



TOWN OF WESTFORD
BOARD OF HEALTH
TOWN HALL
WESTFORD, MASSACHUSETTS 01886
(978)692-5509 Fax (978) 399 2558

March 19, 2020

Dear Residents,

As many of you may know, there is a global pandemic of a respiratory disease caused by a new, or novel, strain of coronavirus known as COVID-19. As testing across Massachusetts and the United States continues and increases, new CDC data has shown that nearly **40 percent of the patients hospitalized with COVID-19 are age 20-54**. This data should serve as a reminder that **all residents** are susceptible to COVID-19 and all residents must do their part to protect the community.

The Health Department and Town are working to mitigate the spread of this virus with every reasonable measure. I would like to stress that all measures taken in Town are critical to help limit the spread of COVID-19, but the only way these protections will work is if you **do your part!**

- **Stay at home if you can** (except to get medical care and shop for essential provisions).
- **Protect our Senior Population. They are still most vulnerable.**
- **Practice social distancing. Keep 6 feet away from others to reduce risk of infection.**
- **Keep kids out of playgrounds.**
- **Avoid all unnecessary travel.**
- **Avoid public transportation and avoid large crowds.**
- **Wash your hands with soap and warm water for at least 20 seconds frequently.**
- **Avoid private gatherings all together.**
- **Wear a mask if you are sick.**
- **Contact the Health Department at 978-692-5509 if your doctor directs you to.**
- **Call 2-1-1 on your phone for additional information.**

Stay calm and thank you for taking responsibility and doing what you can to help contain this virus. Prevention does work and together we can help protect our community. We will get through this! For additional guidance, go to:

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html#situation-in-us>

https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

<https://westfordma.gov/covid-19>

<https://mass211.org>

Sincerely,

Jeffrey Stephens, R.S., CP-FS
Health Director
Westford Health Department