

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
Bureau of Infectious Disease and Laboratory Sciences
305 South Street, Jamaica Plain, MA 02130

4/6/20

CHARLES D. BAKER
Governor

KARYN E. POLITO
Lieutenant Governor

MARYLOU SUDDERS
Secretary

MONICA BHAREL, MD, MPH
Commissioner

Tel: 617-624-6000
www.mass.gov/dph

**Information and Guidance for
Persons in Isolation due to COVID-19**

You are required to isolate (separate yourself) from other people because you have been diagnosed as a confirmed case of infection with 2019 Novel (new) Coronavirus (COVID-19) or because you had a high-risk exposure to COVID-19 and now have symptoms.

COVID-19 is caused by a virus. It is spread through respiratory secretions (mucous and droplets from coughs and sneezes from an infected person and can cause serious illness such as pneumonia (lung infection), and in some rare cases, death.

You must remain in isolation until a public health authority (the Massachusetts Department of Public Health or your local Board of Health) tells you can leave your home. A public health authority will be in contact with you daily and will conduct another assessment 14 days after the date your infection is confirmed. A public health authority will confirm that you may leave your home once the risk of infecting others is determined to be low.

During the isolation period, you may not have visitors in the location where you are isolating. If you must share living quarters with another person, then that person will be subject to quarantine. If someone in your home is a young child, pregnant, immunocompromised, or has a chronic heart, liver, lung, or kidney condition, or is over 65 years of age, that person is at particular risk if they have contact with you during isolation. If anyone you have contact with fits this description, please discuss this with your local board of health or the Massachusetts Department of public health so that steps may be taken to protect these individuals.

Your local Board of Health and the Massachusetts Department of Public Health will work with you to identify anybody, including household members, who are considered to have been exposed and will make required quarantine recommendations.

This information sheet provides you with information about what *to do* and *not to do* while you are in isolation. If you have questions after reading this, you can call your local Board of Health, or the Massachusetts Department of Public Health which is available 24/7 at 617-983-6800.

While you are in isolation you should follow these instructions:

1. Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a surgical mask, if available. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less. Call the healthcare provider before you go and tell them that you have COVID-19 infection. For the protection of others, you should use a personal car or call an ambulance to travel to your healthcare provider. **Do not take public transportation, ride shares (e.g. Uber or Lyft), or taxis under any circumstance.**
2. Wear a mask, such as a surgical mask, if available if you must be in contact with another person. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
3. Do not have visitors in your home.
4. If possible, other people should not be living in your home while you are in isolation there.
5. Do not share a bedroom or bathroom with anyone else.
6. Do not share towels or bed sheets/blankets with other people.
7. Wash your laundry separately from the laundry of other people.
8. Do not share eating or drinking utensils with other people. Wash utensils normally in a dishwasher or by hand with warm water and soap.
9. Cover your mouth and nose when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.
10. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Anyone you have to come in contact with in your household should:

1. Remain aware of their health and watch themselves for:
 - a. A fever (temperature over 100.3 degrees). They should take their temperature in the morning and at night.
 - b. Other symptoms such as a cough, difficulty breathing, shortness of breath, chills, stiff or sore muscles, headache, or diarrhea.
2. Wash hands often with soap and water for at least 20 seconds. If soap and water are not available they should use an alcohol-based hand sanitizer that contains at least 60% alcohol.
3. Wear a mask, such as a surgical mask, if available, when they are in close contact with you if you cannot wear a mask. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less. They should be careful to only touch the parts of the mask that go around the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately with soap and water after taking the mask off.
4. Wear disposable gloves if they need to have direct contact with your body fluids (saliva/spit, mucous, urine, feces, vomit) or handle your dirty laundry. Remove the gloves carefully without touching the outside of the gloves, throw the gloves away, and wash their hands with soap and water or an alcohol-based hand rub.

If anyone in your household develops any of these symptoms, contact the local health department or the Massachusetts Department of Public Health at the phone numbers below.

If they need to seek medical care, they should call their healthcare provider before they go and tell them they may have been exposed to COVID-19.

Other advice to keep your germs from spreading:

1. Your gloves, tissues, masks, and other trash should be put in a bag, tied closed, and put with other household trash.
2. Your laundry may be done in a standard washing machine using warm water and detergent. Bleach may be used but is not needed. Do not shake out the dirty laundry and avoid having the dirty laundry touch anyone's skin or clothing.
3. Surfaces in the home that you touch or that become dirty with your body fluids (saliva/spit, mucous, urine, feces, vomit) should be cleaned and disinfected with a household disinfectant according to the directions on the label. Wear gloves when cleaning.
4. Your bathroom should be cleaned every day using a household disinfectant according to the directions on the label. Wear gloves when cleaning.

How long should you follow these instructions?

You will need to remain isolated for as long as it is possible for you to spread the infection to others. A public health authority (MDPH or your local board of health) will be in contact with you daily and will tell you when you can stop isolating yourself. They will regularly re-assess you and will determine if you need to stay isolated or if the risk of infection to others is low enough that you can stop staying in isolation.

Questions?

Please call your healthcare provider, your local board of health or the Massachusetts Department of Public Health with any questions.

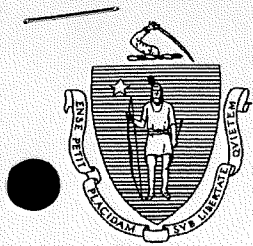
1. Your healthcare provider
Name: _____
Phone number: _____ OR
2. Your local board of health (Town/City)
Town or City: _____
Contact Person: _____
Phone number: _____ OR
3. The Massachusetts Department of Public Health
On-call Epidemiologist
Phone: (617) 983-6800 (7 days per week/24 hours per day)

Thank you for your active cooperation in keeping yourself, your family, and your community healthy and safe.

Date provided to patient: _____

Provided by (name): _____

Any other specific instructions may be written in here or attached with additional sheets (the attachment of additional sheets should be noted here):



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

CHARLES D. BAKER
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MARYLOU SUDDERS
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MONICA BHAREL, MD,
MPH Commissioner

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**GUIDANCE OF THE COMMISSIONER OF PUBLIC HEALTH
REGARDING OPERATION OF NURSERIES, GREENHOUSES,
GARDEN CENTERS, AND AGRICULTURAL SUPPLY STORES
UNDER THE ESSENTIAL SERVICES ORDER**

On March 23, 2020, the Governor issued an Order Assuring Continued Operation of Essential Services in the Commonwealth. On March 31, 2020, the Governor extended that Order and updated the list of "COVID-19 Essential Services." The Order directed the Commissioner of Public Health to issue binding guidance to implement the Order.


The Order designated nurseries, greenhouses, garden centers, and agriculture supply stores as COVID-19 Essential Services. These businesses therefore may continue to operate their brick-and-mortar premises and remain open to the public subject to the limitations specified below. Additionally, workers supporting nurseries, greenhouses, garden centers, and agriculture supply stores are deemed included within the COVID-19 Essential Workforce for purposes approved in this guidance.

This guidance does not apply to retail businesses subject to my March 25, 2020 Orders directed to grocery stores and pharmacies.

- 1) Nurseries, greenhouses, garden centers, and agriculture supply stores that sell food or food producing plants for human consumption may continue to operate their brick and mortar premises; provided, however, that a nursery, greenhouse, garden center or agriculture supply store that sells solely plants that do not produce food for human consumption shall remain closed.
- 2) Nurseries, greenhouses, garden centers, and agriculture supply stores that remain open for business must deploy strategies to reduce COVID-19 exposure for their customers and employees including but not limited to:
 - Access to handwashing facilities, including those available in public restrooms, and allowing employees sufficient break time to wash hands, as necessary.
 - Alcohol-based hand sanitizers, as available.
 - Disinfecting wipes, as available, at point of entrance for customers to disinfect carts, at cash registers and/or other appropriate locations.

- Procedures to ensure that both employees and customers remain at least six feet apart at all times. Procedures should include a marked "Social Distancing Line," which begins six feet away from all checkout counters.
 - Procedures to sanitize frequent touchpoints throughout the day, including point of sale terminals at registers.
 - Employees who are sick should not report to work and if, when reporting to work, they have symptoms of COVID-19 they must be sent home.
 - Adoption of remote sales methods for some transactions, including phone orders, online sales, delivery, and email-based transactions.
 - Offering of on-site pick-up options such as "curbside" product drops in parking lots in which materials are loaded into customers' trunks, truck beds or cargo areas. In no circumstances may an employee place any product into the cab or passenger area of a customer's vehicle.
- 3) Nurseries, greenhouses, garden centers, and agriculture supply stores must accommodate employees who fall within the higher-risk populations, as defined by the CDC guidelines, with lower-exposure work assignments or by allowing them to stay home.
 - 4) Nurseries, greenhouses, garden centers, and agriculture supply stores shall be closed to the public for a sufficient time each evening to allow for stores to be properly sanitized.
 - 5) Nursery, greenhouse, garden center, and agriculture supply store employees shall not perform bagging of products if reusable checkout bags are used and customers shall not use reusable checkout bags until further notice.
 - 6) Nurseries, greenhouses, garden centers, and agriculture supply stores, including those currently subject to municipal ordinances or regulations banning single-use plastic bags, may choose to use recyclable paper bags, compostable plastic bags or single-use plastic bags.
 - 7) Nurseries, greenhouses, garden centers, and agriculture supply stores may not assess a charge for recyclable paper bags, compostable plastic bags or single-use plastic bags.

This Guidance shall be effective immediately and shall remain in effect until the State of Emergency is terminated by the Governor.



Monica Bharel, MD, MPH
Commissioner, Massachusetts Department of
Public Health

April 4, 2020

Omar Johnson

From: Troppy, Scott (DPH) <scott.troppy@state.ma.us>
Sent: Friday, April 3, 2020 6:57 PM
To: Omar Johnson
Subject: Update for Local Boards of Health around requesting COVID-19 assistance for your cases & contacts

Good evening – you will now see a new variable in the MAVEN Administrative Question Package in your COVID-19 events. This is intended to enable support for local health capacity and COVID-19 response.

This variable “**COVID Assistance Requested**” will appear in the administrative section. If the local jurisdiction response is “**Yes**”, the event will be transferred to contact tracers.

It will be also flagged in the event with a concern indicating the request has been made.

There will be additional information forthcoming.

Local Health and Investigation Steps (1 - 5)

COVID Assistance Requested:

Yes ▼

Date Requested:

04/03/2020



Step 1 - LBOH acknowledged:



Step 2 - Investigation started:



Step 3 - LBOH/Agency Investigator:

Step 4 - Case Report Form Completed:

If COVID assistance is requested then a concern will appear to let you know that a contact tracer has been assigned to this event.

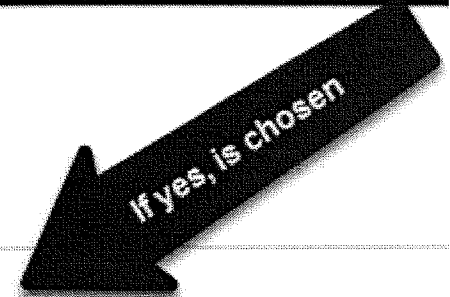
Notifications

Event/Status/Date/Type Notifier

Event Status: Confirmed

Event Date: 03/23/2020

Event Type: Lab Test Date



Concerns **1**

The local jurisdiction has requested that this event be investigated by contact tracer. Please do not update or edit this event.

Workflow Status

Event ID is in workflows [View List]

Case Classification

Age at time of event:

Age unit: Years

T. Scott Troppy, MPH, PMP, CIC
Surveillance Epidemiologist
Office of Integrated Surveillance and Informatics Services
Bureau of Infectious Disease and Laboratory Sciences
Massachusetts Department of Public Health
305 South Street, Jamaica Plain, MA 02130-3597
Phone: (617) 983-6819
E-mail: scott.troppy@state.ma.us



150 YEARS
OF ADVANCING
PUBLIC HEALTH

This email and attachment is intended only for authorized individuals and contains confidential information. If you have received this message in error and are not the intended recipient, please notify the sender by telephone or by separate email. Please do not press reply, and immediately destroy all paper and electronic copies of this email.

You are currently subscribed to dph-nonmdph-users as: boh@westtisbury-ma.gov.

To unsubscribe send a blank email to [leave-1075981-](mailto:leave-1075981-46510765_1055484834@02042116ab1a459d65@list.com.state.ma.us)

46510765_1055484834@02042116ab1a459d65@list.com.state.ma.us

Discontinuation of Home Isolation for Persons with COVID-19

(Interim Guidance, Version 2.0_Updated on 04-01-2020)

CDC provided updated guidance concerning home isolation for persons with COVID-19 on 3/16/2020. The updated guidance provides two options for discontinuation of home isolation: a non-test-based strategy and a test-based strategy.

The test-based strategy requires two negative swabs at least 24 hours apart, collected after resolution of fever without the use of fever-reducing medications, and improvement in respiratory symptoms. Utilization of the test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing. The test-based strategy is still preferred for hospitalized, immunocompromised, or individuals being discharged to long-term care facilities.

However, patients with covid-19 can be discharged for a healthcare facility whenever clinically indicated.

- If a patient has begun the test-based strategy and wants to switch to the non-test-based strategy, they may do so if they **are not hospitalized and are not immunocompromised**.
 - If the patient has begun the test-based-strategy, and they have received one **negative** result so far, then they can switch to the non-test-based strategy immediately.
 - If the patient has begun the test-based-strategy, and they have received one **positive** result so far, then they can discontinue home isolation if the following criteria are met:
 - At least 3 days (72 hours) have passed since recovery (defined as resolution of fever without the use of fever-reducing medications AND improvement in respiratory symptoms – e.g., cough, shortness of breath) AND
 - At least seven days have passed since the date of their most recent positive test.

The non-test-based strategy* can be applied to anyone who is not hospitalized and who is not immunocompromised (there is separate guidance for this group). It can be applied to both laboratory-confirmed **and** clinically diagnosed cases of COVID-19. The full name of this strategy is the “time-since-illness-onset and time-since-recovery” strategy.

- **Symptomatic persons with COVID-19 (lab-confirmed or clinically diagnosed) who are in home isolation may discontinue home isolation under the following conditions:**
 - At least 3 days (72 hours) have passed *since recovery* (defined as resolution of fever without the use of fever-reducing medications **AND** improvement in respiratory symptoms – e.g., cough, shortness of breath) **AND**
 - At least seven days have passed since symptoms first appeared (illness onset). Onset date (of symptoms) would be considered “day zero.”
- Therefore, anyone with COVID-19 should stay home for a minimum of seven days. They should only discontinue isolation if at least 72 hours have also passed since “recovery.”
- Asymptomatic persons with laboratory-confirmed COVID-19 may discontinue home isolation when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test and they have had no subsequent illness.

Discontinuation of Home Isolation for Persons with COVID-19

Decisions to discontinue home isolation are made at the local level by local board of health with consultation with MDPH if desired by the LBOH.

Quarantine recommendations have not changed. If someone is exposed to a laboratory-confirmed case or clinically diagnosed case of COVID-19 while the case is symptomatic, they will need to be quarantined for 14 days. This quarantine period is based on the incubation period for COVID-19, which extends to 14 days after an exposure. If quarantined individuals become symptomatic during the 14-day period, then they should be referred to their healthcare provider for evaluation.

Guidance for healthcare workers returning to work: <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>. Healthcare workers with questions about returning to work should contact their Occupational Health program or others within their facility. Healthcare workers can use the test-based or non-test-based strategy to discontinue home isolation, but the decision on which strategy to use ultimately lies with their occupational health program.

**This recommendation will prevent most but may not prevent all instances of secondary spread. The risk of transmission after recovery is likely very substantially less than that during illness.*

Updated Infectious Period Guidance for Confirmed COVID-19 Cases

Updated Guidance on COVID-19 Infectious Period for Determining Exposures

(Interim Guidance, Ver 1.0_Updated on 04-01-2020)

Summary of Update: Massachusetts is adopting the updated CDC guidance as noted below, to include risk of exposure up to “48 hours before symptom onset.” As we are learning more about COVID-19 and the risk of transmission from people before symptoms develop, there is accumulating evidence to support this change. MDPH still believes that symptomatic individuals are more likely to spread infection, but both laboratory and epidemiologic evidence support the likelihood of some transmission prior to symptom onset.

- MDPH will update the period of exposure risk from “onset of symptoms” to “48 hours before symptom onset.”

Please adopt this guidance for contact tracing going forward.

Background supporting this change:

- COVID-19 is a new virus and we are learning more about it every day. MDPH has consistently acknowledged that uncertainties existed and that recommendations would change as we learned more.
- Available evidence increases our understanding of the time when people with COVID-19 can spread the virus to others. We now know that some individuals are capable of transmitting the virus 48 hours before their symptoms start.
- MDPH now recommends that case investigation should include identification of people who had close contact with the case while they had symptoms and for the 48 hours before those symptoms began. Close contacts should all self-quarantine for 14 days following their last contact with the confirmed case.
- Previous recommendations focusing on close contacts that occurred during the period when someone was ill/symptomatic have been effective at reducing transmission.
- This new knowledge and the associated recommendation changes will further improve our ability to limit spread of the virus.

The updated CDC guidance can be found here:

“Public Health Recommendations for Community-Related Exposure”

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

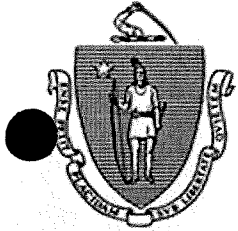
BOH

From: Ohannessian, Dana (DPH) <dana.ohannessian@state.ma.us>
Sent: Friday, April 3, 2020 10:59 AM
To: boh@westtisbury-ma.gov
Subject: FW: DPH COVID-19 Guidance for Local Boards of Health and Healthcare
Attachments: Revised Guidance on Discontinuation of Home Isolation.FINAL.033020.docx; Revised Guidance on HCP and EMT with Known Exposure to COVID19.033020.docx; COVID19_Quarantine information and guidance sheet.revised.032920.docx; COVID19_Isolation information and guidance sheets.revised.032920.docx; self-quarantine self-isolation for public.doc.docx

Please find attached the following DPH COVID-19 guidance documents from the Massachusetts Department of Public Health. These documents can also be found on the DPH COVID-19 webpage: mass.gov/COVID19

1. Revised Guidance on Discontinuation of Home Isolation
2. Revised Guidance for Allowing Asymptomatic Health Care Personnel and Emergency Medical Technicians to Work Following a Known Exposure to COVID-19
3. Information and Guidance for Persons in Quarantine due to COVID-19
4. Information and Guidance for Persons in Isolation due to COVID-19
5. Information sheet: How to Self-quarantine and Self-isolate

Attached.



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Commissioner

To: Local Health Departments and Health Care Providers
From: Catherine M. Brown, DVM, MSc, MPH, State Epidemiologist
Larry Madoff, MD, Medical Director, Bureau of Infectious Disease and Laboratory Sciences
Date: April 2, 2020
RE: Revised Guidance for Discontinuation of Home Isolation of COVID-19 cases

This revised guidance is to intended clarify updated guidance from the Centers for Disease Control and Prevention regarding the two options available for discontinuing home isolation of cases of COVID-19. One approach is based on the timing of symptom onset and resolution, and the other relies on the initial test-based strategy. We recommend that these options be shared with cases during initial contact and details should be made available via electronic or other means for the case to refer back to as their home isolation proceeds.

Previously, people diagnosed with COVID-19 needed to obtain two negative laboratory tests collected at least 24 hours apart in order to discontinue isolation. Recent guidance from the Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>) outlines an alternative process.

Either process is available for use in Massachusetts; the criteria are outlined below:

Time-since-illness-onset and time-since-recovery strategy (non-test-based approach)

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
- At least 7 days have passed *since symptoms first appeared*.

ALTERNATIVE Test-based strategy

Persons who have COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- Resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath) **and**
- Negative results for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected ≥ 24 hours apart (total of two negative specimens).

People without symptoms but with a positive laboratory test

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.



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**Information and Guidance for Persons
in Quarantine due to COVID-19**

MARYLOU SUDDERS
Secretary

MONICA BHAREL, MD, MPH
Commissioner

Tel: 617-624-6000
www.mass.gov/dph

You are required to quarantine (separate yourself) from other people because you have been exposed to the 2019 Novel (New) Coronavirus (COVID-19). If you have COVID-19, you could spread it to people around you and make them sick.

COVID-19 is caused by a virus. It is spread through respiratory secretions (mucous and droplets from coughs and sneezes) from an infected person and can cause serious illness such as pneumonia (lung infection), and in some rare cases, death.

This information sheet provides you with information about what *to do* and *not to do* while you are in quarantine. If you have questions after reading this, you can call your local Board of Health, or the Massachusetts Department of Public Health which is available 24/7 at 617-983-6800.

During your quarantine period, you should not have visitors in your home. The other people who live in your home can continue to do their normal activities as long as they are not in contact with you, as described further below, and not also under quarantine. If you test positive for COVID-19 and someone comes into contact with you that person might also then need to be quarantined.

While you are in quarantine you should follow these instructions:

1. Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a surgical mask, if available. Call the healthcare provider before you go and tell them that you are quarantined due to COVID-19 exposure. For the protection of others, you should use a personal car or call an ambulance to travel to your healthcare provider. **Do not take public transportation, ride shares (e.g. Uber or Lyft), or taxis under any circumstance.**
2. Wear a mask, such as a surgical mask, if available, if you must be in contact with other people. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
3. Do not have visitors in your home.
4. To the extent possible, stay six feet away from other people in your home. If absolutely necessary, have one person help you and do not have contact with other people in your home. Wear a mask, such as a surgical mask, if available when in the same room as that person. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.

5. If possible, use a separate bedroom and bathroom. Do not share towels or bed sheets/blankets with other people in your home. Wash your laundry separately from the laundry of other people in your home.
6. Do not share eating or drinking utensils. Wash utensils normally in a dishwasher or by hand with warm water and soap.
7. Cover your mouth and nose with a tissue when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.
8. Wash your hands frequently using soap and water for at least 20 seconds each time you wash. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Anyone you come in contact with (including anyone in your home) should:

1. Wash their hands with soap and water for at least 20 seconds often. If soap and water are not available they should use an alcohol-based hand sanitizer that contains at least 60% alcohol.
2. Wear a mask, if available, when they are in close contact with you if you cannot wear a mask. They should be careful to only touch the parts of the mask that go around the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately after taking the mask off. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
3. Wear disposable gloves if they have to have direct contact with your body fluids (saliva/spit, mucous, urine, feces, vomit) or handle your dirty laundry. Remove the gloves carefully without touching the outside of the gloves, throw the gloves away, and wash their hands with soap and water or an alcohol-based hand rub.

Anyone you come in contact with (including anyone in your home) should remain aware of their health and watch themselves for:

- a fever (temperature over 100.3 degrees). They should take their temperature in the morning and at night.
- other symptoms such as a cough, difficulty breathing, shortness of breath, chills, stiff or sore muscles, headache, or diarrhea.

If anyone you come in contact with has any of these symptoms, contact the local health department or the Massachusetts Department of Public Health at the phone numbers below.

If they need to seek medical care, they should call their healthcare provider before they go and tell them that they may have been exposed to COVID-19.

If they do **not** have any of the symptoms described above, they do not have to stay home and instead may continue with their normal activities.

Other advice to keep your germs from spreading:

1. Your gloves, tissues, masks and other trash should be put in a bag, tied closed, and put with other household trash.
2. Your laundry may be done in a standard washing machine using warm water and detergent. Bleach may be used but is not needed. Do not shake out the dirty laundry and avoid having the dirty laundry touch anyone's skin or clothing.
3. Surfaces in the home that you touch or that become dirty with your body fluids (saliva/spit, mucous, urine, feces, vomit) should be cleaned and disinfected with a household disinfectant according to the label directions. Wear gloves while cleaning.
4. Your bathroom should be cleaned every day using a household disinfectant according to the directions on the label. Wear gloves while cleaning.

How long must you follow these instructions?

You will need to remain quarantined for at least 14 days from the date of last exposure. A public health authority (MDPH or your local board of health) will be in contact with you and will tell you when you can stop quarantining yourself.

Questions?

Please call your healthcare provider, your local board of health or the Massachusetts Department of Public Health with any questions.

1. Your healthcare provider
Name: _____
Phone number: _____ OR
2. Your local board of health (Town/City)
Town or City: _____
Contact Person: _____
Phone number: _____ OR
3. The Massachusetts Department of Public Health
On-call Epidemiologist
Phone: (617) 983-6800 (7 days per week/24 hours per day)

Thank you for your active cooperation in keeping yourself, your family, and your community healthy and safe.

Date provided to quarantined individual: _____
Provided by (name): _____

Any other specific instructions may be written in here or attached with additional sheets (the attachment of additional sheets should be noted here):



Stay Home – Stay Safe!
Coronavirus Disease 2019 (COVID-19)
How to Self-quarantine and Self-isolate

If you are not sick but are:

- a close contact to someone diagnosed with COVID-19, or
- recently returned from any travel outside Massachusetts,

please take these steps to help stop the spread of COVID-19.

Self-quarantine: Separate yourself from others in case you get sick

1. Stay at home and use a separate bedroom and bathroom if possible.
2. Do your best to stay at least 6 feet away from other people in the house.
3. Do **not** leave your house to go to school, work or run errands.
4. Do **not** have any visitors to your house during this time.
5. Wash your hands frequently with soap and water for at least 20 seconds.
6. Do not share eating or drinking utensils with anybody.
7. Monitor your health every day.
8. If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
9. Do not take public transportation, taxis, or ride-shares to get to your appointment.

Monitor your health every day:

- Do health checks every morning and every night or anytime you feel like you might have a fever
- Take your temperature
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to determine your last day of exposure:

Your last day of exposure is:

- The last time you were within 6 ft of someone confirmed to have COVID-19, or
- The day you arrived home after travel

If you do not show signs of COVID-19 for 14 days after the last time you were exposed, your self-quarantine period is finished.

If you:

- get sick during self-quarantine, or
- are sick and a healthcare provider tests you for COVID-19, or
- are told by a healthcare provider that you have COVID-19,

take these steps to help stop the spread of COVID-19.

Self-isolation: Separate yourself from others to keep your germs from spreading

1. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your healthcare provider and tell them if you have been exposed to COVID-19.
2. If you need see your healthcare provider, do **not** take public transportation, taxis, or ride-shares to get to your appointment.
3. Stay at home and use a separate bedroom and bathroom if possible.
4. Stay at least 6 feet away from other people in the house.
5. Do **not** leave your house to go to school, work or run errands.
6. Do **not** have any visitors to your house during this time.
7. Wash your hands frequently with soap and water for at least 20 seconds.
8. Do not share eating or drinking utensils with anybody.
9. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
10. Clean surfaces that you touch every day with a household disinfectant.
11. Make a list of everyone you have been close to (within 6 feet of for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to self-quarantine.

If you have a medical emergency, call 911. Tell them your symptoms and that you have, or may have, COVID-19.

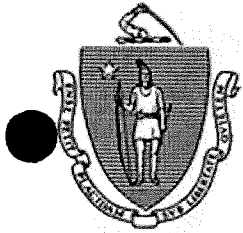
How long do you need to isolate?

For most people who have relatively mild illness, you will need to stay in self-isolation for at least 7 days. You can resume public activities once you have:

- gone for three days without a fever (and without taking fever-reducing medications like Tylenol), and
- experienced improvement in your other symptoms (for example, your cough has gotten much better).

More information about how to self-isolate is available on the [CDC website](#)

If you have questions about isolation or quarantine, you can call your Local Board of Health or the Department of Public Health's On-call Epidemiologists at 617-983-6800.



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
305 South Street, Jamaica Plain, MA 02130
Bureau of Infectious Disease and Laboratory Sciences

CHARLES D. BAKER
Governor

KARYN E. POLITO
Lieutenant Governor

Tel: (617) 983-6550
Fax: (617) 983-6925
www.mass.gov/dph

MARYLOU SUDDERS
Secretary

MONICA BHAREL, MD, MPH
Commissioner

To: Health Care Facilities and Providers and Emergency Medical Services Providers
From: Catherine M. Brown, DVM, MSc, MPH, State Epidemiologist
Larry Madoff, MD, Medical Director, Bureau of Infectious Disease and Laboratory Sciences
Date: April 2, 2020
RE: Revised Guidance for Allowing Asymptomatic Health Care Personnel and Emergency Medical Technicians to Work Following a Known Exposure to COVID-19

In accordance with guidance from the Centers for Disease Control and Prevention (CDC), *Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19)* (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>), health care facilities and providers and EMS providers may consider allowing asymptomatic HCPs or EMTs who have had a known exposure to COVID-19 to continue working after the following conditions have been met:

- All options to improve staffing detailed in your facility's or organization's emergency management plan have been exhausted;
- The occupational health services program has been consulted;
- The health care facility has stopped all non-essential, elective invasive procedures, if applicable; **and**
- The health care facility has postponed any non-essential outpatient appointments, if applicable.

If these conditions are met and HCPs/EMTs are allowed to continue working, the health care facility/provider or EMS providers is required to:

- Ensure HCPs/EMTs report temperature and absence of symptoms prior to starting work each day;
- Ensure HCPs/EMTs don a facemask for the entire time that they are at work for the 14 days after the exposure event;
- Direct that if HCPs/EMTs develop even mild symptoms consistent with COVID-19, they must cease patient care activities and notify their supervisor or occupational health services prior to leaving work;
- Prohibit HCPs/EMTs with even mild symptoms consistent with COVID-19 from working while they are symptomatic and, in accordance with DPH guidelines, test for COVID-19
 - HCPs/EMTs must remain out of work while awaiting COVID-19 test results;
- Using clinical judgment avoid having HCP care for high risk patient, including immunocompromised patients, for the 14 days after the exposure event; and
- Consider having HCPs/EMTs work shorter shifts (i.e. 8 hours) as there is early evidence that shorter shifts may be protective.

Healthcare Personnel and Emergency Medical Technicians who have been furloughed because of confirmed or suspected COVID-19 may return to work once they have met the above criteria.

Return to Work Practices and Work Restrictions:

After returning to work, HCPs/EMTs should:

- Wear a facemask at all times while working until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer;
- Using clinical judgment avoid having HCP care for high risk patient, including immunocompromised patients, for the 14 days after the exposure event;
- Adhere to hand hygiene, respiratory hygiene, and cough etiquette in CDC's interim infection control guidance (e.g., cover nose and mouth when coughing or sneezing, dispose of tissues in waste receptacles); and
- Self-monitor for symptoms and seek re-evaluation from occupational health if respiratory symptoms recur or worsen.



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**Information and Guidance for
Persons in Isolation due to COVID-19**

You are required to isolate (separate yourself) from other people because you have been diagnosed as a confirmed case of infection with 2019 Novel (new) Coronavirus (COVID-19) or because you had a high-risk exposure to COVID-19 and now have symptoms.

COVID-19 is caused by a virus. It is spread through respiratory secretions (mucous and droplets from coughs and sneezes from an infected person and can cause serious illness such as pneumonia (lung infection), and in some rare cases, death.

You must remain in isolation until a public health authority (the Massachusetts Department of Public Health or your local Board of Health) tells you can leave your home. A public health authority will be in contact with you daily and will conduct another assessment 14 days after the date your infection is confirmed. A public health authority will confirm that you may leave your home once the risk of infecting others is determined to be low.

During the isolation period, you may not have visitors in the location where you are isolating. If you must share living quarters with another person, then that person will be subject to quarantine. If someone in your home is a young child, pregnant, immunocompromised, or has a chronic heart, liver, lung, or kidney condition, or is over 65 years of age, that person is at particular risk if they have contact with you during isolation. If anyone you have contact with fits this description, please discuss this with your local board of health or the Massachusetts Department of public health so that steps may be taken to protect these individuals.

Your local Board of Health and the Massachusetts Department of Public Health will work with you to identify anybody, including household members, who are considered to have been exposed and will make required quarantine recommendations.

This information sheet provides you with information about what *to do* and *not to do* while you are in isolation. If you have questions after reading this, you can call your local Board of Health, or the Massachusetts Department of Public Health which is available 24/7 at 617-983-6800.

While you are in isolation you should follow these instructions:

1. Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a surgical mask, if available. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less. Call the healthcare provider before you go and tell them that you have COVID-19 infection. For the protection of others, you should use a personal car or call an ambulance to travel to your healthcare provider. **Do not take public transportation, ride shares (e.g. Uber or Lyft), or taxis under any circumstance.**
2. Wear a mask, such as a surgical mask, if available if you must be in contact with another person. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
3. Do not have visitors in your home.
4. If possible, other people should not be living in your home while you are in isolation there.
5. Do not share a bedroom or bathroom with anyone else.
6. Do not share towels or bed sheets/blankets with other people.
7. Wash your laundry separately from the laundry of other people.
8. Do not share eating or drinking utensils with other people. Wash utensils normally in a dishwasher or by hand with warm water and soap.
9. Cover your mouth and nose when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.
10. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Anyone you have to come in contact with in your household should:

1. Remain aware of their health and watch themselves for:
 - a. A fever (temperature over 100.3 degrees). They should take their temperature in the morning and at night.
 - b. Other symptoms such as a cough, difficulty breathing, shortness of breath, chills, stiff or sore muscles, headache, or diarrhea.
2. Wash hands often with soap and water for at least 20 seconds. If soap and water are not available they should use an alcohol-based hand sanitizer that contains at least 60% alcohol.
3. Wear a mask, such as a surgical mask, if available, when they are in close contact with you if you cannot wear a mask. If not available try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less. They should be careful to only touch the parts of the mask that go around the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately with soap and water after taking the mask off.
4. Wear disposable gloves if they need to have direct contact with your body fluids (saliva/spit, mucous, urine, feces, vomit) or handle your dirty laundry. Remove the gloves carefully without touching the outside of the gloves, throw the gloves away, and wash their hands with soap and water or an alcohol-based hand rub.

If anyone in your household develops any of these symptoms, contact the local health department or the Massachusetts Department of Public Health at the phone numbers below.

If they need to seek medical care, they should call their healthcare provider before they go and tell them they may have been exposed to COVID-19.

Other advice to keep your germs from spreading:

1. Your gloves, tissues, masks, and other trash should be put in a bag, tied closed, and put with other household trash.
2. Your laundry may be done in a standard washing machine using warm water and detergent. Bleach may be used but is not needed. Do not shake out the dirty laundry and avoid having the dirty laundry touch anyone's skin or clothing.
3. Surfaces in the home that you touch or that become dirty with your body fluids (saliva/spit, mucous, urine, feces, vomit) should be cleaned and disinfected with a household disinfectant according to the directions on the label. Wear gloves when cleaning.
4. Your bathroom should be cleaned every day using a household disinfectant according to the directions on the label. Wear gloves when cleaning.

How long should you follow these instructions?

You will need to remain isolated for as long as it is possible for you to spread the infection to others. A public health authority (MDPH or your local board of health) will be in contact with you and will tell you when you can stop isolating yourself.

Questions?

Please call your healthcare provider, your local board of health or the Massachusetts Department of Public Health with any questions.

1. Your healthcare provider
Name: _____
Phone number: _____ OR _____
2. Your local board of health (Town/City)
Town or City: _____
Contact Person: _____
Phone number: _____ OR _____
3. The Massachusetts Department of Public Health
On-call Epidemiologist
Phone: (617) 983-6800 (7 days per week/24 hours per day)

Thank you for your active cooperation in keeping yourself, your family, and your community healthy and safe.

Date provided to patient: _____
Provided by (name): _____

Any other specific instructions may be written in here or attached with additional sheets (the attachment of additional sheets should be noted here):

BOH

From: Jen Rand <townadmin@westtisbury-ma.gov>
Sent: Thursday, April 2, 2020 10:04 AM
To: Joe Tierney (inspect@westtisbury-ma.gov); Omar Johnson (boh@westtisbury-ma.gov)
Subject: essential services FAQ's

This regarding nurseries... I know we have them on the same orders as construction right now but moving forward...

Food and Agriculture

- Are breweries and beer distribution covered under food/beverage? **YES**
- Do third party delivery services (Door Dash, Grubhub) count as essential services? **YES**
- **Are nurseries essential? Yes, if they sell food or food plants and follow DPH guidance**

Jennifer Rand
Town Administrator
PO Box 278
West Tisbury, MA 02575
(508) 696-0102

BOH

From: OConnor, Ron (DPH) <Ron.OConnor@MassMail.State.MA.US>
Sent: Thursday, April 2, 2020 9:14 AM
To: OConnor, Ron (DPH)
Subject: Update #16- Enforcement Updates
Attachments: COVID-19-Cease-and-Desist-Order-Template-forlon (1).docx

Dear Local Public Health Colleagues,

The following message has been forwarded from Kelly Driscoll, COVID-19 Command Center.

Please scroll down for notes and recent updates.

Attached, please find a boilerplate cease and desist letter for municipalities to utilize in the event that non-essential businesses remain open. This letter can be used in conjunction with the \$300/day fine.

There is a process for businesses to appeal to become deemed essential, but they are to remain closed until their appeal is reviewed. If granted, they can reopen.

Tomorrow, during our all-towns call at 9am, we will be addressing the enforcement concerns that Ron O'Connor gathered from you all. We will leave as much time for questions from you all as possible.

Thanks for all you do.
Kelly

Kelly Driscoll
Covid-19 Command Center
Executive Office of Health and Human Services
(857) 283-3655

Notes

- 1) **The Friday, April 3rd conference call is limited to one person per city/town due to capacity limits on the call (400 lines). We appreciate your cooperation to ensure every city and town has access to a line.**
- 2) Recent COVID-19 Command Center updates that were sent through the following channels—largest cities, public health districts, and affiliates that are coordinating funding and other support for boards of health—are stacked below. As of today, these updates will also be sent to all boards of health by the Office of Local and Regional Health.

The following recent updates and other messages are stacked below. Please review to be sure that you have seen them.

- Update #15- Nursing Home & Rest Home Testing
- Update #14- Thermometers & AA Meetings
- Update #13- Thermometers & Enforcement Challenges
- Update #12- Shelters

Copy in Covid-info file

[City/Town of _____]
Board of Health
IMMEDIATE CEASE AND DESIST ORDER

This IMMEDIATE CEASE AND DESIST ORDER is issued to:

- Name of Establishment -
- Address -
- Date -

WHEREAS, on March 11, 2020, the World Health Organization characterized the COVID-19 outbreak as a pandemic; and

WHEREAS, on March 10, 2020, the Governor of the Commonwealth of Massachusetts issued a Declaration of a State of Emergency to Respond to COVID-19; and

WHEREAS, on March 13, 2020, the President of the United States issued a Proclamation on Declaring a National Emergency Concerning the Novel Coronavirus Disease (COVID-19) Outbreak; and

WHEREAS, on [date of local emergency order], the [city/town] of [name of city/town], through the [Mayor, Town Manager, City Manager, Town Administrator, Board of Health, Health Director as agent of the Board of Health] [chose all that apply], has determined that COVID-19 poses a significant, immediate threat to the public health, safety, and welfare of people residing both within and outside the [city/town] of [name of city/town], and, as such, has declared a **Local State of Emergency**; and

WHEREAS, on March 23, 2020, the Governor of the Commonwealth of Massachusetts issued an Order Assuring Continued Operation of Essential Services in the Commonwealth, Closing Certain Workplaces, and Prohibiting Gatherings of More than 10 People (COVID-19 Order No. 13); and

WHEREAS, on March 23, 2020, the Governor of the Commonwealth of Massachusetts attached Exhibit A to the abovementioned COVID-19 Order No. 13, and Exhibit A specifies which business are considered essential, a copy of which is attached hereto; and

WHEREAS, [Name of Establishment listed above] is not a business providing essential services pursuant to Exhibit A of COVID-19 Order No. 13; and

WHEREAS, on [date], [Name of Establishment listed above] was observed open for business in violation of COVID-19 Order No. 13.

WHEREBY, you are hereby ordered to immediately cease and desist from operating **[name of Establishment listed above]** until such time as the Governor rescinds COVID-19 Order No. 13.

This order is issued pursuant to the Board of Health's emergency powers pursuant to Massachusetts General Laws, Chapter 111, Sections 30, 104, and 122; 105 CMR 400.200(B); and 310 CMR 11.05.

If you are aggrieved by this order, you have the right to request a hearing before the Board of Health. This request must be made by either the owner of **[Name of Establishment listed above]** or an authorized agent of **[Name of Establishment listed above]**, in writing, and filed with the Board of Health within seven (7) days after the date this Order was served or actually received. Any affected party has the right to appear at said hearing.

Failure to comply with this order may result in additional penalties as permitted by law, including but not limited to, the filing of a complaint in District or Superior Court and any emergency court order(s) issued pursuant to any such complaint.

Signed by:

Name:

Date:

As agent of the **[city/town] [Health Department/Board of Health]**