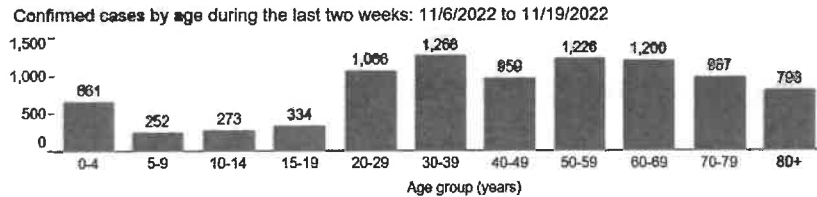


**COVID-19** (As of data collection through November 23, 2022):

- Confirmed New Cases in Past 7 Days: **4,425 (1.6% decrease in cases from previous week)**
- Confirmed Cases (Ages 60+) during the last two weeks: **2,985**
- Hospitalizations for COVID-19 related illness: **179**
- New Confirmed Deaths in Past 7 Days: **64**



**Flu** (With data collection through November 19, 2022):

- Lab Confirmed New Cases in Past 7 Days: **1,285**
- Severity Level: **Moderate**
- Hospitalizations (percent due to influenza): **0.53%**
- Cumulative rate of patients hospitalized for influenza per 100,000 MA residents (Ages 65+): **2.4**
- Vaccination Rate for all Ages: **35.12%**



**Please Note:** The majority of individuals with influenza-like illness are not tested; therefore, the number of positive test results does **not** reflect the total number of influenza cases in Massachusetts. This is similar for COVID-19 with at-home antigen tests that are not reported therefore, the number of positive test results does **not** reflect the total number of COVID-19 cases in Massachusetts.

For complete reports from the Massachusetts Department of Public Health (DPH), click [here](#) for COVID-19, [here](#) for COVID-19 Wastewater Dashboard, and [here](#) for flu information.

**Ways to Protect Yourself and Your Family:**

- **Get Vaccinated:** The best way to protect yourself and each other from respiratory illnesses like the flu or COVID-19 is to get vaccinated and [stay up-to-date on COVID-19 and flu vaccinations](#).
- **Take an at-home COVID-19 test** if you are feeling sick or will be around a large group of people especially those that may be immunocompromised. *All health care insurers are required to provide 8 free COVID-19 at home tests per person per month. These free tests are available at pharmacies.*
- Consider [wearing a mask](#).
- [Practice diligent hand hygiene](#) and other COVID-19 and flu [prevention activities](#), such as **improving ventilation**.
- Consider **postponing or not attending a gathering** if you have any [upper respiratory symptoms](#) or [if you may have been exposed to someone with COVID-19](#).
- If you test positive for COVID-19, please consult with your physician about whether therapeutics may be a treatment option for you. DPH also offers a [free telehealth service](#) for treatment.