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# TOWN OF KINGSTON

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[www.kingstonmass.org](http://www.kingstonmass.org)

*Board of Selectmen*

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Advisory #17

Monday, March 30, 2020

To the Residents of Kingston,

This afternoon the Massachusetts Department of Public Health announced that there were 380 confirmed positive cases of COVID-19 in Plymouth County. This represents an increase from 325 cases yesterday. **Today the Town of Kingston was notified of two additional confirmed positive cases, bringing the total count of confirmed positive cases of COVID-19 to nine.** 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](http://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.

Kingston's Emergency Management team met today to discuss the Town's ongoing response to the COVID-19 pandemic. Arthur Boyle, Kingston's Health Agent, reported that he had been notified of two additional confirmed positive cases of COVID-19, bringing the total number of cases in Kingston to nine. Arthur also shared that the Town of Kingston recently received a \$6,000 grant from the Massachusetts Association of Health Boards, to offset clerical and outreach services provided by the Visiting Nurses Association. The VNA plays a key role in our response to this pandemic, serving as Kingston's coordinator for the Maven system, a web-based disease surveillance and case management system that enables the Massachusetts Department of Public Health and local health departments to capture and transfer appropriate public health, laboratory, and clinical data efficiently and securely over the Internet in real-time.

Director of Elder Affairs, Paula Rossi-Clapp, shared that van drivers at the Council on Aging have been instructed to only transport one rider at a time, limiting the opportunity for disease transmission between riders and staff. Given the prevalence of positive cases of COVID-19 in Plymouth County, she and her team continue to modify operations and are doing everything they can to provide much needed support and services to Kingston's seniors in as safe a manner as possible.

Due the risks and challenges posed by COVID-19 upcoming work parties at the Ah-De-Nah have been put on hold. These work parties, which rely heavily on volunteers, prepare the site for summer. As such, and at the recommendation of Kingston's Chief of Police and Fire Chief, Harbormaster Dennis Carvalho has announced that the Town Pier will be closed to all boating activities until further notice. The Harbormaster has also made the decision to keep recreational shellfishing closed until further notice. This closure does not apply to commercial shellfishing.

Tomorrow morning at 10:30 AM, Kingston will record its fourth COVID-19 Update on PACTV. The program will air LIVE on Kingston's government channels (Comcast 15 and Verizon 42) as well as online at [www.pactv.org](http://www.pactv.org).

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](http://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:

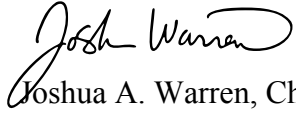
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or mediate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid 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 resources 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.

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,

A handwritten signature in black ink that reads "Joshua A. Warren". The signature is fluid and cursive, with a large initial "J" and "W".

Joshua A. Warren, Chairman  
Board of Selectmen