



Town of Berlin
23 Linden Street

Updates and Information on COVID-19 (coronavirus)

Dear Berlin Residents:

The following are updates and information regarding the COVID-19 declared health emergency.

The Town has received official information that a Berlin resident has tested positive for COVID-19. Be assured that the individual is quarantined at home and the case is being actively managed by professional health officials.

Residents may find this news concerning, but the spread of the virus can be slowed if residents adhere to social distancing and governmental Stay at Home advisories. The purpose of the Mass DPH public health advisory is “to take strong action to reduce the potential exposure to COVID-19 to those instances for basic food, health and well-being and for the provision of our essential services. Everyone in Massachusetts has an important role to play to slow the transmission of this virus. Every instance of potential exposure that can be eliminated is an important step for that individual and for our community.

Individuals in the Commonwealth should always practice social distancing, this means keeping a distance of 6 feet between you and the other person.

Staying home means:

- Only leave your home to address essential needs, get some fresh air and exercise, and if you do, avoid unnecessary contact with other individuals.
- You should still run essential errands such as going to the grocery store or pharmacy but should practice social distancing when shopping. If you are at high-risk, you should inquire about your local pharmacy/grocery store’s alternative hours for high risk individuals.
- When going to the pharmacy you should fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, you should 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 (e.g Amazon, UPS, Fedex).
- You can still go outside to get fresh air, however, you must practice social distancing while outside and avoid touching surfaces frequently touched by others.
- You are encouraged to use remote modes of communication such as telephone or video chat (e.g. Facetime, Skype, Facebook Messenger Video Chat) instead of visiting friends

or family. This is especially true for a hospital, nursing home, skilled nursing facility, or other residential care setting.

- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.
- Parents should not arrange play dates for children during this time.
- All individuals must eliminate close contact activities such as in pick-up sports games.

Individuals with any signs or symptoms of COVID-19 should remain in their homes, and request assistance with accessing essential services, such as obtaining food or medications.

There is no vaccine yet to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to the virus. Staying at home and social distancing are critical to stopping the spread.

Be sure to take other everyday preventive actions to help prevent the spread of COVID-19 and other viruses:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's most up-to-date recommendations for using a facemask.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
 - Always wash hands with soap and water if hands are visibly dirty.

Always get your information from trusted sources. Go to the Massachusetts Department of Public Health's website at <https://www.mass.gov/covid19> for the latest facts, news and advisories.

The Town will continue to convey important information and help you find answers to your questions on COVID-19. Please contact the Berlin Board of Health at boardofhealth@berlin.com or the Town Administrator at townadmin@townofberlin.com.

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