

Town of Bedford Update on COVID-19
November 13, 2020

The Bedford COVID-19 Task Force met during the week of November 9, 2020 to review the latest guidance from the MA Department of Public Health (MA DPH), the office of Governor Charlie Baker, and Town Legal Counsel.

The COVID-19 Task Force is comprised of the following Town officials:

Sarah Stanton, Town Manager
Philip Conrad, Superintendent of Schools
Heidi Porter, Director of Health and Human Services
Robert Bongiorno, Police Chief
David Grunes, Fire Chief
Taissir Alani, Facilities Director
Christopher Laskey, Code Enforcement Director

Bedford is now a Green (Lower COVID-19 Risk) Community

The November 12, 2020, “Weekly COVID-19 Public Health Report” prepared by the Massachusetts Department of Public Health (MA DPH) identified Bedford as a green or lower COVID-19 risk community. This designation is based on specific COVID-19 metrics including the identification of fourteen (14) new COVID-19 cases in Bedford over the past 14 days as well as a positivity rate of 1.06% over the same period. For full Bedford, Middlesex County and State data navigate to <https://www.mass.gov/info-details/covid-19-response-reporting#covid-19-weekly-public-health-report->.

COVID-19 Data for Bedford, MA as of November 12, 2020

Bedford Residents	Case Count as of 11/12/20 from previous 14 days¹	Confirmed² Case Count Totals 11/12/20
Health Care/Long Term Care Facilities	1	119
Community (non HC/LTC)	13	200
Unknown (waiting for demographics) ³	0	3
Community Total - Confirmed	14	322
Bedford Confirmed Cases - Active		10
Bedford Confirmed Cases – Recovered ⁴		263
Bedford Confirmed Cases – Deaths		49

COVID-19 Data - Bedford Public School Community*

School	Total Confirmed ² Cases - Active	Total Confirmed Cases – Recovered ⁴	Total Confirmed Cases to date
Davis	0	1	1
Lane	0	1	1
John Glenn MS	0	1	1
Bedford HS	0	16	16
Total District Wide	0	19	19

*The Bedford Public School Community includes students/teachers/staff, some of whom may reside outside of Bedford.

MAVEN reported cases for Bedford		11/12/20	Percent Positivity		11/12/20	Cases by Gender (%)		11/12/20*
Confirmed ²		322	Bedford		1.06%	Female		36%
Probable ⁵		29	Middlesex County		1.65%	Male		64%
Total cases – confirmed and probable		351	State		2.29%	*only confirmed cases		

Total Case Breakdown by Age - Confirmed and Probable

0-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	Total
28	67	25	44	52	22	45	68	351

Notes:

¹ Previous-14 day data is used by the MA Department of Public Health to determine Bedford's COVID-19 risk category (gray, green, yellow or red) on a weekly basis.

² Confirmed cases = positive viral (PCR) test.

³ Demographics unknown for confirmed case. Follow-up required. Often cases are reassigned to the proper community for follow-up or become probable/confirmed.

⁴ Recovered cases counts are adjusted due to deaths subsequent to recovery and/or reassignment of cases to other communities.

⁵ Probable cases = positive antigen test or clinical diagnosis. Probable cases are not included in the Confirmed Cases totals.

Shading used to correlate various data sets.

Thanksgiving Gatherings

We continue to see an increase in COVID-19 cases in Bedford and across the Commonwealth. Over the past several months many of our positive COVID-19 cases have been attributed to household and family contacts where one person in a family who is positive and asymptomatic transmits the virus to close family/household members. Keeping distance, not mingling with those outside the household, and following the strict isolation protocols provided by the Board of Health or

Community Tracing Collaborative while isolating in the home, away from other non-positive household members, are methods a COVID-19 positive individual can stop the spread.

With the holiday season upon us some folks may be feeling the desire to loosen restrictions and gather in groups consisting of non-household members. Out of respect for each other and our community, the COVID-19 task force asks the Bedford community to adhere to the social distancing and mask requirements and the limitations on gathering size (10 inside, 25 outside) to prevent spread in Bedford.

If you will be hosting a gathering during the holiday season that brings people who live in different households together, follow the Centers for Disease Control and Prevention (CDC) tips for hosting gatherings found here: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gatherings>. If you will be attending a gathering that someone else is hosting, follow CDC Considerations for Events and Gatherings found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>.

Any time you or your family are attending a public or private celebration, remember that safe, responsible participation includes:

- Assessing your personal COVID-19 risk and assess and discuss COVID-19 risk for those you live with, before attending the event.
- Staying home if you are sick.
- Wearing a face covering at all times to cover your nose and mouth when outside your home.
- Avoiding large crowds. While outdoor gatherings of 25 and indoor gatherings of 10 are allowed, they can still represent a risk to public health in our current environment.
- If you choose to be in a crowd, or even just hanging out with friend, practice strict social distancing, wear a face covering, bring hand sanitizer or wash hands before and after, do not shake hands, gather for photographs, hug, or have long face to face conversations and avoid touching your face.
- Keeping 6 feet away of from other people who are not in your household.
- Good social distancing also includes dogs. Keep them 6 feet away from those not in your household.
- Do not share water bottles or utensils for eating or serving of food.

A lot of these protocols have been part of our routine for the past several months. However, we may have to remind ourselves to apply them when a new event occurs that's outside the routine. If you choose to venture outside your home or in your home with non-household members, remember to apply the "3 Ws" – Wash your hands, Wear a mask, Watch your Distance!

Holiday Travel

In the upcoming holiday period, some Bedford residents may travel out of state and will be required to follow the MA Travel Order if doing so.

All MA residents are discouraged from traveling to high risk states (see list: <https://www.mass.gov/info-details/covid-19-travel-order>). If you have to travel to a High Risk Area

or participate in foreign travel, Governor Baker's Travel Order requires that all returning travelers over the age of 18 must complete a MA Travel Form: <https://www.mass.gov/info-details/covid-19-travel-order#massachusetts-travel-form->.

All residents, regardless of age, must be quarantined for 14 days upon return to MA, unless you present evidence of a negative COVID-19 PCR test on your return (note: while an antigen test is permissible, any negative test will have to be confirmed by a PCR, so PCR is the recommended test). The COVID-19 PCR test must be done 72 hours prior to your return to MA, or when you get home. You must quarantine at home until receipt of your negative test result. Testing for children, 10 years and younger, who are traveling with an adult(s) from their household is not required, as long as the adult(s) is tested and if found to be negative. Quarantine is not necessary in this case.

The same travel order applies to all Bedford Public School students:

- Students older than 10 traveling to High Risk Areas must quarantine and may not return to school, until their negative test results come back.
- If the family chooses not to test a student who is 10 years or younger, the parent/guardian must submit a copy of their own test results to the school nurse.
- If the families choose not to test, the entire family/group must quarantine for 14 days upon return.

Thank you for doing your part to keep everyone safe and healthy.

Need a COVID-19 test?

Free COVID-19 testing sites are open in numerous communities as part of the Baker-Polito Administration's "Stop the Spread" initiative. Visit www.mass.gov/stopthespread for free testing site locations.

If you need testing closer to home, consider navigating to <https://memamaps.maps.arcgis.com/apps/webappviewer/index.html?id=eba3f0395451430b9f631cb095febf13> to find a testing site. Check with your insurance company for covered services prior to booking an appointment for testing.