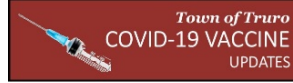




THE LATEST

- ❖ Truro has new active COVID-19 cases (numbers →)
- ❖ Outer Cape Health Services is offering asymptomatic COVID-19 testing. Call 508-905-2888 to book your appointment. More information is [here](#).
- ❖ Truro has a new COVID-19 Vaccine Updates webpage and is updated as new info is available. [Click to view](#).
- ❖ Subscribe to the Truro COVID-19 Information page & the COVID-19 Vaccine Updates page by [clicking here](#) & selecting "Covid-19 and Vaccine Information".
- ❖ Massachusetts Vaccine Scheduling Resource Line will help Seniors 75 and Older Schedule COVID-19 Vaccine Appointments. [Click for more](#).
- ❖ Residents can now receive 24-hour advance notice when a Barnstable County Regional COVID-19 vaccine clinic will be opening for registration. Sign up for email notifications at www.barnstablecountyhealth.org.
- ❖ Effective Monday, February 8th at 5:00 AM, Governor Baker is lifting the temporary occupancy restrictions to numerous business sectors so that businesses limited to only 25% of their occupancy/capacity may resume operating at the 40% occupancy reduction level that was previously in place. The Commonwealth remains in Phase 3 step 1 of the reopening order #58.
- ❖ The Face Covering Order requires all persons to wear face-coverings in all public places. Gatherings at private residences are limited to 10 people for indoor gatherings and 25 persons outdoors. Click [here](#) and [here](#) to view the Orders.
- ❖ Barnstable County Health Department has launched a COVID-19 Help Line: (774) 330-3001. Call Monday through Friday, 8am – 4:30pm to get answers to questions regarding COVID-19 info., testing sites, vaccine rollout and more.
- ❖ Massachusetts is rolling out the COVID-19 vaccine in phases. [Click](#) for more.
- ❖ The Travel Order mandates that all visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to complete the Massachusetts Travel Form prior to arrival and quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts. Failure to comply may result in a \$500 fine per day. View the Order [here](#) and additional information [here](#).
- ❖ The map of lower-risk states exempt from the Travel Order was updated on **January 27, 2021** and is available [here](#).
- ❖ Revised Guidance to the Cape & Islands Seasonal Community (11/6/20) is [here](#).
- ❖ Some Good News: All vaccines are promising. The [New York Times explains](#) how the vaccine news continues to be better than many people realize.



In Truro as of as of February 7, 2021

8

Active Case(s)



Please practice social distancing (6 ft minimum) and wear masks in public!



MASSACHUSETTS SAFER-AT-HOME ADVISORY:
(5/19/20)

Continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs if you are over 65 or have underlying health conditions

Only leave home for healthcare, worship and permitted work, shopping, and outdoor activities.

Fill your prescriptions for 90 days if possible or use a mail-order service

Don't participate in close contact activities (pick-up sports games, etc.)

You **MUST** cover your face when unable to maintain six feet of social distance in public

Limit play dates for children

Avoid visiting nursing homes, skilled nursing facilities, or other residential care settings

Wash your hands frequently for at least 20 seconds with soapy water

Be vigilant, monitor for symptoms and stay home if you feel sick

Use phone or video chat instead of visiting friends/ family who are high risk for COVID-19

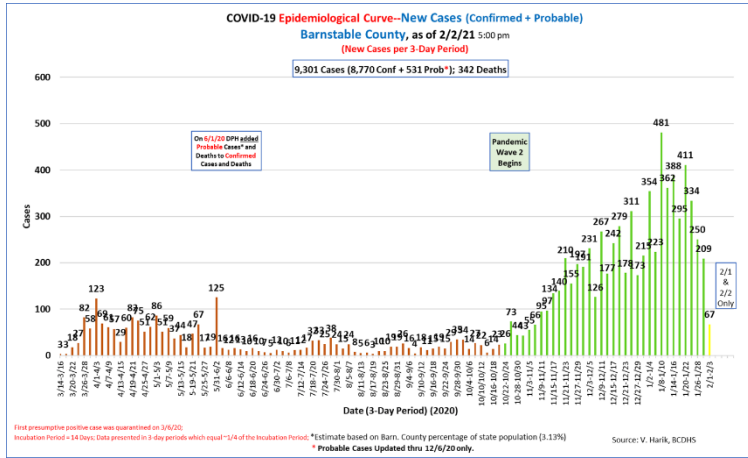
RECENT NEWS

- Latest county-wide case data for Barnstable County is available [here](#).
- [Click here](#) for Truro's Reopening page.
- Purchase Transfer Station permits online to reduce in-person sales. More [here](#).
- Face coverings required by the Truro Board of Health ([click](#)) & by the State ([click](#)).
- The Select Board's Policy 64: Masks & Social Distancing is applicable to Town employees and visitors on Town of Truro property. [Click here](#) for the policy.
- Check out the CDC's Considerations for Wearing Masks [here](#).

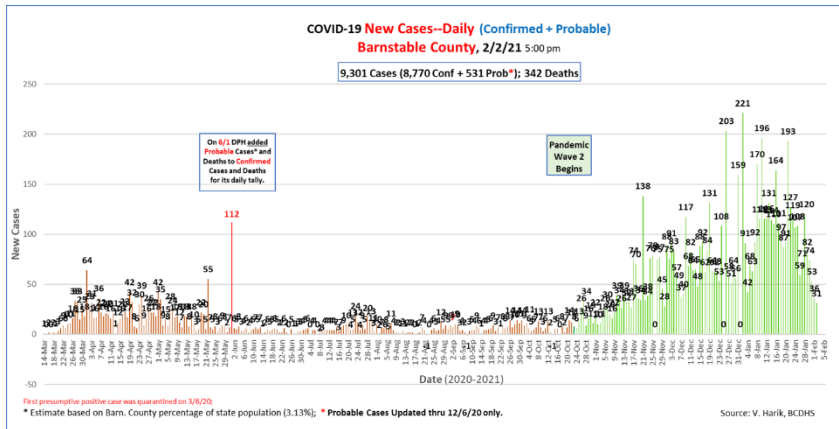


Barnstable County Department of Human Services Data

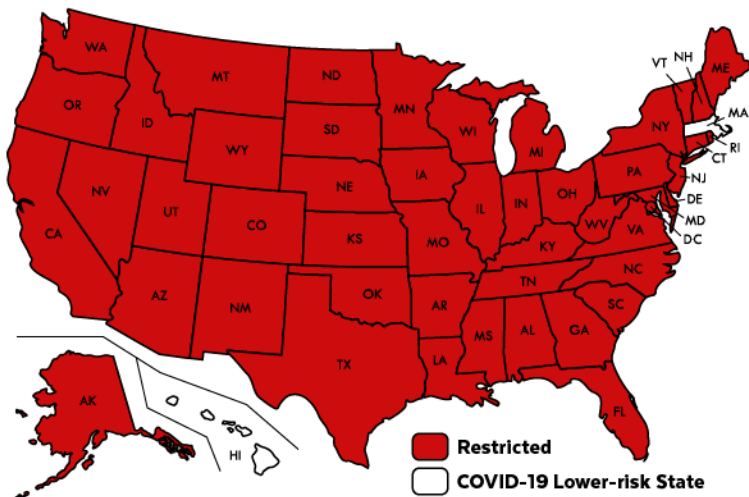
COVID-19 Epidemiological Curve—New Cases (Confirmed and Probable) in Barnstable County as of 2/2/2021 (New Cases per 3-Day Period)



COVID-19 New Cases—Daily (Confirmed and Probable) in Barnstable County as of 2/2/21



Travel Exemption Lower-Risk States as of January 27, 2021



IF YOU ARE CONSIDERING TRAVELING TO TRURO:

A message from the Truro Select Board and Board of Health (3/27/20) – [Click here](#)

Governor Baker’s Travel Order— All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

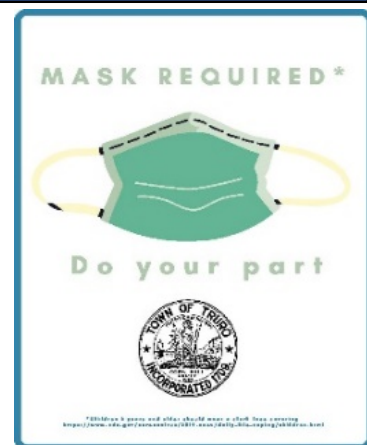
- Complete the [Massachusetts Travel Form](#) prior to arrival, unless you are visiting from a [lower-risk state](#) designated by the [Department of Public Health](#).
- Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.

If your COVID-19 test result has not been received prior to arrival, visitors, and residents must quarantine until they receive a negative test result.

Failure to comply may result in a **\$500 fine per day**.

Please find more information including the list of lower-risk states, exemptions, business guidance and other details here.

Guidance to Cape & Islands Seasonal Community (Updated 11/6/20) – [Click here](#)





STAY INFORMED & CONNECTED

MEDICAL EMERGENCY – CALL 9-1-1

Local

- Updates are posted to the [Town of Truro website](#) as available.
- Town Hall Staff are available by phone and by email. The Staff Directory is available [here](#).
- ALERTruro – The Town of Truro continues to send out information through our ALERTruro notification system. [Sign up here](#) to receive calls, texts, and/or emails.

Barnstable County

- Barnstable County Dept of Health & Environment — [Click here](#). Information on testing and local resources.
- COVID-19 Community Alert Heatmap-- Confirmed case numbers at a detailed geographic level within Barnstable County so residents can make informed decisions to minimize transmission of the virus. View announcement [here](#) and view the heatmap [here](#).
- Barnstable County Dept of Health & Environment — [Click here](#). Information on testing and local resources.

Massachusetts

- Massachusetts Department of Public Health (DPH) – [Click here](#). Today’s current cases in Massachusetts, orders from Governor Baker, guidance and directives.
- Massachusetts COVID-19 Response Dashboard—Massachusetts Emergency Management Agency (MEMA) developed a COVID-19 dashboard with case counts by age and county, as well as hospital status and other information. [Click here](#) to view the dashboard.
- 2-1-1 - Massachusetts residents are urged to use 2-1-1 for information, resources, and referrals regarding COVID-19. This hotline is staffed 24/7 and translators are available in multiple languages. Simply dial 2-1-1 from landlines/cellphones, or use the live chat option on the [Mass 2-1-1 website](#).
- COVID-19 Public Resources Map—Massachusetts Emergency Management Agency (MEMA) and partners created a public resources map [available here](#) to help the public locate food banks/pantries, Project Bread sites, etc.
- Buoy Health Care Tool—A free online resource launched to help residents check for COVID-19 symptoms and connect with health care resources. The tool is available 24/7 [here](#).
- Massachusetts Frontline Worker Resources—the Attorney General’s Office developed [FrontlineMA.org](#) to connect frontline workers with various supports (info on PPE, priority testing, alternate housing options, discounted meals, etc.)
- The Samaritans – call 877-870-4673 or connect by chat [here](#). Provides mental health support, available 24/7.



USA

- Centers for Disease Control and Prevention (CDC) – [Click here](#). Information on preparing yourself, symptoms, testing, cases and latest updates.

Worldwide

- World Health Organization (WHO) – Provides info, latest global case numbers and case numbers by country [here](#).

PROTECT YOURSELF & YOUR LOVED ONES

Wash your hands often


Avoid touching your face

Stay Home/[Practice Social Distancing](#)

[COVID-19 Recommendations for Cleaning & Disinfecting](#)

[CDC Guidance on running essential errands](#)

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. For more info, [click here](#). To learn how to make your own face covering, check out [this video](#) or visit [this page](#).





IN TRURO (as of February 7, 2021)

- The Truro Board of Health issued an Order requiring that face masks be worn in public areas of Truro. Masks are required in addition to social distancing, to protect all members of the public at all places that can be open, and all housing or commercial complexes with more than 1 unit. Enforcement will be done by the Health Department and the Police Department. The Order is effective May 1. View it [here](#).
- Town officials were notified of Truro's first positive case of COVID-19 on March 25, 2020. For today's case counts, [click here](#).
- Truro Central School is open for in-person learning. More information is available [here](#).
- Town Hall, the Truro Community Center and the Truro Library remain closed to the public. In-person Council on Aging and Recreation programs are suspended. The Library offers curbside pick-up (information available [here](#)). For information about how to conduct Town business, please [click here](#). The Staff Directory is available [here](#).
- The Transfer Station is open. The Swap Shop is closed. Swap Shop permit sales are suspended until the Swap Shop reopens. As always, individuals wishing to recycle are required to purchase a Transfer Station Annual, Seasonal or Weekly Permit.
- Police, Fire, and Public Works operations continue as normal.
- Non-regulatory Town board/committee meetings may schedule meetings with the Licensing and Administration Office (508-349-7004 x124, nscoullar@truro-ma.gov or ntudor@truro-ma.gov). For information about Remote Meetings, [click here](#). COMING SOON: FAQs for Truro's Remote Meetings. If you have a question about Truro's use of the GoToMeeting platform, accessing meetings, or "how do I...", send an email to ksclark@truro-ma.gov with the subject line: FAQ for Remote Meetings.
- The Truro Select Board signed a Declaration of Emergency on March 19, 2020. [Click here](#) to view.
- An Outer Cape Business List is available on the Town of Truro website with information about how local businesses are currently operating. [Click here](#) to check it out or to add your business.

SOCIAL DISTANCING BASICS

- ✓ Call/Facetime/online chat with friends and loved ones

If you go out:

- ✓ Avoid crowds
- ✓ Stay 6 feet away from others
- ✓ Don't shake hands or hug
- ✓ Wear cloth face coverings

IN MASSACHUSETTS (as of February 7, 2021)

- Governor Baker revised the Gatherings Order reducing the limit on outdoor gatherings to 25 people at private residences and 10 people for indoor gatherings at private residences. View the Order [here](#).
- All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to complete the Massachusetts Travel Form prior to arrival and quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts. Failure to comply may result in a \$500 fine per day. View the Order [here](#) and additional information [here](#).
- Only businesses in industries permitted to be open in the Commonwealth may operate at this time. A list of the phase that each industry may open is available [here](#). These businesses must adhere to the general workplace guidance and the industry-specific guidance provided by the Commonwealth.



IN MASSACHUSETTS (as of February 7, 2021) *(continued)*

- Governor Baker and State health officials issued a Safer-at-Home Advisory. Massachusetts' 4-Phase Reopening Plan and dates for some sectors to open were announced, as well as best practices, guidance and safety standards. For more information, [click here](#). The new Order implementing a phased reopening of workplaces and imposing workplace safety measures can be viewed [here](#).
- Massachusetts is conducting contact tracing. Residents who receive a call from the Contact Tracing Collaborative are urged to take the call and provide relevant information (Caller ID will read "MA COVID Team" and will be an 833 or 857 number). If someone tests positive for COVID-19, Contact Tracers will reach out to the individual's close contacts. Learn more [here](#).

MASSACHUSETTS VACCINE ROLLOUT

Massachusetts is registering people under Phase 1, and we expect to remain in Phase 1 for several more weeks. This week Home-based health care workers and Health care workers doing non-COVID-facing care (including office staff) will be eligible to get vaccinated at locations that are open to provide these vaccinations.

It is important to note that the CDC has made recommendations for vaccine prioritization. The State of Massachusetts has adopted their own prioritization, and it appears that each State has prioritized differently.

Phase 2 Listed in order of priority:

- Individuals with 2+ comorbidities (high risk for COVID-19 complications), individuals age 75+, and residents and staff of public and private low income and affordable senior housing
- Other workers, including:
 - Early education, K-12, transit, grocery, utility, food and agriculture, restaurant and cafe workers
 - Employees across the food, beverages, agriculture, consumer goods, retail, and foodservice sectors;
 - Meatpackers;
 - Sanitation, public works and public health workers;
 - Vaccine development workers;
 - Food pantry workers and volunteers;
 - Transit/transportation: Uber/Lyft/ride share services/pharmacy delivery drivers, workers in the passenger ground transportation industry (e.g. paratransit for people with Disabilities, food delivery, non-urgent medical transport), Massport workers other than police;
 - Convenience store workers (under grocery workers);
 - Water and wastewater utility staff
 - Court system workers (judges, prosecutors, defense attorney, clerks), other than court officers who are listed under first responders
 - Medical supply chain workers
 - Funeral directors and funeral workers
 - Shipping port and terminal workers
 - Adults 65+
 - Individuals with one co-morbid condition

More vaccine information is available [here](#).



SYMPTOMS OF COVID-19

The CDC updated the list of COVID-19 symptoms to watch for. The list now includes:

- | | | |
|--|--------------------------------------|--|
| <input type="checkbox"/> fever or chills | <input type="checkbox"/> cough | <input type="checkbox"/> shortness of breath or difficulty breathing |
| <input type="checkbox"/> fatigue | <input type="checkbox"/> sore throat | <input type="checkbox"/> congestion or runny nose |
| <input type="checkbox"/> muscle/body aches | <input type="checkbox"/> headache | <input type="checkbox"/> new loss of taste or smell |
| <input type="checkbox"/> nausea/vomiting | <input type="checkbox"/> diarrhea | |

More on symptoms of COVID [here](#).

IF YOU ARE SICK WITH COVID-19 OR THINK YOU MAY BE INFECTED

Please follow CDC Protocol [here](#).

RESOURCES

- Massachusetts COVID-19 unemployment info is available [here](#).
- Lower Cape Outreach Council’s Food Pantry offers curbside pickup of pre-packed bags of food every other Friday. [Click here](#) for more.

VACCINE SCHEDULING HELP FOR SENIORS

Massachusetts Vaccine Scheduling Resource Line will help Seniors 75 & Older Schedule COVID-19 Vaccine Appointments
-Help Starts TODAY-

Massachusetts seniors 75 and over, who are unable to use or have difficulty accessing the internet, now have a phone number to call for help scheduling their COVID-19 vaccine. By dialing 2-1-1 and following prompts for the Massachusetts Vaccine Scheduling Resource Line, seniors will be connected to a representative on the phone who will assist them with scheduling a vaccination appointment through the state’s online system. The call center will be staffed by 500 representatives.

The Massachusetts Vaccine Schedule Resource Line is open Monday through Friday from 8:30am until 5:00pm. The representatives who help callers have the same access as the public to the state's online website; representatives are only able to help make appointments, they are not able to answer general questions about COVID-19.

If no appointments are available, callers will have the option to be placed on a “call-back” list for the state’s mass vaccination sites at Gillette, Springfield and Fenway. The caller will receive a call back when an appointment is available at one of those sites. Due to high demand for appointments and limited vaccine supply, it might take weeks to schedule an appointment.

The Resource Line is available in English and Spanish with additional translators ready to support residents in approximately 100 languages.

Governor Baker also announced 20,000 appointments available at mass vaccination sites for the week starting Monday, February 8th.

During his Friday press briefing, Governor Baker said there are approximately 20,000 open appointments for next week at the Fenway, Gillette and Springfield mass vaccinations sites. People eligible to schedule appointments are anyone in Phase 1 and those aged 75 or older. Book an online appointment at Mass.gov/covidvaccine.





GUIDANCE
from the
TRURO HEALTH DEPARTMENT

LINKS:

Guidance for Travelers

Guidance and Support for those who have tested positive for COVID-19

COMMUNITY ASSISTANCE EFFORTS

*Looking for a way to help? Or a way to get help?
Check out these Truro community-based initiatives!*

Good Neighbor | Truro

Community “volunteer corps” in Truro working to help those who cannot leave their homes during the COVID-19 crisis to obtain prepared food and mail delivered safely to their homes. [Click here](#) to learn about Good Neighbor | Truro, how to volunteer, how to make a request, and which businesses are open for pickup.



A note from our COA Director & Good Neighbor | Truro: Having difficulty getting your prescriptions? Consider having them mailed to your P.O. Box and making a request for mail pickup through [Good Neighbor | Truro](#).

Truro Community Kitchen at Box Lunch in Truro

A community group dedicated to providing free hot meals to Truro residents most in need and fighting food insecurity during the COVID-19 crisis. Donations (monetary or food) are welcome. For more information, [click here](#). Contact the Truro Health Department ([contact info here](#)) if you are in need.



7 Lower Cape Based Non-Profits Collaborate to Better Support the Community

Cape Cod Children’s Place, The Community Development Partnership, The Family Pantry of Cape Cod, Helping Our Women, Homeless Prevention Council, Lower Cape Outreach Council and WE CAN joined together to better serve the unique needs of the Lower and Outer Cape Communities. [Click here](#) for a list of free & confidential services provided by these agencies.



TESTING

If you are experiencing symptoms or if you have been in close contact with an individual with COVID-19:

CLICK HERE to visit

COVID-19 TEST SITE LOCATOR TO FIND A TESTING LOCATION NEAR YOU

Select a location near you for more information about obtaining a test at that location or use the filters on the left side of the page to refine your search.

COVID-19 Testing Guidance

From the Department of Public Health

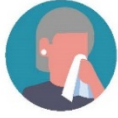
**Notification to Test Contacts
Regardless of Symptoms**

From the Department of Public Health



How to Protect Yourself and Others

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

Cover your mouth and nose with a cloth face cover when around others



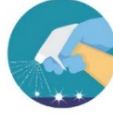
- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public,** for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others.** The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cape Cod Reopening Task Force
reopeningcapcod.org

COVID-19 BEACH SAFETY RULES

- Stay home if you feel sick.**
- Practice social distancing. Maintain at least 6 feet of distance between you and others.**
- Practice beach distancing. Maintain at least 12 feet of distance from your nearest neighbor in any direction.**
- Masks are required when 6' of distance cannot be maintained for ages 2 and up. Masks are not required to be worn while swimming or sunbathing.**
- Wash your hands with soap and water for at least 20 seconds and/or use hand sanitizer frequently.**
- Groups larger than 10 are not allowed to gather.**
- Group games are not allowed.**

Make safety a priority. Be kind, follow the rules, and enjoy the beach!
www.truro-ma.gov

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)