

Dear Shutesbury Residents:

*Covid numbers for this week:*

4 known cases in isolation in Shutesbury.

7 total cases with onset in the two-week period 8/4-8/17/22

*CDC County levels:*

Hampshire County level is low (CDC recommendation: Stay [up to date](#) with COVID-19 vaccines; [get tested](#) if you have symptoms)

Franklin County is medium (CDC recommendation: If you are [at high risk for severe illness](#), talk to your healthcare provider about whether you need to wear a mask and take other precautions; stay up to date with COVID-19 vaccines; get tested if you have symptoms)

This week the CDC has updated its guidance on isolation and quarantine:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

Here is a brief rundown of these changes as reported by the New York Times:

“People who are exposed to the virus no longer need to quarantine at home, regardless of their vaccination status, although they should wear a mask for 10 days and get tested for the virus on Day 5.

People who test positive for the virus should still isolate at home for at least five days. Those who had moderate or severe illness, or are immunocompromised, should isolate through Day 10.

Unvaccinated students who are exposed to the virus will no longer need to test frequently in order to remain in the classroom, an approach known as “test to stay.”

The C.D.C. no longer recommends that people stay six feet from others. Instead, it notes that avoiding crowded areas and maintaining a distance from others are strategies that people may want to consider in order to reduce their risk.

Contact tracing and routine surveillance testing of people without symptoms are no longer recommended in most settings.

The guidelines around masks — which recommend that people wear them indoors in places where community Covid levels are high — have not changed.”

The Shutesbury Board of Health