

Dear Shutesbury Residents:

Now that we have enough cases of COVID-19 to count, it is the intention of the Board of Health to report the current number of confirmed/presumed cases and contacts at the end of each week. These numbers are not cumulative: they represent the number of people in isolation and quarantine at the time of the report.

What is the difference between isolation and quarantine? Mainly, it's a matter of who's doing it.

- Confirmed cases are ordered to *isolate*, remaining at home and even keeping apart from the rest of their household.
- Close contacts of confirmed cases are instructed to *quarantine*, which essentially means behaving as if they have the virus and monitoring their health daily. Close contact is defined as spending more than 15 minutes within six feet of an infected person. Wearing a mask reduces but does not eliminate the risk.
- Note that a person in quarantine may become a confirmed case as a result of their exposure.
- Both isolated and quarantined individuals remain in communication with public health officials or contact tracers.
- If you are instructed to isolate or quarantine, you will be asked if you need help with tasks that necessitate leaving your home, such as grocery shopping.

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As we go about our daily lives, we must assess the risk inherent in each of our activities, so it's wise to have a realistic understanding of the risks. What are the most risky behaviors?

- Attending large gatherings, especially indoors, including worship services.
- Dining indoors in a restaurant, especially with people not from your own household.
- Going unmasked in public.

Once again we remind you to cover your nose and mouth, wash your hands frequently, and keep your distance.

Here's the report:

As of December 11, there are 3 confirmed cases isolating at home and 2 identified contacts quarantining at home. None of these cases or contacts is a member of the Shutesbury Elementary School community.

These numbers will also be posted at <https://www.shutesbury.org/pandemic-information>

The Shutesbury Board of Health