

Note from Nurse Carolynn

Well here we are, another successful week of being in school, safe, and healthy! I hope you grow tired of me saying how amazing you are all for doing your part. On Monday, our governor announced some new advisories. As he addressed the state in Monday's news conference, he reiterated that **school aged students have not shown to be the cause of rising numbers and is in full support of them being in school**. That said, he announced the following advisories to curb the rising numbers of Covid-19 positive cases.

Beginning Friday, November 6, 2020

All residents of Massachusetts are advised to stay home between the hours of 10 pm - 5 am: Social gatherings are contributing to these increases. Left unchecked, the current COVID-19 case growth poses a risk to our healthcare system. Intervention is warranted to moderate case growth and preserve hospital capacity. It is more important than ever to follow guidance from local, state, and federal officials on how to stop the spread of the virus.

It is critically important that everybody follows the steps listed below, not just for their own health and safety, but for the health and safety of their family and loved ones as well.

In order to comply with this advisory, between the hours of 10pm and 5am, you must:

- Only leave home to go to work or school, or for essential needs such as seeking emergency medical care, going to the grocery store or pharmacy, picking up take-out food, or receiving deliveries. If you do leave home, practice social distancing by staying 6 feet away from others and wearing a face covering.
- Not have gatherings in your home with anybody outside of your household.
- Comply with all Governor's Orders, including orders requiring face coverings, limiting gatherings, and mandating early closure of businesses.
- Practice social distancing and avoid touching surfaces frequently touched by others if you go outside to get fresh air.
- Use remote modes of communication like phone or video chat instead of visiting friends or family.

Other changes that were announced include:

- Gatherings at private residences: Limit to 10 people indoors and 25 people outdoors
- Face coverings are recommended in private residences when non-household members are present
- All persons over the age of 5 must wear a face covering whenever in public, indoors or outdoors
- Masks should be worn in cars when transporting individuals who are not part of your household, such as carpooling

Taking these steps is critical to preventing the spread of the virus, protecting the lives of you and your loved ones, and preserving our acute care hospital and other health care systems' capacity.

As always, please feel free to reach out with any questions and/or concerns! Have a wonderful weekend!

Warmest Regards,

Nurse Carolynn