

Newburyport Housing Authority

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May 5, 2020

TO: All Residents

FR: Tracy M. Watson, Executive Director

RE: COVID19 Weekly Memo

Please take a moment to flip through this week's memo! You will find new information and mandates from the state and information regarding the new CONTACT TRACING initiative!



**Maintenance Team Member Rob Merenda will be assisting with
The Sullivan Building Friday Food Deliveries.**

PLEASE FOLLOW ALL PRIOR SET RULES REGARDING PICK UP.

Please DO NOT congregate in the lobby!!

Please come down ONLY ONCE YOU HAVE BEEN CALLED TO.

Residents will NOT be allowed to go through all the bags and just grab theirs any longer.

Rob will be monitoring and distributing the bags.

We are trying to make this a smooth process from here and going forward for all!!!

I thank you in advance for your anticipated cooperation during this process.

(Staff is now assisting with this process at the request of The First Parish Food Pantry)

EFFECTIVE WEDNESDAY, MAY 6, 2020!!

**Governor Charlie Baker issued an
ORDER requiring face masks or cloth
face coverings in public areas.**

**THIS APPLIES TO BOTH INDOOR AND
OUTDOOR SPACES.**

**Exceptions include children under the age of 2 years and those
unable to wear a mask or face covering due to a medical
condition only.**





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CHARLES D. BAKER
GOVERNOR

KARYN E. POLITO
LIEUTENANT GOVERNOR

**ORDER REQUIRING FACE COVERINGS IN PUBLIC PLACES WHERE SOCIAL
DISTANCING IS NOT POSSIBLE**

COVID-19 Order No. 31

WHEREAS, on March 10, 2020, I, Charles D. Baker, Governor of the Commonwealth of Massachusetts, acting pursuant to the powers provided by Chapter 639 of the Acts of 1950 and Section 2A of Chapter 17 of the General Laws, declared that there now exists in the Commonwealth of Massachusetts a state of emergency due to the outbreak of the 2019 novel Coronavirus (“COVID-19”);

WHEREAS, on March 11, 2020, the COVID-19 outbreak was characterized as a pandemic by the World Health Organization;

WHEREAS, the Federal Centers for Disease Control have determined that COVID-19 is spread mainly by person to person contact and that the best means of slowing the spread of the virus is through practicing social distancing and by minimizing personal contact with environments where the virus may be spread;

WHEREAS, the Department of Public Health continues to urge all residents of the Commonwealth to limit activities outside of the home and to practice social distancing at all times to limit the spread of this highly contagious and potentially deadly virus;

WHEREAS, public health experts have determined that it is possible for an infected individual to transmit COVID-19 even when the individual does not exhibit symptoms of the virus;

WHEREAS, the Centers for Disease Control and Department of Public Health have advised individuals to wear cloth face coverings when they are out of the home and may be in close proximity to others in order to prevent transmission of this highly contagious virus;

WHEREAS, the number of confirmed cases of COVID-19 continues to rise in the Commonwealth. As of April 30, 2020, the Department of Public Health had reported 62,205 cases of COVID-19, including 3,562 deaths, with all counties across the Commonwealth affected;

WHEREAS, the eventual reopening of businesses and public places in the Commonwealth will require residents to continue to take precautions, including the wearing of masks or cloth face coverings; and

WHEREAS, sections 7, 8, and 8A of Chapter 639 of the Acts of 1950 authorize the Governor, during the effective period of a declared emergency, to exercise any and all authority over persons and property necessary or expedient for meeting a state of emergency, including but not limited to authority over assemblages and pedestrian travel in order to protect the health and safety of persons; transportation or travel; regulation of the sale of articles of food and household articles; and the policing, protection, and preservation of public and private property;

NOW, THEREFORE, I hereby Order the following:

Effective Wednesday, May 6, 2020, any person over age two who is in a place open to the public in the Commonwealth, whether indoor or outdoor, and is unable to or does not maintain a distance of approximately six feet from every other person shall cover their mouth and nose with a mask or cloth face covering, except where a person is unable to wear a mask or face covering due to a medical condition or the person is otherwise exempted by Department of Public Health guidance. A person who declines to wear a mask or cloth face covering because of a medical condition shall not be required to produce documentation verifying the condition. This requirement applies to all workers and customers of businesses and other organizations open to the public that are permitted to operate as COVID-19 Essential Businesses as defined in Appendix A of COVID-19 Order 13, as extended by COVID-19 Orders 21 and 30.

All persons are required to wear masks or cloth face coverings at all times when inside grocery stores, pharmacies, and other retail stores. All persons are also required to wear masks or cloth face coverings when providing or using the services of any taxi, car, livery, ride-sharing, or similar service or any means of mass public transit, or while within an enclosed or semi-enclosed transit stop or waiting area.

All persons are strongly discouraged from using medical-grade masks to meet the requirements of this Order, as medical-grade masks should be reserved for healthcare workers and first responders.

The Commissioner of Public Health is directed to issue guidance, subject to my approval, to implement the terms of this Order, which shall include guidance for the use of face coverings by children between the ages of two and five years old.

If a customer refuses to wear a mask or cloth face covering for non-medical reasons, a business may decline entry to the individual.

The Department of Public Health, local boards of health and authorized agents pursuant to G. L. c. 111, § 30 are authorized to enforce this Order and if necessary may do so with the assistance of State or municipal police. Violation of the terms of this Order or Department of Public Health Guidance may result in a civil fine of up to \$300 per violation, in the manner provided for non-criminal disposition of violations of municipal by-law, ordinance, rule, or regulation pursuant to G. L. c. 40, § 21D.

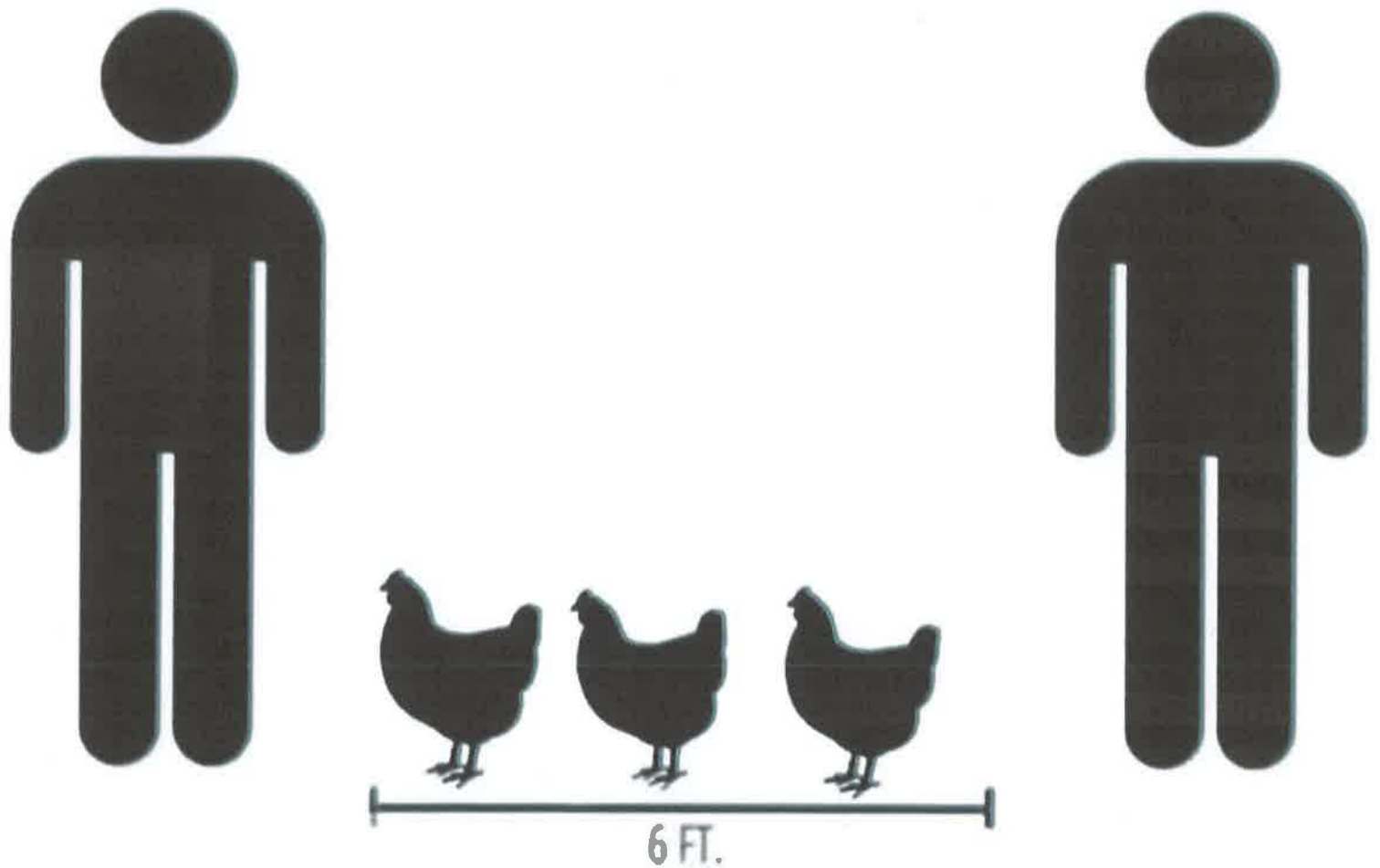
This Order is effective Wednesday, May 6, 2020, and shall remain in effect until rescinded or until the emergency is terminated, whichever happens first.

Given in Boston at 9:30AM this 1st day of
May, two thousand and twenty

A handwritten signature in black ink, appearing to read "Charles D. Baker", written over a horizontal line.

CHARLES D. BAKER
GOVERNOR
Commonwealth of Massachusetts

SOCIAL DISTANCING



**KEEP THREE CHICKENS OF SPACE
BETWEEN YOU AND OTHERS**

The solution starts with all of us. Answer the call.

The greatest act of love is answering the call. If you've tested positive for COVID-19, the MA COVID Team will be reaching out via phone to connect you with the support you need through quarantine and to identify your close contacts to stop the spread.

Your caller ID will show the call is coming from

MA COVID TEAM
(833) or (857)

Answer the call.
Stop the virus.

#COVID19MA



Community Tracing Collaborative



**Partners
In Health**

**Your name will
not be released.**



Community Tracing Collaborative



**Partners
In Health**

Answer the call and help stop the spread of COVID-19

The MA COVID Team and local boards of health are working together on a contact tracing program to help reduce the spread of COVID-19 in Massachusetts.

Contact tracing is an important tool in reducing the spread of the virus, along with testing and social distancing. Through the Community Tracing Collaborative, everyone who has tested positive will get a call from the Board of Health or the MA COVID Team, making sure they have the support they need to quarantine and get better, and to find out who they have recently been in contact with.

From there, the MA COVID Team or Board of Health will then talk to those contacts, encouraging them to get tested and to stay at home to not spread the virus further. Together with massive testing and hospital care follow up, contact tracing is absolutely essential to stop the virus and get our communities moving again.

What Happens Next? Answer the Call!

- 1. You will receive a phone call from the MA COVID Team. The number will either be: 833-638-1585 or 857-305-2728. It is important to answer the call.**
- 2. During the phone call a Case Investigator will ask you for a list of all the people and places you were within six feet of during the 48 hours prior to your symptoms. For those who do not have symptoms, include all contacts 48 hours prior to your diagnosis. The Case Investigator will also ask for the phone numbers of any people you identify so that they can be reached and notified about their exposure.**
- 3. You are encouraged to inform your contacts about your illness, the state will not share your information. The MA COVID Team will call your contacts and tell them they have been exposed to COVID-19 so they can get tested, but will not release your name. This process is called contact tracing, and it is a very important piece to fighting this pandemic and stopping transmission.**
- 4. We will not share any information with immigration officials or ICE.**
- 5. If you are staying at home during the isolation period, the Case Investigator will also discuss any needs you may have for this time period and may connect you with a Care Resource Coordinator who will help you get the support you need.**
- 6. A Case Investigator and/or your local board of health will check in on you regularly to monitor your symptoms and needs.**

7 WAYS TO HELP KIDS COPE WITH CORONAVIRUS (COVID-19) ANXIETY

If the ongoing spread of coronavirus (COVID-19) is causing anxiety, stress and uncertainty for grownups, consider how troubling it may be for children.

Depending on their age and media exposure, children may know more about the virus than grownups think. And even if unaware, children still might sense tension and anxiety from adults around them.

Here, CHOC Children's pediatric psychologist [Dr. Sabrina Stutz](#) offers seven things parents can do to help reduce their children's anxiety about COVID-19.

Meet children's concerns with validation, compassion

- Listen carefully to their concerns and learn where they heard their information. Validate their fears by saying something like, *"It can be frightening when a new illness comes around that we don't know everything about."*
- Gently correct any misconceptions they may have heard and encourage them to continue to ask questions.
- Maintaining a routine can provide children a sense of security. Keeping a usual schedule – including school, activities and chores – will protect mental and physical health.

Stick to developmentally appropriate facts

- Avoid having adult-level conversations about COVID-19 around children. Similarly, carefully monitor children's exposure to media reports about the virus.
- Answer questions with brief, developmentally appropriate explanations. For example, you might tell a young child, *"coronavirus is a new type of cold/flu, and so it is important for us to wash our hands more and sneeze in our elbows to keep healthy."*
- Remind children that doctors and other experts around the world are working hard to stop the virus. This can help kids understand that smart, capable people are taking action.

Reassure kids by empowering them

- Telling kids how they can help provides a sense of agency and can turn anxiety into an actionable goal.
- Reassure children that they can protect themselves and others by practicing proper hand-washing and cough etiquette and taking other healthy [steps](#).
- Kids can also be included in other family-wide preparations. For example, if you were preparing for the possibility of being home for a while, ask the child what they might want to snack on or what activities they might enjoy during that time.

Look for kid-friendly methods

- Make learning about hand-washing and other preventative measures fun. Help kids learn about germs by giving them some lotion and then sprinkling glitter on their hands. Tell them the glitter is like germs, and then ask the child to try to wipe it off with a paper towel or just water. They won't get far! Then you can explain how soap and warm water removes the glitter – and germs – best.
- Teach kids how long to wash hands for by singing a 20- to 30-second song together. "Happy Birthday" or the "ABCs" are classics. You can also be creative and estimate 20-to-30 seconds of any song the child likes.

Emphasize kindness

- As always, it is helpful to teach kids to continue to be kind to all people, regardless of their country of origin or their appearance. Kindness is always possible – even when they feel afraid.
- To help children more realistically assess risk, educate children that most people who visit the doctor or wear a mask probably don't have the virus.
- It is important to remind children that we are all trying our best to stay healthy and it's not anyone's fault if they do get sick.

Remember to model positive behavior

- Parents who show good coping skills can help reassure kids that they are safe. After all, kids learn from their parents how to react in new situations.
- Remember that kids make mistakes. If your child accidentally does not wash their hands or doesn't sneeze into their elbow, gently remind them. Scaring children with the potential consequences of their mistakes is not helpful.
- Adults should model self-care behaviors: Maintain activities and sleep schedules. Eat healthfully and practice hand hygiene and cough etiquette.
- It's also helpful for grownups to limit their own media consumption around coronavirus (COVID-19) and stick to a few trusted resources such as the Centers for Disease Control to prevent information overload and anxiety.

Watch for behavior changes

- Changes in a child's sleep, appetite, interest in being with friends or leaving the house, or levels of reassurance seeking, as well as excessive hand-washing can be signs that more help is needed.
- If basic stress reduction techniques like deep breathing, distraction or guided imagery don't help, reach out to your primary care provider for additional support.

A FRIENDLY REMINDER....



**The NO SMOKING rules have NOT changed!
Residents must still abide by our NO SMOKING POLICY!
Thank You!**



**Residents are still obligated to pay their rental
fees as they normally would regardless of the
current Covid19 Emergency.
THANK YOU!**