



TOWN OF ASHLAND CORONAVIRUS - COVID-19 INFORMATION

Here is information on coronavirus (COVID-19).

There is currently no vaccine to prevent the new coronavirus /COVID-19. The best way to prevent illness is to avoid being exposed to this virus and to practice good personal hygiene. The virus is spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet). It is spread through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It sounds simple but consistent, frequent and adequate handwashing is so important as is avoiding touching your eyes, nose and face, and other people, as much as possible.

Individuals at high-risk for severe illness

Starting at age 60, there's an increased risk of serious illness or death from COVID-19, the illness caused by the coronavirus. The highest risk of severe illness from the coronavirus is in people 80 and older and in those who have serious chronic medical conditions such as heart disease, diabetes and lung disease. People at high risk for COVID-19 should avoid crowds as much as possible, stock up on necessary supplies, keep a safe distance from others and stay away from sick people. Government officials have advised older Americans and people with underlying health conditions to avoid cruises and nonessential air travel.

Preventing the spread of illness

Anyone who has illness accompanied by fever—regardless of their travels—is asked to refrain from going to any communal area where they could spread illness to others. A person should have a normal temperature for 24 hours without the use of fever-reducing medications before resuming a regular schedule. It is especially important we all take seriously the advice of public health experts for maximizing our own health and the health of others:

- Wash your hands frequently using soap and water for 20 seconds
- Cough/sneeze into your elbow
- Get this season's flu shot if you haven't already
- Masks for people who are not exhibiting symptoms is not required or recommended, as there is no evidence to suggest that they protect healthy people. This aligns with current CDC and WHO guidance.

Social distancing

To slow the spread of COVID-19, public health experts encourage social distancing, a practice designed to keep sick individuals from coming in contact with healthy ones in order to limit

opportunities for transmission. The [CDC recommends](#) avoiding large gatherings and crowds, and maintaining a distance of approximately six feet from others. The link provides steps to prevent the introduction and spread of COVID-19 into US communities in various settings including: At Home, At Childcare and K-12 Schools, At Colleges and Universities, At Work, Community- and Faith-Based Organizations, Large Community Events/Mass Gatherings, Healthcare settings, First Responders.

COVID-19 Informational Websites

Massachusetts Department of Public Health www.mass.gov/2019coronavirus

Centers for Disease Control and Prevention www.cdc.gov/covid19

Centers for Disease Control and Prevention Situation Summary
<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>

Massachusetts Medical Society www.massmed.org/covid-19

Preparedness/Planning Websites:

<https://www.mass.gov/know-plan-prepare>

<https://www.ready.gov/pandemic>

Additional Prevention and cleaning information can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

FAQs

<https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19>

[General Overview of COVID-19](#)

[Symptoms of COVID-19](#)

[U.S. SBA Economic Injury Disaster Loan \(EIDL\)](#) program which would provide assistance to eligible businesses and non-profits impacted by COVID-19. Affected small businesses and non-profits should download, complete, and submit the SBA EIDL Worksheet (<https://lnkd.in/ewF7VBy>) & Instructions to expedite activation of the EIDL program. Completed forms can be submitted by email to Disaster.Recovery@mass.gov or by fax to (508) 820-1401.

[Questions regarding Travel in the U.S.](#)

[Coronavirus: Ten reasons why you ought not to panic](#)

[Coronavirus Resource Center ~ As coronavirus spreads, many questions and some answers](#)

[Flattening the Curve for COVID-19: What Does It Mean and How Can You Help?](#)