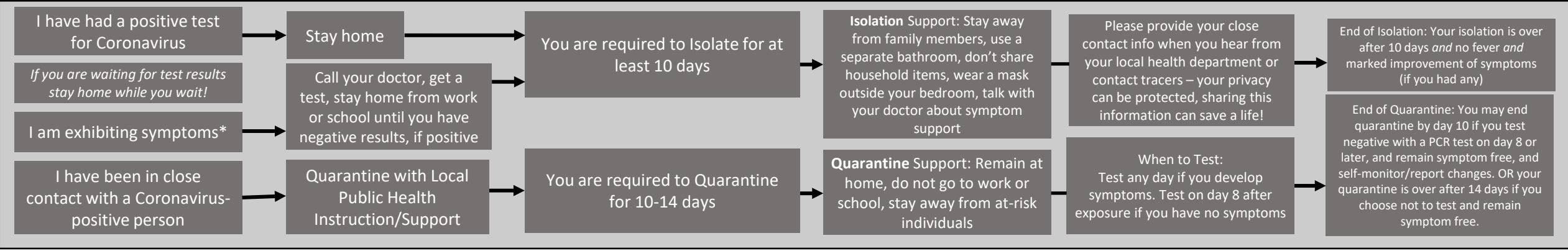


COVID-19 (Coronavirus) Resources and Decision-Making | Town of Weston Public Health



***Symptoms of COVID-19 (Coronavirus):**
Screen yourself for these every day, stay home until your doctor has cleared you with another diagnosis, if diagnosed you are in isolation (see above)

- Fever (≥100.0°F), chills, or shaking chills
- Cough (not due to other known cause)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies)

Resources:
There are many links on the Town of Weston Board of Health website including:

- Frequently Asked Questions (and answers!)
- Housing, food, heat, and rental assistance resources
- Mental health resources



Scan the code above or go to:
Weston.org/health
Email: COVIDquestions@WestonMA.gov
Phone: (781) 786-5030

Travel is not recommended at this time:
All visitors entering Massachusetts or residents returning from travel to high-risk states are required to complete the Mass Travel Form. Failure to comply may result in a \$500/day fine.



Scan the code above or go to Mass.gov and search "Travel Order"

NOTE: You cannot go to work or school after travel to a high-risk state unless you have quarantined for 14 days or have a negative PCR test


How to protect yourself and others during COVID-19:

- Wear a mask
- Stay home when you are feeling unwell or are sick
- Wash your hands with vigor
- Stay physically distant from those not in your own home
- Don't gather in groups larger than 10
- Protect your mental health, seeking help is a sign of strength
- Recognize how exhausting this is; it's OK to be tired
- Practice self-compassion and compassion for the stress and worry of others
- Get a good night's sleep, exercise, seek opportunities for relief (turn off the news, get a good laugh, try prayer, meditation or a new hobby)
- Recognize you are not alone in this difficult time

Testing Information:

- Free tests are available, health insurance covers some tests
- PCR testing is the preferred method because it is the most sensitive test type

Scan the QR code with your camera on your phone to connect directly with an interactive testing locator, click thru the Weston BOH site, or call your doctor



Isolation is for individuals who have either tested positive for COVID-19 or who are exhibiting symptoms of COVID-19 and have been told by a provider that they have, or probably have, COVID-19, even in the absence of a test.

Quarantine is for individuals who may have been exposed to someone who is COVID-19 positive but are not exhibiting any symptoms and have not tested positive. Individuals who are in quarantine should stay in place for 14 days.

Close Contact is being within 6' for 10-15 minutes or more (cumulative or over 24 hours) of a COVID-positive person, masked or unmasked.

