

March 26, 2020

Update to Heath Residents

Attention Heath residents. This message is from the Heath Board of Health to update you on the status of the Coronavirus in our area and to give you information on what to do if you feel sick, where to get help if you need it, and how to get answers to your questions:

With thanks to everyone in our community who are so diligently practicing social distancing and upholding the Governor's advisory to stay at home. There are as of today no confirmed cases of Covid-19, the illness caused by Coronavirus in Heath. But please don't count on this to last.

To maintain our disease-free status, it is imperative that we ALL take care of ourselves and each other. The virus can be easily passed from one person to another even if the infected person does not feel sick. Please keep your distance of a minimum of six feet from someone not in your family. Please do not loiter around Town buildings and properties. Do not block access to the Post Office and do not enter the vestibule for your mailbox if someone else is there.

To avoid the spread of infections in Heath, we urge you to stay the course. The Governor's advisory states: Stay at home except for urgent needs for groceries or pharmacies. We may go outside every day for some exercise, but stay at least six feet away from others. There are now special hours at grocery stores for seniors only. Check store websites for hours.

We strongly request that people who are traveling to Heath from elsewhere to self-quarantine at home for 14 days. Please ask others to bring your mail and groceries and leave them at your door.

To the extent that we can maintain our social distance, we can make sure there are no Covid-19 cases in Heath.

If you do feel sick, please call your health care provider immediately. You may also contact Claire Rabbitt, our town Nurse by calling: 337-8309. That number for Claire Rabbit again is 337-8309.

If you need help with getting groceries or medicines, please contact the Town Coordinator at 337-4934, ext. 0 and we will arrange for volunteers to help you.

We need everyone in Heath to do all they can to avoid the spread of the virus to Heath. Please call the Board of Health by contacting Betsy Kovacs, Chairman at 413-337-5346 with your questions. That number again is 337-5346.

Other resources for you include:

- Calling 2-1-1, the Mass Department of Public Health Covid-19 hotline.
- the CDC website at www.cdc.gov, and
- the Massachusetts Dept of Public Health at: www.mass.gov

Thank you to everyone for doing your part to keep our Town residents and you and your families and friends healthy and safe.