



**Public Health**  
Prevent. Promote. Protect.

# COVID-19

## WEEKLY REPORT



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### MIDDLETON BY THE NUMBERS: Aggregate 623 Cases in Last 7 Days at Large: +82 Cases: 94 Active Under Isolation

March to Present **312**  
COVID-19 CASES  
Middleton Residents@ Large  
Mortalities 6 Since March

March to Present **311**  
COVID-19 CASES  
Middleton Jail, Group Homes, DYS  
Cases in Last 7 Days: 2

## COVID-19 QUARANTINE INFO

OPTIONS	CRITERIA	ACTIVE MONITORING	RESIDUAL RISK
7 days of strict quarantine	<u>Release on Day 8 IF:</u> <ul style="list-style-type: none"> <li>A test <b>(PCR ONLY)</b> taken on Day 5 or later is negative; AND</li> <li>The individual has not experienced any symptoms up to that point; AND</li> <li>The individual conducts active monitoring through Day 14</li> </ul>	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 5% residual risk of disease development
10 days of strict quarantine	<u>Release on Day 11 IF:</u> <ul style="list-style-type: none"> <li>The individual has not experienced any symptoms up to that point; AND</li> <li>The individual conducts active monitoring through Day 14.</li> <li>No test is necessary under this option</li> </ul>	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 1% residual risk of disease development
14 days of strict quarantine	<u>Release on Day 15 IF:</u> <ul style="list-style-type: none"> <li>The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR</li> <li>The individual indicates they are unwilling or unable to conduct active monitoring.</li> </ul>	No additional active monitoring required	Maximal risk reduction



**During your quarantine period, you must not have visitors in your home.** The other people who live in your home can continue to do their normal activities as long as they are not in contact with you, as described further below, and have not been identified as a close contact and put into quarantine. If you test positive for COVID-19 and someone has come into contact with you, that person will likely need to be quarantined.

### **How long must you Quarantine?**

The possible incubation period for COVID-19 is still 14 days although the majority of cases have incubation periods of fewer than 10 days[\*1]. **You will need to remain quarantined consistent with one of the quarantine options listed above in the chart:**

### **While you are in quarantine you should follow these instructions:**

- 1.** Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a cloth mask, or a surgical mask if one is available. Call the healthcare provider before you go and tell them that you are quarantined due to COVID-19 exposure. For the protection of others, you should not take public transportation, ride shares (e.g. Uber or Lyft), or taxis to get to your healthcare provider.
- 2.** Wear a mask, such as a cloth mask, or a surgical mask if one is available, if you must be in contact with other people. Maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
- 3.** Do not have any visitors in your home.
- 4.** Maintain six feet of distance from other people in your home. If absolutely necessary, have one person help you and do not have contact with other people in your home. Wear a mask, such as a cloth mask, or a surgical mask if one is available, when in the same room as that person. In addition, try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
- 5.** If at all possible, use a separate bedroom and bathroom. Do not share towels or bed sheets/blankets with other people in your home. If you have to use a bathroom that other people use, make sure to wipe down all touched surfaces with a disinfectant after every use.
- 6.** Do not share eating or drinking utensils. Wash utensils normally in a dishwasher or by hand with warm water and soap.
- 7.** Cover your mouth and nose with a tissue when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.
- 8.** Wash your hands frequently using soap and water for at least 20 seconds each time you wash. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

[\*1] Based on observational and published data, and recent modeling work conducted by the Centers for Disease Control and Prevention, if shortened quarantine periods result in increased compliance with contact tracing and adherence to quarantine recommendations, the small risk that someone may develop COVID-19 after a shortened strict quarantine period is outweighed by the expected benefit of reduced transmission from the increased cooperation.