



## ***BILLERICA BOARD OF HEALTH***

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### **Coronavirus (COVID-19) Precautions**

Using the guidance the Massachusetts Department of Public Health (MDPH) and Centers for Disease Control (CDC) take the following steps to prevent coronavirus disease and other respiratory illness. The virus is thought to spread mainly from person-to-person by close contact with one another (within about 6 feet) through respirator droplets produced when an infected person coughs or sneezes. These droplets can land in the mouth or noses of people who are nearby or possibly be inhaled into the lungs.

\*\*Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional step you may be able to protect yourself.

#### **Practice good hygiene:**

- **Wash your hands** often with soap and warm water for at least 20 seconds.
- If hand washing stations are not readily available, clean your hands often with **an alcohol based hand sanitizer that contains at least 60% alcohol**
- **Avoid touching your eyes, nose, and mouth** with unwashed hands
- **Stop handshaking** – use other noncontact methods of greeting
- Increase ventilation by **opening windows** or adjusting air conditioning
- Limit food sharing



#### **Cover coughs and sneezes**

- **Cover your mouth** and nose with a tissue when you cough or sneeze or use the inside of your elbow
- Throw used tissues in the trash
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



## Avoid close contact

- **Avoid close contact** with people who are sick
- **Put distance between yourself and other people, at least six feet**
- Use **videoconferencing for meetings** when possible. When not possible, hold meeting in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings of **50 people or more**



## Stay home if:

- You are sick, except to get medical care.
- You have a sick family member in your home. For sick family members:
  - Give the sick member their own room if possibly and keep the door closed.
  - Have only one family member care for them
  - Ensure all utensils and surfaces are cleaned regularly
  - Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions



## Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks and common pens.
- If surfaces are dirty, clean them: use a detergent soap and water prior to disinfection.



Be advised that Billerica Board of Health is continuously monitoring this situation along with MDPH. Town and School officials and the Billerica Board of Health remain in continuous communication about this issue, and further updates will be provided to the community.

The best source of guidance and recommendation is the MDPH website:

[www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus).

Interim Guidance for Businesses and Employers:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

CDC video resources:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>