



KINGSTON BOARD OF HEALTH

26 EVERGREEN STREET
KINGSTON MASSACHUSETTS 02364
TELEPHONE (781) 585-0503

To the Residents of Kingston:

The Coronavirus Disease 2019 (COVID-19) has been the headline on every major media outlet; however, some of the information reported is not factual. The Emergency Management Team, Town Administration and Board of Health have been following the situation very closely.

COVID-19 is a respiratory illness that can spread from person to person. The symptoms include fever, cough and respiratory distress. The illness presents as a mild to moderate flu. Persons with underlying medical issues are most susceptible. Prevention includes common sense practices such as frequent hand washing, not touching your face and disinfecting frequently touched hard surfaces such as door handles, tabletops, remote controls, etc.

We want our residents to know that the risk in our area is relatively low. We are taking a proactive approach to keep our residents safe. We have implemented Emergency Action Plans for certain facilities in Town that we consider having the highest risk of contamination and spread. These plans are based on recommendations from the Department of Public Health (DPH) and The Centers for Disease Control (CDC). Again, these are commonsense plans that would be in place for response to any flu-like virus.

We continue to closely monitor the situation and will keep everyone updated as more information becomes available. Please do not visit our public buildings if you have a fever and/or generally are not feeling well. If you have recently traveled internationally or have had extended close contact with someone who has and are now experiencing a fever, cough and/or respiratory distress, please visit the following link for information from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

If you are experiencing shortness of breath, please contact 911!

For additional general information please visit:

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

Thomas J Calter
Town Administrator