



Town of Acton
Health Division

Sheryl Ball, Health Director

978-929-6632

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TO: John Mangiaratti, Town Manager

FROM: Sheryl Ball, Health Director

RE: COVID-19 in Acton and Importance of Face Coverings

The State of Massachusetts provides weekly metrics (<https://www.mass.gov/info-details/covid-19-response-reporting# covid-19-weekly-public-health-report>) and Acton's numbers have been increasing over the last few weeks which is very concerning. The State identifies Cities and Towns as gray, green, yellow or red, with gray being the lowest and red being highest risk for COVID-19. Currently, Acton is green but approaching yellow and it is time that we all step back and do our part to keep our community low risk. I know it is tempting to get together with your friends and family but please remember to wear your face covering and understand that we recommend that you limit contact to people that you live with. As you know, social distancing is required of at least 6' and that includes family (unless they live with you, coworkers and friends). Just to reference that distance for you, it's about the height of a door, the length of a mattress, two shopping carts or the width of a car.

The Center for Disease Control (CDC) states that wearing **Face Coverings** help stop the spread of **COVID-19** to others. The CDC also suggests the following:

- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years and older
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance
- Do **NOT** wear masks intended for healthcare workers, for example, N95 respirators
- CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

See diagrams taken from the CDC website below:

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old

How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

We are in this together - Please help us do your part in stopping the spread of COVID-19.