



THE LATEST

- ❖ Truro has new active COVID-19 cases (numbers ⇒)
- ❖ Regular weekly COVID PCR testing available in Orleans & Falmouth. [Click here](#) for the schedule and locations.
- ❖ CDC Recommends Pediatric COVID-19 Vaccine for Children 5 to 11 Years. [Click here](#) to view the CDC’s press release.
- ❖ CDC Expands Eligibility for COVID-19 Booster Shots. [Click here](#) to view the CDC’s press release.
- ❖ The Truro Board of Health recently amended the masking Rule & Order. It is now recommended, but not required to mask in businesses. Masks are still required in Town buildings. [Click here](#) for the press release.
- ❖ COVID Testing Available at local health centers, including Outer Cape Health Services ([information here](#)), Fontaine Urgent Care and Cape Cod Hospital ([information here](#)). Local pop-up clinics will be advertised as they are scheduled.
- ❖ CDC Recommends Vaccinated and Unvaccinated Persons Wear Masks in Public Indoor Settings And Truro Board of Health to Hold Public Hearing on Masking. [More here.](#)
- ❖ Truro's current case count reflects positive antigen or PCR test results from tests administered by a healthcare provider. This count is representative only of people who have been tested and only those who have reported that they are residing at an address in Truro. Please be safe and utilize personal protective measures as appropriate, even if you are vaccinated. If you are experiencing symptoms, even if you are vaccinated, please get tested. Outer Cape Health Services offers testing and vaccination appointments at their locations. [Click here.](#) If you test positive for COVID-19 you will need to isolate for 10 days even if you are vaccinated.
- ❖ Truro is continuing to review and re-evaluate its policies and operations related to COVID. The Town is committed to managing the transition to the “new normal” deliberately, thoughtfully and carefully and will continue analyzing data, reviewing guidance, and considering the specific needs of Truro. Policies, orders or procedures that are updated will be included on the Town of Truro website. Thank you for your patience as the Select Board, the Board of Health and Town staff work collaboratively to enter safely into this exciting new phase.
- ❖ Truro Town Offices have increased hours for in-person services. [Please check out this press release for current in-person service hours.](#)

<u>In Truro as of as of November 15,</u>	
<u>2021</u>	
New Active Case(s)	0
Total Active Case(s)	2

RECENT NEWS

- Latest county-wide case data for Barnstable County is available [here.](#)
- Purchase Transfer Station and Beach permits online to reduce in-person sales. [More 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](#).





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.

SYMPTOMS OF COVID-19

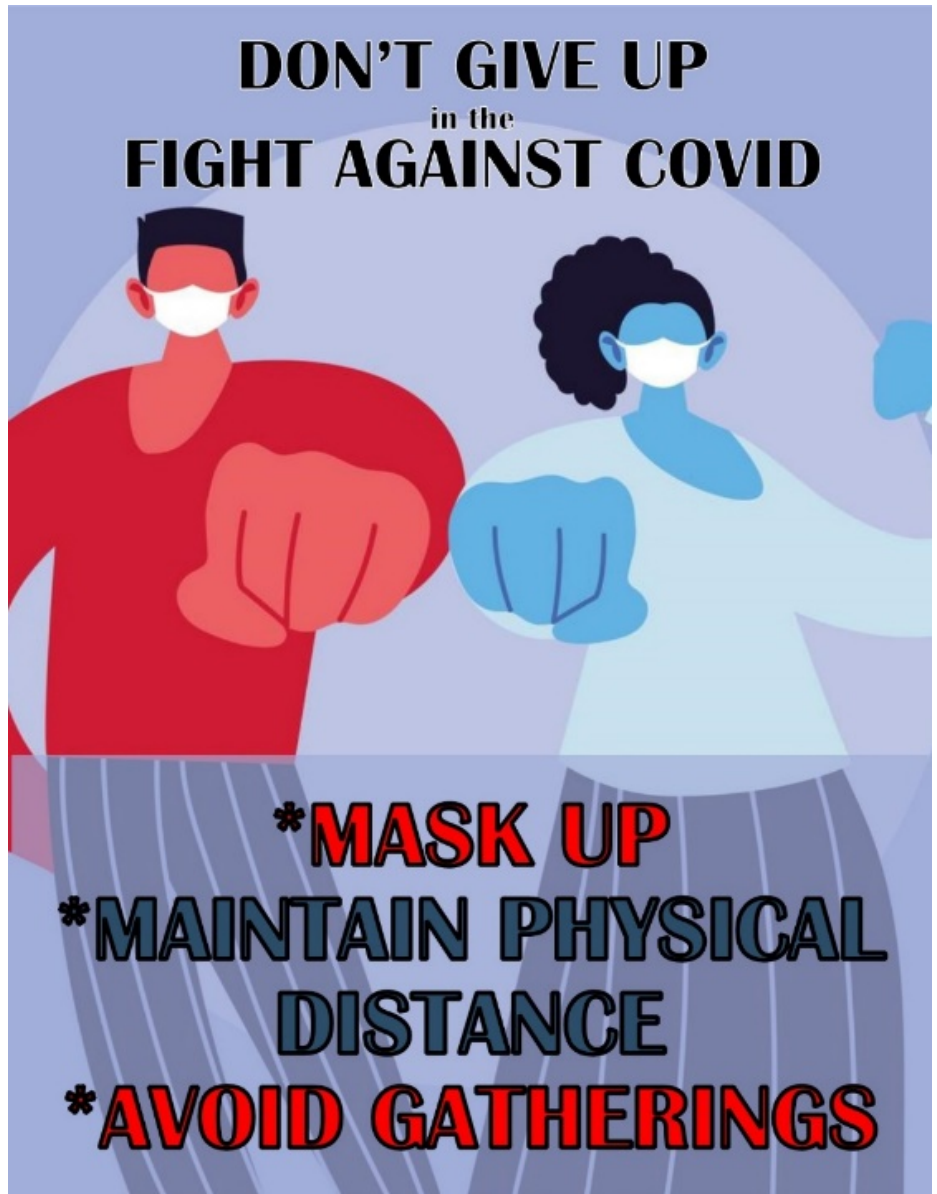
The CDC provides the following list of COVID-19 symptoms to watch for. The list includes:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- sore throat
- congestion or runny nose

- muscle/body aches
- headache
- new loss of taste or smell

- nausea/vomiting
- diarrhea

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





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](#).

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

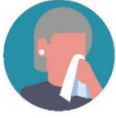
Regardless of Symptoms

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)