



TOWN OF DALTON

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Board of Health Agent

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To: Town of Dalton Employees and Residents
From: Dalton Board of Health
Date: 8/19/2021
Re: Protection from the COVID-19 Delta Variant

Dalton is following the Commonwealth of MA advisory that people wear a mask or face covering when indoors (and not in your own home) if you are unvaccinated, have a weakened immune system, if you are at increased risk for severe disease because of your age or due to an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is an unvaccinated adult. Refer to <https://www.mass.gov/doc/updated-advisory-regarding-masks-and-face-coverings-july-30-2021-0/download> for the complete advisory.

There are concrete steps we can all do to protect ourselves and our community against future spread.

- 1. Get Vaccinated:** The MA DPH website lists Dalton as having 71% of its population having a least one dose and 63% per capita being fully vaccinated. From what we know so far, people who are fully vaccinated against the coronavirus have strong protection against contracting COVID-19 compared to those who aren't and even a more significant level of protection against serious illness. Having a high rate of our population fully vaccinated helps protect the unvaccinated, including all children under 12, and those with compromised immune systems.
- 2. Wear a Mask:** In Massachusetts, masks or face coverings are still mandatory for all individuals on public and private transportation systems (including rideshares, livery, taxi, ferries, MBTA, Commuter Rail and transportation stations), in healthcare facilities and in other settings hosting vulnerable populations, such as congregate care settings.
- 3. Socially Distance:** When you can, keep your distance to reduce the chance of transmission. This would include avoiding large gatherings with those outside of your immediate family.
- 4. Stay Home and Get Tested:** COVID-19 symptoms vary greatly from person to person. Get tested, either through a lab or with a home test, if you have any symptoms including:
 - Fever or chills (even mild)
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - Pink eye or eye irritation