



Town of Holbrook
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Coronavirus

Currently the risk to Holbrook residents in Massachusetts is low.

Updated March 2, 2020: Coronaviruses, (Covid-19), are respiratory viruses and are generally spread through respiratory secretions, (*droplets from coughs and sneezes*) of an infected person to another person. There have been no reported cases of Covid-19 in Holbrook. The United States Centers for Disease Control, (CDC), the Massachusetts Department of Public Health, and other agencies are monitoring and responding to this quickly evolving situation. If any cases have been discovered in Holbrook, the Holbrook Board of Health would be notified through the Massachusetts Virtual Epidemiology Network, (MAVEN) and the Homeland Health Alert Network, (HHAN). These communication tools are used by the Massachusetts Department of Public Health and the Holbrook Board of Health twenty-four (24) hours a day, seven, (7) days a week.

Although the risk to Massachusetts residents is still low, many of the things that we do to protect ourselves from the common cold and flu will still help to protect you and your loved ones from any type of respiratory virus, including, Covid 19. Below, you will find a list of ways to take action;

1. Before eating, wash your hands often with soap and water (20 seconds of scrubbing) or use alcohol-based hand cleaners.
2. Clean surfaces that are touched often. Visit <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf> for a list of disinfectants.
3. Cover your cough or sneeze into a facial tissue. Dispose of used facial tissues immediately into a trash can. If you don't have a tissue, cover your cough or sneeze into the crook of your elbow, not your hands. If you do sneeze into your hands, wash them with soap and water or use hand sanitizer.
4. Avoid touching your eyes, nose, and mouth, without first washing your hands with soap and water or hand sanitizer.
5. Avoid close contact with others who are sick.
6. If you are sick, stay home from work or school, seek health care, and avoid contact with others, including large social gatherings and public events.
7. Personal Wellness, maintain a healthy diet, stay hydrated and get plenty of rest.
8. Create a Home preparedness Emergency Plan. Visit Know, Plan, Prepare at, (<https://www.mass.gov/lists/know-plan-prepare-preparedness-checklist>).
9. For up-to-date information regarding the 2019 novel Coronavirus, please visit the DPH COVID-19 web site at www.mass.gov/2019coronavirus. More detailed information and additional guidance is available from the CDC at www.cdc.gov/coronavirus/2019-ncov.