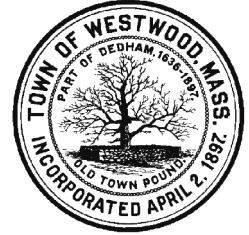




Public Health
Prevent. Promote. Protect.

Town of Westwood
Commonwealth of Massachusetts
BOARD OF HEALTH



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January 12, 2023

Dear Westwood Families,

The Board of Health would like to wish you all a happy and healthy 2023. As the new year has begun and the holiday season wraps up, we turn our attention to staying healthy for the remainder of the cold and flu season.

Respiratory viruses are on the rise and have been since fall. In addition to COVID-19, RSV and Influenza have been circulating throughout the community. The Westwood Board of Health would like to remind residents that there are several basic steps they can take to help protect themselves and their families from respiratory viruses;

1. Wear a high quality, well-fitting face mask in crowded indoor spaces
2. Wash hands frequently, especially before eating
3. Avoid touching your eyes, nose or mouth with unwashed hands
4. Sanitize surfaces often
5. Stay home when you are sick
6. Stay up to date on COVID-19 boosters and get your flu shot

Also, please be aware the Centers for Disease Control and Prevention (CDC) has increased the community COVID-19 level for Norfolk County to HIGH. When the community level is HIGH, the CDC recommends the following.

- Wear a mask indoors in public
- Stay up to date with COVID-19 vaccines
- take a COVID-19 test if you have symptoms.

Test kits are available at most town buildings including the library, Town Hall, and Carby.

Stay Well,
Jared Orsini REHS/RS
Health Director
Westwood Board of Health