



Public Health
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Town of Westwood

Commonwealth of Massachusetts
BOARD OF HEALTH

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Westwood COVID-19 Update

The Westwood Board of Health would like to confirm that all individuals who have been identified as High and Medium Risk exposures related to our presumptive positive COVID-19 case have been notified and currently in mandatory self-quarantine.

The COVID-19 situation is extremely fluid. We are in continuous communication with DPH and are staying informed of the most current guidance and recommendations. In addition to surveillance, monitoring and quarantine of cases the Westwood Board of Health is also gives guidance to the Town Agencies, Residents, and Community Partners on how they can best protect themselves, their families, and their members from exposure to the COVID-19 virus.

Our primary focus is on reducing the spread of COVID-19 in the community. We are encouraging everyone to help "Flatten the Curve". Flattening the curve can be described as the act of individuals in a community voluntarily self-isolating, self-quarantining, practicing social distancing and avoiding large crowds to slow the spread of COVID-19. The idea is that the more time we spend apart, the less opportunity there is for COVID-19 transmission from person to person. To learn more about Flattening the Curve, please visit this informative piece from NPR; <https://www.npr.org/flattenthecurve>

Although there's no one size fits all plan to completely eliminate the risk of COVID-19 exposure, there are some universal precautions that everyone in Westwood should take to reduce their potential exposure to COVID-19.

- Avoid close contact with those who are sick
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue and throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces with a regular household cleaning spray or wipe
- Wash your hands often with soap and water for at least 20 seconds and thoroughly dry them
- Avoid large gatherings
- Practice social distancing (stay at least six feet away from another person to avoid possible exposure)

If you do find yourself ill and require emergency care from ambulance, emergency room, doctor's office or urgent care notify them in advance of your symptoms. It will allow first responders to adequately protect themselves before treating you as well as help conserve personal protective equipment which may be in short supply.

For the most up to date information please visit www.mass.gov/2019coronavirus or www.cdc.gov