

# A Message from the Marblehead Board of Health

July 2, 2020

With the arrival of summer weather, and as COVID-19 related restrictions on daily activities begin to lift, the Massachusetts Department of Public Health (DPH) and the Marblehead Health Department would like to remind residents of the recommended precautions to keep families, including young children, safe this summer.

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

- A face covering can include anything that covers your nose and mouth, including dust masks, scarves and bandanas.
- It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others. For example, in a pharmacy or grocery store.
- Practice social distancing at all times by remaining 6 feet away from others when you have to leave your home for essential trips.
- Stay home if you are sick and avoiding close contact with others.
- Wash your hands often with soap and water for at least 20 seconds; using alcohol-based hand gel with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- If you had close contact with a person who has been diagnosed with COVID-19, get tested, self-quarantine (stay home) and monitor your health for symptoms of COVID-19 for 14 days after your last contact (even if you have a negative test result).
- Please call Marblehead Health Department to Report contact with a positive case

Thank you,

Marblehead Health Department