EMERGENCY ALERTS

Coronavirus Update

Stay informed about COVID-19: Latest on cases, guidance, regulations *Jul. 30th, 2020, 9:00 am* **Read more**

Reopening Massachusetts - Learn more about the phased approach *Jul. 2nd, 2020, 12:00 pm* **Read more**

HIDE ALERTS

Mass.gov

NEWS

Safer-at-Home Advisory

DPH Public Health Advisory

5/18/2020

Department of Public Health

Safer-at-Home

- People over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs
- All residents are advised to leave home only for healthcare, worship and permitted work, shopping, and activities
- When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service

- All residents are **REQUIRED** to cover their face when they cannot maintain six feet of social distance in public
- Parents should limit play dates for children
- All residents are advised to wash their hands frequently for at least 20 seconds with soapy water
- All residents are advised to be vigilant, monitor for symptoms and stay home if you feel sick
- Use remote modes of communication like phone or video chat instead of visiting friends or family who are high risk for COVID-19

Resources

- **Reopening Massachusetts**
  - **Plan and Guidance** (/info-details/reopening-massachusetts)
  - **First Phase Press Release** (/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-first-phase-of)
  - **Second Phase Press Release** (/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-second-phase-of)
  - **Third Phase Press Release** (/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-third-phase-of)
- **Wear a Mask in Public**
  - **Order and Guidance** (/news/wear-a-mask-in-public)
  - **Video** (https://www.youtube.com/watch?v=HtUJPizQVPI)
- **Stop the Spread of Germs**
  - **Fact Sheets** (/info-details/covid-19-printable-fact-sheets#prevention-)
  - **Video** (https://www.youtube.com/watch?v=atoYsk9IFXs)
- **Social Distancing**
  - **Fact Sheets** (/info-details/covid-19-printable-fact-sheets#prevention-)
  - **Video** (https://www.youtube.com/watch?v=TkW72NwcOUg)
- **Stay Home. Stay Safe. Save Lives.**
  - **Video** (https://www.youtube.com/watch?v=jQLOTdjHjn8)
- **Self- Quarantine**

- **Information sheet** (/doc/information-sheet-how-to-self-quarantine-and-self-isolate/download)
- **Infographic** (/info-details/covid-19-printable-fact-sheets#at-home-quarantine-or-self-monitoring-)
- **Video** (https://youtu.be/QIRd6F9BWUA)

- **Coping with Stress and Anxiety**
  - **Fact Sheets** (/info-details/covid-19-printable-fact-sheets#coping-with-stress-and-fear-)
  - **Video** (https://www.youtube.com/watch?v=jSGIsQkrP-U)

If you or a family/household member does not feel safe at home, please call **1-800-799-7233** for live support. If you are unable to speak safely, you can log onto thehotline.org to chat online, or text **LOVEIS** to **22522**.

If you or a family/household member have another concern or need regarding this stay-at-home advisory, please call **2-1-1**.

You can sign up to get the most up-to-date information sent to your phone by texting **COVIDMA** to **888-777**.

Key Actions

Learn about the third phase of reopening Massachusetts
(https://www.mass.gov/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-third-phase-of)

150 YEARS OF ADVANCING PUBLIC HEALTH

Department of Public Health (/orgs/department-of-public-health)

DPH promotes the health and well-being of all residents by ensuring access to high-quality public health and healthcare services, and by focusing on prevention, wellness, and health equity in all people.

More (/orgs/department-of-public-health)

RELATED

NEWS

Order and Guidance: Wear a Mask in Public (/news/mask-up-ma)

7/31/2020 | ***Department of Public Health***

Wear a mask or face covering in public to slow the spread of COVID-19 and help keep MA headed in the right direction.