



# Town of Sudbury

Board of Health

DPW Office Building  
275 Old Lancaster Road  
Sudbury, MA 01776  
978 440-5479

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## FOR IMMEDIATE RELEASE

### 3/21/2020 Sudbury Parent Tests Positive for Coronavirus (COVID-19)

**Sudbury** - On March 20<sup>th</sup>, the Sudbury Board of Health was made aware that a parent, who has a student at LSRHS and a student at Curtis Middle School, tested positive for COVID-19. All close contacts, at this time, have been notified. The affected family and all other close contacts are following Isolation and Quarantine guidelines. Close contact typically means immediate family members or people exposed within 6 feet of the positive case for greater than 15 minutes. At this time, none of the close contacts that were identified are sick. They all remain at home and asymptomatic at this time.

**The Health Department will continue to monitor this situation and immediately investigate any cases. As we have been expecting, community spread of COVID-19 has now been confirmed. All residents should be aware of signs and symptoms of the disease. If you feel sick, please self-quarantine and call your healthcare provider if you develop symptoms suggestive of COVID-19 (for example fever, cough, and shortness of breath).**

**Requests for testing must be made through your healthcare provider.**

Please continue to follow personal protective measures:

- Avoid close contact with people who are sick.
- Practice social distancing. Examples of social distancing include avoiding large events and shaking hands or hugging, remaining at least six feet away from others and especially anyone who is coughing or sneezing, and allowing employees to work from home, and using teleconference instead of in-person meeting.
- Wash hands often, using soap and warm water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer until soap and water are available.
- Cough/sneeze into a tissue. Dispose of used tissues immediately into a trash can and wash hands. If you don't have a tissue, cough/sneeze into the crook of your elbow, not your hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

If you have concerns about COVID-19, you should access information by calling 2-1-1:

**2-1-1:** The Massachusetts Department of Public Health has announced that Massachusetts 2-1-1 will now provide real-time COVID-19 information, resources, and referrals in multiple languages.

- COVID-19 prevention, symptoms, and treatment
- Information about testing

- Guidance for people planning or returning from travel

Massachusetts 2-1-1 is open to callers 24 hours a day, 7 days a week. Operators fluent in Spanish are available, and more than 150 other languages are supported through an interpreter services line that is available 24/7. Residents with questions should dial 2-1-1 from any landline or cellphone. Callers dialing 2-1-1 will hear an automated menu of options. **Callers press 2-6 for coronavirus.** Residents can also reach 2-1-1 through a live chat option on the Massachusetts 2-1-1 website. As always, the safety, health, and security of residents are the town's top priority. We continue to work closely with relevant state and town departments to respond to this evolving situation.

**For information about COVID-19, please visit the following websites:**

Center for Disease Control (CDC): <https://www.cdc.gov/>

Massachusetts Department of Public Health (MDPH):  
<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

World Health Organization (WHO): <https://www.who.int/health-topics/coronavirus>

**For specific information:**

Email: [health@sudbury.ma.us](mailto:health@sudbury.ma.us) or leave a message at (978) 440-5479.

*Due to the overwhelming number of calls, there may be delays in response time. Please be patient, Thank you.*