been in close contact with someone who has tested positive, the COVID Community Team, including the Bedford Community Health Nurse and the School Nurses, will be reaching out via phone to you and your close contacts to slow the spread. We will help support you and will help to keep track of symptoms to move you through isolation and quarantine appropriately.

The Caller ID on your phone will show the call is coming from one of the following phone numbers: (781) 999-2093, (781) 999-4209, (781) 999-4223, (781) 999-4236, (833) 638-1685 or (857) 305-2728.

Your name will not be publically released but the information you can provide to us is imperative in slowing the spread so we can get to the other side of this outbreak. Bedford Residents, Answer the Call!

Please do not use the above phone numbers for general inquiries on COVID-19. For information on COVID-19 and the COVID-19 response in Bedford, instead please call the Bedford Board of Health at 781-275-6507 or visit the BOH COVID-19 website.

**Slow the Spread**

To continue to do our part to slow the spread, it is imperative to strictly adhere to all the proper personal hygiene and protective practices that have been presented since the start of this outbreak: abide by social distancing, stay home except for necessary, essential and allowable errands, don't touch your face, engage in frequent handwashing, use sanitizer, regularly sanitize common-touch surfaces and wear a face covering when you must go out in public.

**General Guidance**

It is important to note that while the COVID-19 outbreak continues to evolve and we are in the midst of a surge, it is also allergy season. Pollen counts are very high right now and if you have allergies and the associated symptoms (sneezing, itchy, watery eyes, cough and runny nose) this may result in your desire to touch your face – but please avoid it! That is one of the easiest ways to contract COVID-19 if your hands are contaminated. A

good plan is to have tissues on the ready and stock up on some allergy medicine, if that works for you, to allay symptoms that may lead you to touch your face.

**Comply with the Stay at Home Advisory and Social Distancing**

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. Do not 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.
- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.

We need everyone to comply with social distancing. This is hard. We get it, but it only works if we are all diligent all the time and keep away from others who are not in your immediate households. Please pitch in and be compliant so we can get to the other side of this outbreak.

The best source of guidance and recommendations is the DPH website: www.mass.gov/covid19

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