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TOWN OF KINGSTON

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Advisory #16

Sunday, March 29, 2020

To the Residents of Kingston,

This afternoon the Massachusetts Department of Public Health announced that there were 325 confirmed cases of COVID-19 in Plymouth County. This represents an increase from 272 confirmed cases yesterday. **The Town of Kingston remains at seven confirmed positive cases of COVID-19.** Our Health Agent and Public Safety Officers will continue to monitor these cases. Due to privacy requirements, the demographics of these cases will remain anonymous. Please continue to visit www.kingstonmass.org for daily updates from Kingston's Emergency Management Team, as well as links to the Massachusetts Department of Public Health (DPH) and the Centers for Disease Control and Prevention (CDC) websites.

With confirmed cases of COVID-19 on the rise, Kingston's Emergency Management Team and Board of Health would like to remind you that this is a crucial time for infection control. Maintaining social distancing, limiting exposure to others, avoiding crowded places, and vigilant hand washing are vital steps in slowing the spread of this disease.

The CDC offers the following guidance on how to protect yourself from COVID-19:

- Clean your hands often. Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Put distance between yourself and others if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick (older adults and people of any age who have serious underlying medical conditions).

The CDC offers the following guidance on how to protect others from COVID-19:

- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- 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.
- Wear a facemask if you are sick. You should wear a facemask when you are around other people and before you enter a healthcare provider's office. If you are not sick, you do not need to wear a

facemask unless you are caring for someone who is sick and they are not able to wear a facemask. Facemasks are in short supply and should be saved for caregivers.

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

For additional information on how to protect yourself and others from COVID-19, please visit www.cdc.org.

Kingston's Emergency Management Team and Board of Health recognize that COVID-19, and the uncertainty related to this pandemic may be stressful for residents. When it comes to your health, and the health of those you love, fear and anxiety about a disease can be overwhelming.

The CDC offers the following guidance on how to protect yourself from the stress and anxiety you may be experiencing during these unprecedented times:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some activities that you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

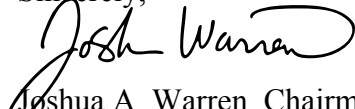
Taking care of your emotional health and well-being during this time is important. We have provided a link to the Massachusetts Department of Public Health's recourses for reducing stress and healthy coping, combating isolation and loneliness, activities for children, mental health crisis support and more, on the COVID-19 page of the Town's website.

Kingston's Emergency Management Team met today to discuss the Town's ongoing response to the COVID-19 pandemic. We will continue to meet daily and will continue to provide daily updates through the Town's website.

Efforts to respond to and contain COVID-19 are rapidly changing, but our priority is to serve and support Kingston residents, employees, and businesses through the continuity of basic services and operations. We acknowledge that COVID-19 will significantly impact the lives of all those in our community, but we ask that you take a thoughtful and measured approach to keeping yourselves, your families, and your neighbors safe by following the news and recommendations made by the Center for Disease Control and the Massachusetts Department of Public Health.

We are all in this together.

Sincerely,



Joshua A. Warren, Chairman
Board of Selectmen