

## Weekly COVID-19 Board of Health Report

Week Ending August 7, 2020

The Massachusetts Department of Public Health (DPH) has continued to expand the amount of information it provides on the prevalence of COVID -19, by communities, in the State.

Since the beginning of the pandemic, the Board of Health has provided a weekly report to inform the public on the cumulative number of cases of the disease in the community; that report provides the number of confirmed cases of COVID-19 as reported by the DPH.

The Board wants the public to have easy access to this expanded information provided by the DPH and to achieve this goal the Board's weekly report will now provide the link to the DPH weekly report. The public can click on the link below, scroll to and click on the "COVID-19 Weekly Public Health Report," then scroll down to their community to access the expanded information. The link is provided below.

<https://www.mass.gov/info-details/covid-19-response-reporting>

The Board of Health will continue to monitor this information on a daily basis in order to address possible clusters of disease and to perform our contact tracing duties. If citizens have questions regarding the weekly report, they can be directed to Jim Garreffi, Director of Public Health, at the Nashoba Associated Boards of Health ([jgarreffi@nashoba.org](mailto:jgarreffi@nashoba.org)).

In order to slow the spread this disease we must all do our part to protect ourselves and others by:

- **Wear a face covering when you can't physically distance (at least 6 ft) from others.**
- **Stay home** from work or school if you are sick.
- 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
- Avoid close contact with people who are sick

If you are looking for information on COVID-19 testing please click on the link provided below.

<https://www.mass.gov/covid-19-testing>

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>