

## STAY INFORMED & CONNECTED

- Medical Emergency – Call 9-1-1
- 2-1-1 - Massachusetts residents are urged to use 2-1-1 for information, resources, and referrals regarding COVID-19. Operators are staffing this hotline 24/7 and translators are available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone, or use the live chat option on the [Mass 2-1-1 website](#).
- Centers for Disease Control and Prevention (CDC) – [Click here](#). Provides information on preparing yourself, symptoms, testing, cases and latest updates.
- Massachusetts Department of Public Health (DPH) – [Click here](#). Provides information on today's current cases in Massachusetts, orders from Governor Baker, guidance and directives.
- 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.
- Updates are posted to the [Town of Truro website](#) as they are available.
- Town Hall Staff are available by phone and by email. The Staff Directory is available [here](#).

## IN TRURO (as of March 26, 2020)

- Town officials were notified of Truro's first positive case of COVID-19 on March 25, 2020. See the news release [here](#).
- All Town Buildings except the Public Safety Facility and the Transfer Station are closed to the public.
- Police, Fire, Public Works and Transfer Station operations will continue as normal. The Swap Shop will be closed effective immediately.
- All Council on Aging, Library and Recreation programs are suspended until further notice.
- All non-regulatory Town board/committee/commission meetings are suspended until further notice.
- Truro Central School is closed until May 4, 2020, as are all Elementary and Secondary Schools. See the Order [here](#).
- Food For Children – Truro Central School has food available for pick up or delivery (to Truro only) on Tuesdays from 10 am- 12 pm. Please call 508-487-1558 x 203 by 12 pm the Friday before to reserve your bag. Leave family name, number of children, allergies or dietary restriction and address for delivery if needed. On pick up day, please pull up to the side door of the cafeteria and remain in your vehicle. Bags of food will be placed in your trunk. Once you have received your delivery please promptly exit the parking lot allowing for a quick, efficient process. Available to Truro children 3-18 years old. [Click here for more information](#).
- For information about how to conduct Town business, please [click here](#).
- A Declaration of Emergency was signed by the Truro Select Board on March 19, 2020. [Click here](#) to view.

## IN MASSACHUSETTS (as of March 26, 2020)

- Gatherings of over 10 people are prohibited throughout the Commonwealth through April 5, 2020. See the Governor's Order [here](#).
- Temporary closing of non-essential businesses and organizations from noon on March 24, 2020 to noon on April 7, 2020. See the Governor's Order [here](#).
- Restaurants and bars shall not permit on-premises consumption of food or drink. They may offer food take-out or delivery options provided that they follow the social distancing protocols set forth in the Department of Public Health Guidance through April 5, 2020. See the Governor's Order [here](#).
- All public and private elementary and secondary schools shall suspend all normal, in-person instruction, and shall not re-open for normal operations before May 4, 2020. See the Governor's Order [here](#).

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

Please follow CDC Protocol [here](#).

## TESTING

Barnstable County Department of Health & Environment released instructions for receiving COVID-19 Testing:

- 1) Call your doctor. YOUR DOCTOR DOES NOT HAVE TO BE A DOCTOR IN THE CAPE COD HEALTHCARE SYSTEM.
- 2) Your doctor will screen you over the phone.
- 3) Your doctor will determine if you should be tested.
- 4) If the doctor determines you should be tested, they will fax your information and a prescription for testing to Cape Cod Healthcare.
- 5) Cape Cod Healthcare will then contact you to set up an appointment and provide instructions.
- 6) REMEMBER you must have an appointment to get tested or you will be turned away.
- 7) Finally, if you do not have a doctor, contact the Cape Cod Healthcare Urgent Care Center.

## ADDITIONAL RESOURCES

[World Health Organization](#)

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

Small Business Recovery Loan Fund: Governor Baker has announced a \$10 million Small Business Recovery Loan Fund, administered by Massachusetts Growth Capital Corporation (MGCC), to provide emergency capital up to \$75,000 to Massachusetts-based businesses impacted by COVID-19 with under 50 full- and part-time employees, including nonprofits. Click [here](#) for more information.

## PROTECT YOURSELF AND YOUR COMMUNITY

*Know the Signs & Symptoms:*

- Fever
- Cough
- Shortness of breath

*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 or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

*Take steps to protect yourself:*

- **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** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

*Take steps to protect others:*

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).
- **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.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

\*From CDC [website](#).