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Town of Westwood

Commonwealth of Massachusetts
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Guidance for Parents on Social Interaction During School Closure

The Westwood Board of Health would like to offer the following guidance for parents and caregivers regarding the social interactions of individuals, especially those working from home or who are home from school. During this period of Board recommended social isolation the Board realizes that social interaction will take place during this time. We have prepared a basic list of guidelines to help residents make informed decisions. The list is not exhaustive and each person must decide what works best for them. It is a common sense approach based on guidance from various experts on communicable disease transmission.

In regards to our student aged population, each parent should consider the age of the children in their household, as some recommendations are not practical for everyone.

- Stay home as much as possible. Right now, we are trying to reduce the incidence of COVID-19 transmission from person to person. Separation is the most effective way to do that. Commit to self-isolating as much as possible.
- If you do plan to socialize, keep the groups small (2-3 max), have all attendees agree in advance that they will monitor their family's health status and they will not attend if anyone is ill.
- Avoid activities that involve touching a common object (e.g. Playground structures and sports equipment can harbor COVID-19).
- Schedule outdoor activities. The more open the space, the less likelihood for transmission of the virus from person to person. Practice social distancing (staying six feet away from each other) as much as possible.
- Avoid indoor playdates. If a playdate is to be held indoors, there is a higher likelihood of person to person transmission due to the confined space.
- Avoid crowds. Reducing the opportunity to come into contact with the virus is the best way to avoid being infected. Libraries, shopping malls, restaurants etc. bring large groups of people together. There is more opportunity for person to person transmission in this type of setting. Under the Governor's emergency order, no indoor facility shall be occupied by more than 25 people.

For the most up to date information on COVID-19 please visit www.mass.gov/2019coronavirus
Please call the BOH at 781-320-1085 and leave a message with any questions.