

## Pepperell Resident Tests Positive for Coronavirus (COVID-19)

The Pepperell Board of Health was notified by the Massachusetts Department of Public Health (MDPH) that a resident tested positive for COVID-19.

As testing becomes more available and more individuals get tested it is likely the number of positive cases of COVID-19 in a community will increase.

The Board of Health will continue its disease surveillance and monitoring activities to help slow the spread of this disease; listed below is a summary of those activities.

When the Board of Health receives laboratory confirmation that an individual has tested positive for COVID-19 it takes the following actions.

A public health nurse contacts the individual who tested positive and directs them to isolate, as required by State regulations; the nurse will monitor them during their isolation period. In addition to providing ongoing support and education about isolation, the nurse will also make an assessment to identify those individuals that have been in close contact with this person (defined as anyone within 6' of the individual for more than 15 minutes).

The nurse will then contact those individuals and they will be requested to quarantine for a minimum of 14 days; the Board of Health will establish a monitoring system with these individuals.

The Town continues to monitor the spread of COVID-19 within the community and will take appropriate actions as directed by the MDPH to mitigate the spread of the virus.

We must all do our part to protect ourselves and others by:

- Wash your hands often and thoroughly with soap and water for at least 20 seconds
- Avoid touching your mouth, nose, and eyes with your hands
- Cover your coughs or sneezes with a tissue or your sleeve (not with your hands)
- Clean and disinfect surface areas frequently
- Remain out of congregate settings, avoid mass gatherings, and maintain Social Distancing of at least 6 ft from others
- Avoid close contact with people who are sick
- **Stay home** from work or school if you are sick.

If you have questions regarding the information in this notice please contact Jim Garreffi at 978 772 3335 X305.

For the latest updates and information on COVID-19 please visit the MDPH or CDC websites at:

[www.mass.gov/covid19](http://www.mass.gov/covid19)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>