



**TOWN OF HOPKINTON**  
**18 Main Street**  
**Hopkinton, MA 01748**

## **COVID-19 Updates & Precautions** **Sept 3, 2021 update**

**Previous updates and additional information and resources can be found here:**  
<https://coronavirus-hopkintonma.hub.arcgis.com/>

As of 9/2/21, Hopkinton's Health Department is reporting 1,157 total confirmed COVID-19 cases; 26 of those cases are active, with 1,114 recoveries and 17 deaths. (these metrics are cumulative since the beginning of the Covid-19 pandemic). You can see historical tracking and updates on [Hopkinton's Community Impact Dashboard](#). Whereas from the middle of May 2021 through the end of July 2021 Hopkinton saw relatively low counts of new cases (18 new cases over 75 days); Hopkinton has seen an uptick in case counts since the beginning of August (70 new cases over 31 days).

The Commonwealth's COVID-19 Interactive Dashboard is another valuable resource to review rates and trends: <https://www.mass.gov/info-details/covid-19-response-reporting# covid-19-interactive-data-dashboard->

### **Covid Prevention & Treatment**

Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses, including COVID-19:

- Wash your hands often with soap and warm water for at least 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick and avoid close contact with others.
- Utilize a face covering when warranted.
- Get vaccinated.

Even if you do not have symptoms, stay home as much as you can and practice social distancing if you must go out. That's because you can be sick with COVID-19 and spread the illness to others as much as 48 hours before you have symptoms.

In Hopkinton and during the month of August, Hopkinton residents contracted COVID-19 while traveling, attending large gatherings, interacting with others within hospital waiting rooms, work and hockey. At 19 households, traveling was the leading risk factor.

If you must travel, automobile travel is the safest alternative (single family in car). Utilize the other precautions listed above when in a high risk environment.

When enrolling your child in a program or sport, verify that the organization has developed and implemented COVID-19 protocols.

See more info from Mass.gov here: <https://www.mass.gov/info-details/covid-19-prevention-and-treatment>

### **Labor Day - NEW UPDATE**

Hopkinton Town Hall and Municipal Offices will be closed on Monday Sept 6th in observance of the Labor Day Holiday.

### **Travel - NEW UPDATE**

Per CDC guidelines, delay travel until you are fully vaccinated. If you are not fully vaccinated and must travel, follow CDC's [recommendations for people who are not fully vaccinated](#). People who are fully vaccinated with an FDA-authorized vaccine or a vaccine authorized for emergency use by the World Health Organization can travel safely within the United States if following CDC guidelines. CDC will update these recommendations as more people are vaccinated, as rates of COVID-19 change, and as additional scientific evidence becomes available. This guidance applies to travel within the United States and U.S. territories. More information here:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

### **Booster shot info - NEW UPDATE**

Q.) When can I get a COVID-19 vaccine booster?

A.) Not immediately. Per the CDC, the goal is for people to start receiving a COVID-19 booster shot beginning in the fall, with individuals being eligible starting 8 months after they received their second dose of an mRNA vaccine (either Pfizer-BioNTech or Moderna). This is subject to authorization by the U.S. Food and Drug Administration and recommendation by CDC's Advisory Committee on Immunization Practices (ACIP). FDA is conducting an independent evaluation to determine the safety and effectiveness of a booster dose of the mRNA vaccines

More information here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

### **Vaccine info - where & how - REMINDER**

<https://www.mass.gov/covid-19-vaccine>

Find a location using <https://vaxfinder.mass.gov/>

\*\*In-home vaccinations are available to anyone who cannot travel to a vaccination location. Call (833) 983-0485 to schedule an appointment for yourself or your loved ones

### **Boston Marathon - NEW UPDATE**

On Sept. 2, 2021, the Boston Athletic Association (B.A.A.) announced that entrants in the 125th Boston Marathon, scheduled for Monday, October 11, will need to either provide proof of vaccination or produce a negative COVID-19 test in order to participate in the fall race. More info available here:

<https://www.baa.org/baa-announces-participant-health-safety-policies-125th-boston-marathon>

### **Testing - where & how**

<https://www.mass.gov/covid-19-testing>

<https://www.mass.gov/info-details/find-a-covid-19-test>

### **Delta variant info**

<https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html> - updated Aug 31, 2021

### **Interim Public Health Recommendations for Fully Vaccinated People**

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

### **Hopkinton Youth and Family Services**

With so much uncertainty surrounding the pandemic and associated impacts, additional tools receive information and resources are available. Hopkinton Youth & Family Services (HYFS) wants the public to be aware that FREE and CONFIDENTIAL online **Behavioral Health Screenings** are available to the public in both English and Spanish. HYFS contracted with Mindwise Innovations, a division of Riverside Community Care to offer 14 scientifically validated screenings including the following topics: Anxiety, Depression, General Wellness, Adolescent Depression, Adolescent Substance use, Gambling, Eating Disorders, PTSD, Opioid Use, Substance Use, Psychosis (for self or loved one) and more. To take a screen and for more information visit:

<https://screening.mentalhealthscreening.org/HYFS>

**State of Emergency is lifted as of June 15, 2021**

On May 28th, Governor Baker announced the State of Emergency would be lifted as of June 15. More info here: <https://www.mass.gov/news/governor-baker-issues-order-rescinding-covid-19-restrictions-on-may-29-and-terminating-state-of-emergency-effective-june-15>

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Hopkinton also posts frequently on social media. Our Twitter is the best place to keep up with all happenings Hopkinton. You don't need an account to see our twitter feed: <https://twitter.com/HopkintonMA>

**Complete list of Emergency Orders and Guidance from Mass.gov**

<https://www.mass.gov/info-details/covid-19-state-of-emergency>