

HW HEALTH OFFICE UPDATES



February 12, 2021



[CDC tips](#) for a safer winter break, travel, and holiday celebrations.

8 TIPS TO MAKE IT THROUGH THE WINTER

Boston Children's Hospital advises the following [8 tips to help you make it through the winter](#) during the COVID-19 pandemic:

- 1) Stick to a health routine.
- 2) Do at least one mood-boosting activity every day.
- 3) Get outside.
- 4) Make inside more interesting.
- 5) Start a new hobby.
- 6) Do nice things for other people.
- 7) Practice gratitude.
- 8) Make a wish list.

TRAVEL

All Massachusetts residents are required to comply with the [COVID-19 travel order](#). If you are traveling out of state, the travel order requires that you quarantine for 10 days upon return to MA or seek COVID-19 **PCR** testing no earlier than 72hrs prior to your return to MA. A negative COVID-19 PCR test needs to be submitted to your school nurse prior to your child(ren)'s return to in-person learning.

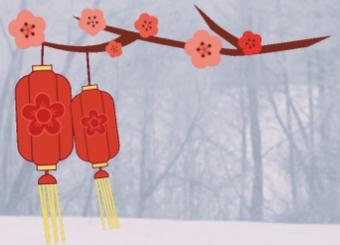
Weekend Travel

If you are traveling out of state for less than 72 hours, a test collected before you depart from MA is not in compliance with the travel order. The test needs to be completed while out of state or upon your return to MA. See [Other Potential Traveler Scenarios](#) question 9 for this information.



COVID-19 TESTING

If your child is experiencing potential [COVID-19 symptoms](#) please keep your child home from school and/or contact their health care provider and seek testing if advised. We ask you to seek a COVID-19 PCR test which is considered the gold standard for testing. MA has many free stop the spread testing locations. There are locations in [Salem](#) which do not require an appointment and are open 6 days a week. There is also a location in [Lynn](#) through Beacon Testing that takes appointments and requires registration. We often hear that families receive their results in less than 24 hours. The towns of [Hamilton](#) and [Wenham](#) are also offering COVID-19 testing to their residents and HW school employees on Saturday February 13th and 20th at the Miles River Middle School parking lot. Testing is for symptomatic individuals and close contacts of a positive individual. For an out of pocket test with results returned either same day (if the test is collected by 12 noon) or next day, [Veritas Genetics](#) has appointments at Conley's in Ipswich. Tests are \$120.



MENTAL HEALTH RESOURCE

"Recognizing the impact the COVID-19 pandemic is having on children's mental health, the Office of the Child Advocate (OCA) joined forces with the Executive Office of Health and Human Services (EOHHS) and the Department of Mental Health (DMH) to launch HandholdMA.org, a new family-friendly website for parents and guardians of school-aged children who are concerned about their child's mental health." If you have concerns about your child(ren) please reach out to your school nurse or school counselor.

WELL FITTING MASK

New information from the [CDC on double masking to maximize the fit and effectiveness of a mask](#).



Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks



Cloth mask over medical procedure mask



Medical procedure mask with knotted ear loops and tucked-in sides

Other effective options to improve fit include:



Mask fitter



Nylon covering over mask

CDC.GOV

bit.ly/MMWR21021

MMWR

[HW nurses' website](#)