March 12, 2020

Town of Littleton Provides Updated Information about Coronavirus

No Confirmed or Presumptive Positive Cases in Littleton

LITTLETON – The Board of Selectmen, Town Administrator Nina Nazarian, Emergency Management Director/Fire Chief Scott Wodzinski and Regional Health Director James Garreffj wish to provide the community with updated information on the novel coronavirus (COVID-19) as federal and state health officials continue to monitor the spread of the virus internationally.

At this time, there are no confirmed or presumptive positive cases of the virus in Littleton.

The Governor declared a State of Emergency in Massachusetts due to COVID-19 on Tuesday, March 10, 2020, formally activating the Massachusetts Emergency Management Agency.

Town officials are closely following guidance from the DPH and Centers for Disease Control and Prevention (CDC) regarding the virus and steps communities can take to prevent COVID-19.

State public health officials are urging seniors and those with preexisting health conditions to avoid large gatherings, including sporting events, concerts and conferences.

Out of an abundance of caution, the Town is cancelling all non-essential senior programs, to protect seniors who are at a higher risk for COVID-19. Senior transportation, meals, blood pressure clinic, podiatry clinic, and outreach will continue as scheduled at this time.

In an effort to prevent the spread of COVID-19, the Town has implemented additional cleanings in public buildings in Littleton. Additional screening protocols have also been added to public safety dispatch procedures to improve safety for first responders.

The Department of Elementary and Secondary Education has determined that it will not count absenteeism from early March onward, and that school districts will not have to extend the school year beyond its planned end dates. The Littleton School District will continue to provide updates to the school community as new information becomes available.

If you are sick please stay home. If you believe you are displaying symptoms associated with COVID-19, including a fever, cough or shortness of breath, you should not come to work or school and you are advised to contact your primary care physician. According to the CDC, symptoms of the virus appear 2-14 days of exposure.

According to the CDC, the virus is believed to spread mainly from person-to-person between people who are in close contact with one another, within about six feet, when an individual with the virus coughs or sneezes.

The DPH recommends that residents continue with good hygiene practices including:

- Practice good hand hygiene! Wash your hands often with soap and water for at least 20 seconds including under your fingernails. Alcohol-based hand sanitizer (at least 60% alcohol content) can be used when soap and water are not available.
- Keep your hands away from your face.
• Cover your nose and mouth when sneezing and coughing with a tissue and discard it immediately. Cough into the sleeve over your elbow instead of your hand. Wash your hands often when coughing and sneezing.
• Stay away from people who are sick and stay home when you are sick.

If residents are concerned that they may be experiencing symptoms associated with COVID-19, the Town of Littleton wishes to share the following information from the CDC:

• Call ahead before visiting your healthcare provider and inform them if you believe you may have contracted COVID-19.
• Stay home. Avoid public areas and transportation, and monitor your symptoms.
• Stay away from other people and limit contact with pets and animals.
• If you are sick, wear a face mask when around others.
  - The CDC does not advise those who are not sick to wear a face mask unless they are caring for a sick individual.
• Notify your public health department if you are placed under active monitoring or facilitated self-monitoring.

For more information, click here.

The Town of Littleton additionally wishes to remind residents that, while there is a lot of concern surrounding the spread of COVID-19, the virus does not discriminate and it is important to be wary of social stigma in connection with the illness. For more information about stigma and resilience in connection to COVID-19 from the CDC, click here.

For more information, visit the DPH website by clicking here and the CDC’s website by clicking here.

Representatives of the Town of Littleton, as well as the Littleton School District, will continue to meet regularly to monitor the situation, plan and coordinate resources as needed for the community.

Additional updates will be released if additional relevant information becomes available.

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