



**TOWN OF EAST LONGMEADOW
HEALTH DEPARTMENT
60 CENTER SQUARE
EAST LONGMEADOW, MA 01028**

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Press Release

October 29, 2020

Please be advised that the town has been designated as a higher risk or "red" community for the last three weeks by DPH due to our high numbers of Covid-19 infections. In the past 14 days we have had 43 cases. Any number over 19 in a two-week period results in a red designation. The following information is important guidance to help slow the spread of the virus in the community and allow us to support all our residents to the best of our ability.

1- If you test positive for Covid-19 please accurately share your close contacts when you are contacted by the Contact Tracing Collaborative (CTC). Your cooperation in this phase of the process allows us to properly trace the contacts of those who may have become infected and dramatically improves our ability to slow the spread of the virus. Your name is protected and there is no penalty associated with this aspect of contact tracing.

2- If you are notified that you have been exposed to someone who is Covid positive and have been identified as a close contact of that person, you can expect a call from the CTC. It is important to answer these calls because they will provide you with information and support you might need such as a "return to work" letter when you are cleared to return to your workplace.

3- If you are notified of an exposure to Covid-19, WAIT 5 days post exposure to get a test. Testing sooner than 5 days will not give you an accurate assessment of your possible infection because the average incubation period after exposure is 5.1 days.

4- If you are tested for any reason STAY quarantined in your home until you get your results; continuing to work, play sports and socialize increases the risk to those with whom you have been in contact. If you are being testing because you have been identified as a close contact of an infected person, you must quarantine for 14 days, even if your test comes back negative.

5- If a friend or family member calls to notify you that you are a close contact, but that person has not shared your name with the CTC, you can call the HD or the CTC line at 857-305-2728 to report yourself to access services and support.

As always if you have questions you can call the Covid-19 hotline at [413-486-9000](tel:413-486-9000) or email us at Covid19@eastlongmeadowma.gov .