

COVID-19 and HB&RACC

News from Governor Baker

Governor Baker issued an executive order for retail businesses effective Tuesday, March 17 enabling them to remain open, but only permit no more than 25 people to gather until April 5 unless extended. The following link lists executive orders issued today: <https://www.mass.gov/news/baker-polito-administration-announces-emergency-actions-to-address-covid-19>

HB&RACC Operations

In keeping with social distance per CDC and Mass Dept of Public Health guidance, all committee meetings will occur remotely and staff will provide a conference call line to participants. HB&RACC staff is very much at your disposal and is here to help, so please feel free to call at 774-330-3140 or email at chrisf@capecodbuilders.org, karen@capecodbuilders.org, or dave@capecodbuilders.org should you need anything at all.

Comprehensive FAQ's on COVID-19 from CDC and Mass Dept of Public Health:

Massachusetts Department of Public Health (MDPH)

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

What is a Close Contact?

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

- A **Close Contact** is defined as-
 - a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case
 - – or –
 - b) having direct contact with infectious secretions of a COVID-19 case (e.g.,

being coughed on).

Can someone who feels healthy still spread the Novel Coronavirus?

The World Health Organization (WHO) says.....YES!

“There are people who can shed COVID-19 virus 24-48 hours prior to symptom onset”

https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200306-sitrep-46-covid-19.pdf?sfvrsn=96b04adf_2

Q. How are COVID-19 and influenza viruses different? The speed of transmission is an important point of difference between the two viruses. Influenza has a shorter median incubation period (the time from infection to appearance of symptoms) and a shorter serial interval (the time between successive cases) than COVID-19 virus. The serial interval for COVID-19 virus is estimated to be 5-6 days, while for influenza virus, the serial interval is 3 days. This means that influenza can spread faster than COVID19. Further, transmission in the first 3-5 days of illness, or potentially pre-symptomatic transmission – transmission of the virus before the appearance of symptoms – is a major driver of transmission for influenza. In contrast, **while we are learning that there are people who can shed COVID-19 virus 24-48 hours prior to symptom onset, at present, this does not appear to be a major driver of transmission..**

“Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads”

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>

What is Self-Observation?

Self-observation means people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

What is Self-Monitoring with public health supervision?

Self-monitoring with public health supervision means public health authorities assume the responsibility for oversight of self-monitoring for certain groups of people. The ability of jurisdictions to initiate or provide continued oversight will depend on other competing priorities (e.g., contact tracing, implementation of community mitigation strategies). Depending on local priorities, CDC recommends that health departments consider establishing initial communication with these people, provide a plan for self-monitoring and **clear instructions for notifying the health department before the person seeks health care if they develop fever, cough, or difficulty breathing.** As resources allow, health authorities may also check in intermittently with these people over the course of the self-monitoring period. If travelers for whom public health supervision is recommended are identified at a US port of entry, CDC will notify state and territorial health departments with jurisdiction for the travelers' final destinations.

What is Active Monitoring?

Active monitoring means that the state or local public health authority assumes responsibility for establishing regular communication with potentially exposed people to assess for the presence of fever, cough, or difficulty breathing. For people with high-risk exposures, CDC recommends

this communication occurs at least once each day. The mode of communication can be determined by the state or local public health authority and may include telephone calls, electronic or internet-based means of communication.

What are Congregate Settings?

Congregate settings are crowded public places where close contact with others may occur, such as shopping centers, movie theaters, stadiums.

What is “Social Distancing”?

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

Schools have been closed to decrease the spread of COVID-19. Please keep in mind that “playdates” and even small parties would be an activity with close contact. These gatherings should be avoided to best protect your child and your family.

Take these steps to monitor your health and practice social distancing:

Take your temperature with a thermometer two times a day

Monitor for fever and watch for cough or trouble breathing.

Stay home and avoid contact with others.

Do not go to work or school for this 14-day period.

Discuss your work situation with your employer before returning to work.

Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.

Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.

Keep your distance from others (about 6 feet or 2 meters)

How can I get a test for COVID-19

Call your Primary Care Physician (PCP): If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing. **Call your healthcare provider** for medical advice **BEFORE** you leave your home.

If you are a close contact of someone with COVID-19 or you are a resident in a community where there is ongoing spread of COVID-19 and develop [symptoms of COVID-19](#), call your healthcare provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested, but keep in mind that there is no treatment for COVID-19 and people who are mildly ill may be able to isolate and care for themselves at home.

For more info on How to get tested, Click on the following Link:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

What do I do if I think I have symptoms of COVID-19?

For facts on *What to do if you get symptoms*, Click on the following link:

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html#more-information>

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- **Seek medical care. Call ahead before** you go to a doctor’s office, urgent care, or emergency room.
- **Tell your doctor** about your recent travel history, your symptoms and any

potential exposure to COVID-19

- **Avoid contact with others.**
- **Use 211 services** <https://www.211info.org/corona-virus>

211 is the go-to public phone number to get information about Novel Coronavirus.

211info Community Information Specialists answer questions about the following:
**Symptoms/Prevention/Transmission/Treatment/Travel health
Animals/Pets/Persons under investigation and/or monitoring**

To speak with a Community Information Specialist about Novel Coronavirus:

CALL 211 or 1-866-698-6155

EMAIL

help@211info.org

TEXT your zip code to 898211 (TXT211)

HOURS 7

days per week, 8am-11pm

What is “Isolation and Quarantine”?

Isolation and Quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

Quarantine in general means the separation of a person or group of people reasonably believed to have been *exposed to a communicable disease but not yet symptomatic*, from others who have not been so exposed, to prevent the possible spread of the communicable disease. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Isolation means the separation of a person or group of people known or reasonably believed to be *infected with a communicable disease and potentially infectious* from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order. Isolation separates sick people with a contagious disease from people who are not sick.

For more facts on, *What to do if a household member is Quarantined* click on this link: <https://www.cdc.gov/quarantine/index.html>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

What should I do and not do while in quarantine?

Information and Guidance

for Persons in Quarantine due to COVID-19

You are required to quarantine (separate yourself) from other people because you have been exposed to the 2019 Novel (New) Coronavirus (COVID-19). If you have COVID-19, you could spread it to people around you and make them sick.

COVID-19 is caused by a virus. It is spread through respiratory secretions (mucous and droplets from coughs and sneezes) from an infected person and can cause serious illness such as pneumonia (lung infection), and in some rare cases, death.

During your quarantine period, you should not have visitors in your home. The other people who live in your home can continue to do their normal activities as long as they are not in contact with you, as described further below, and not also under quarantine. If you test positive for COVID-19 and someone comes into

contact with you that person might also then need to be quarantined.

While you are in quarantine you should follow these instructions:

1. Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a surgical mask. Call the healthcare provider before you go and tell them that you are quarantined due to COVID-19 exposure. For the protection of others, you should use a personal car or call an ambulance to travel to your healthcare provider. **Do not take public transportation, ride shares (e.g. Uber or Lyft), or taxis under any circumstance.**
2. Wear a mask, such as a surgical mask, if you must be in contact with other people.
3. Do not have visitors in your home.
4. To the extent possible, stay six feet away from other people in your home. If absolutely necessary, have one person help you and do not have contact with other people in your home. Wear a mask, such as a surgical mask, when in the same room as that person.
 1. If possible, use a separate bedroom and bathroom. Do not share towels or bed sheets/blankets with other people in your home. Wash your laundry separately from the laundry of other people in your home.
 2. Do not share eating or drinking utensils. Wash utensils normally in a dishwasher or by hand with warm water and soap.
7. Cover your mouth and nose with a tissue when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.
8. Wash your hands frequently using soap and water for at least 20 seconds each time you wash. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Anyone you come in contact with (including anyone in your home) should:

1. Wash their hands with soap and water for at least 20 seconds often. If soap and water are not available they should use an alcohol-based hand sanitizer that contains at least 60% alcohol.
2. Wear a mask when they are in close contact with you if you cannot wear a mask. They should be careful to only touch the parts of the mask that go around the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately after taking the mask off.
3. Wear disposable gloves if they have to have direct contact with your body fluids (saliva/spit, mucous, urine, feces, vomit) or handle your dirty laundry. Remove the gloves carefully without touching the outside of the gloves, throw the gloves away, and wash their hands with soap and water or an alcohol-based hand rub.

Anyone you come in contact with (including anyone in your home) should remain aware of their health and watch themselves for:

- a fever (temperature over 100.3 degrees). They should take their temperature in the morning and at night.
- other symptoms such as a cough, difficulty breathing, shortness of breath, chills, stiff or sore muscles, headache, or diarrhea.

If anyone you come in contact with has any of these symptoms, contact the local health department or the Massachusetts Department of Public Health.

If they need to seek medical care, they should call their healthcare provider **before** they go and tell them that they may have been exposed to COVID-19. If they do **not** have any of the symptoms described above, they do not have to

stay home and instead may continue with their normal activities.

Other advice to keep your germs from spreading:

1. Your gloves, tissues, masks and other trash should be put in a bag, tied closed, and put with other household trash.
2. Your laundry may be done in a standard washing machine using warm water and detergent. Bleach may be used but is not needed. Do not shake out the dirty laundry and avoid having the dirty laundry touch anyone's skin or clothing.
3. Surfaces in the home that you touch or that become dirty with your body fluids (saliva/spit, mucous, urine, feces, vomit) should be cleaned and disinfected with a household disinfectant according to the label directions.
Wear gloves while cleaning.
4. Your bathroom should be cleaned every day using a household disinfectant according to the directions on the label. Wear gloves while cleaning.

How long must you follow these instructions?

You will need to remain quarantined for at least 14 days from the date of last exposure. A public health authority (MDPH or your local board of health) will be in contact with you daily and will tell you when you can stop quarantining yourself.

They will regularly re-assess you and will determine if you still need to stay quarantined or if the risk of infection to others is low enough that you can leave your home.

Questions?

If you have any questions, please call your healthcare provider, your local board of health or the Massachusetts Department of Public Health which is available 24/7 at 617-983-6800.

What should I do and not do while in isolation?

[Information and Guidance for Persons in Isolation due to COVID-19](#)

You are required to isolate (separate yourself) from other people because you have been diagnosed as a confirmed case of infection with 2019 Novel (new) Coronavirus (COVID-19) or because you had a high-risk exposure to COVID-19 and now have symptoms.

COVID-19 is caused by a virus. It is spread through respiratory secretions (mucous and droplets from coughs and sneezes from an infected person and can cause serious illness such as pneumonia (lung infection), and in some rare cases, death.

You must remain in isolation until a public health authority (the Massachusetts Department of Public Health or your local Board of Health) tells you can leave your home. A public health authority will be in contact with you daily and will conduct another assessment 14 days after the date your infection is confirmed. A public health authority will confirm that you may leave your home once the risk of infecting others is determined to be low.

During the isolation period, you may not have visitors in the location where you are isolating. If you must share living quarters with another person, then that person will be subject to quarantine. If someone in your home is a young child, pregnant, immunocompromised, or has a chronic heart, liver, lung, or kidney condition, or is over 65 years of age, that person is at particular risk if they have contact with you during isolation. If anyone you have contact with fits this

description, please discuss with your local board of health or the Massachusetts Department of public health so that steps may be taken to protect these individuals.

Your local Board of Health and the Massachusetts Department of Public Health will work with you to identify anybody, including household members, who are considered to have been exposed and will make required quarantine recommendations.

This information sheet provides you with information about *what to do* and *not to do* while you are in isolation. If you have questions after reading this, you can call your local Board of Health, or the Massachusetts Department of Public Health which is available 24/7 at 617-983-6800.

While you are in isolation you should follow these instructions:

1. Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a surgical mask. **Call the healthcare provider before** you go and tell them that you have COVID-19 infection. For the protection of others, you should use a personal car or call an ambulance to travel to your healthcare provider. Do not take public transportation, ride shares (e.g. Uber or Lyft), or taxis under any circumstance.
2. Wear a mask, such as a surgical mask, if you must be in contact with another person.
3. Do not have visitors in your home.
4. If possible, other people should not be living in your home while you are in isolation there.
5. Do not share a bedroom or bathroom with anyone else.
6. Do not share towels or bed sheets/blankets with other people.
7. Wash your laundry separately from the laundry of other people.
8. Do not share eating or drinking utensils with other people. Wash utensils normally in a dishwasher or by hand with warm water and soap.
9. Cover your mouth and nose when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.
10. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Anyone you have to come in contact with in your household should:

1. Remain aware of their health and watch themselves for:
 - a. A fever (temperature over 100.3 degrees). They should take their temperature in the morning and at night.
 - b. Other symptoms such as a cough, difficulty breathing, shortness of breath, chills, stiff or sore muscles, headache, or diarrhea.
2. Wash hands often with soap and water for at least 20 seconds. If soap and water are not available they should use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 1. Wear a mask, such as a surgical mask when they are in close contact with you if you cannot wear a mask. They should be careful to only touch the parts of the mask that go around the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately with soap and water after taking the mask off.
 2. Wear disposable gloves if they need to have direct contact with your body fluids (saliva/spit, mucous, urine, feces, vomit) or handle your dirty laundry. Remove the gloves carefully without touching the outside of the gloves, throw the gloves away, and wash their hands with soap and water or an

If anyone in your household develops any of these symptoms, contact the local health department or the Massachusetts Department of Public Health at the phone numbers below.

If they need to seek medical care, they should call their healthcare provider **before** they go and tell them they may have been exposed to COVID-19.

Other advice to keep your germs from spreading:

1. Your gloves, tissues, masks, and other trash should be put in a bag, tied closed, and put with other household trash.
2. Your laundry may be done in a standard washing machine using warm water and detergent. Bleach may be used but is not needed. Do not shake out the dirty laundry and avoid having the dirty laundry touch anyone's skin or clothing.
3. Surfaces in the home that you touch or that become dirty with your body fluids (saliva/spit, mucous, urine, feces, vomit) should be cleaned and disinfected with a household disinfectant according to the directions on the label. Wear gloves when cleaning.
4. Your bathroom should be cleaned every day using a household disinfectant according to the directions on the label. Wear gloves when cleaning.

How long should you follow these instructions?

You will need to remain isolated for as long as it is possible for you to spread the infection to others. A public health authority (MDPH or your local board of health) will be in contact with you daily and will tell you when you can stop isolating yourself. They will regularly re-assess you and will determine if you need to stay isolated or if the risk of infection to others is low enough that you can stop staying in isolation.

Questions? If you have any questions, please call your healthcare provider, your local board of health or the Massachusetts Department of Public Health which is available 24/7 at 617-983-6800.

When Can I Stop My Home Isolation?

Per the CDC.....

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Am I at Risk for getting COVID-19?

For facts on *Your current risk of COVID-19*, Click on this link:

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html#risk-assessment>

How can I decrease my risk of getting COVID-19?

For more *Steps to Help Prevent COVID-19*, Click on this link:

https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-cov%2Fabout%2Fprevention%2Fprevention-treatment.html%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html

What else can I do if I am worried about my child?

For facts on *COVID-19 affecting Children*, Click on this link:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://www.cdc.gov/handwashing/campaign.html>

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

How should I be cleaning and disinfecting surfaces and clothes?

For facts on *decreasing your risk of getting COVID-19*, Click on this link:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200306-sitrep-46-covid-19.pdf?sfvrsn=96b04adf_2

Q. How are COVID-19 and influenza viruses different?

Mortality for COVID-19 appears higher than for influenza, especially seasonal influenza. While the true mortality of COVID-19 will take some time to fully understand, the data we have so far indicate that the **crude mortality ratio (the number of reported deaths divided by the reported cases) is between 3-4%, the infection mortality rate (the number of reported deaths divided by the number of infections) will be lower. For seasonal influenza, mortality is usually well below 0.1%.** However, mortality is to a large extent determined by access to and quality of health care

For facts on *highest risks for serious illness from COVID-19*, Click on this link:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Who is at risk for serious illness from COVID-19?

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>

Underlying medical conditions

that may increase risk of serious COVID-19 for individuals of any age.

Blood disorders (e.g., sickle cell disease or on blood thinners)

Chronic kidney disease as defined by your doctor. Patient has been told to avoid or reduce the dose of medications because kidney disease, or is under treatment for kidney disease, including receiving dialysis

Chronic liver disease as defined by your doctor. (e.g., cirrhosis, chronic hepatitis) Patient has been told to avoid or reduce the dose of medications because liver disease or is under treatment for liver disease.

Compromised immune system (immunosuppression) (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, received an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV or AIDS)

Current or recent pregnancy in the last two weeks

Endocrine disorders (e.g., *diabetes mellitus*)

Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)

Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)

Lung disease including *asthma* or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen

Neurological and neurologic and neurodevelopment conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, *intellectual disability, moderate to severe developmental delay*, muscular dystrophy, or spinal cord injury].

