



NEEDHAM PUBLIC HEALTH DIVISION



Update on COVID-19 From the Town of Needham and Needham Public Health

March 26, 2020 – The Town of Needham and Needham Public Health today provided the following update regarding COVID-19.

State DPH COVID-19 Numbers

The Massachusetts Department of Public Health is reporting that as of March 26, 2020 there are

- 2417 cases statewide
- 292 Norfolk County
- 25 deaths

Select Board to Meet Friday at 3 pm Via Zoom

The Select Board will meet virtually Friday, March 27th at 3 pm to receive an update from Needham Public Health on COVID-19. The board will consider rescheduling the Town Election currently scheduled for April 14, 2020 and Town Meeting currently scheduled for May 4, 2020. Members will also discuss the annual warrant and the Fall Town Meeting date.

Due to social distancing guidelines, the board will meet remotely. The public is invited to view and listen to the meeting via phone, computer, laptop or tablet.

To do so, download the “Zoom Cloud Meeting” app in any app store or at www.zoom.us. At 3 pm on March 27th, click on “Join a Meeting” and enter meeting ID number 456-787-317 or use the link <https://zoom.us/j/456787317>

Sign up to Receive Daily COVID-19 Updates

The Town is now offering residents, employers and others the opportunity to receive daily updates on COVID-19 by email or text message. Individuals can sign up [here](#). (After inputting your email or phone number, please be sure to click the email or cell phone icon to complete signup). Daily updates include information from state officials, resources and links to services, and answers to your most frequently asked questions. These notifications are separate from the emergency alerts sent through AlertNeedham:

<https://www.smart911.com/smart911/registration/registrationLanding.action?cdnExternalPath=>

Taking Care of Your Mental Health

We know that the COVID-19 outbreak and associated guidance for social distancing is leaving many people anxious, frustrated and alone. Know that you are not alone. There are many resources available if you’re struggling right now. In Needham, we have resources for people of all ages.

There are many things we can do at home to take care of our own mental health. Support your own and your family’s mental health by:

- Creating a new routine with a schedule; out of bed and dressed by 9:00, breakfast, something academic, exercise etc.
- Taking breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
 - Take care of your body. Take deep breaths, stretch, or meditate. Make time each day to do something active.
- Try to eat healthy, well-balanced meals. Get the kids involved in cooking something for the family.
- Get plenty of sleep
- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy. Do something creative like drawing or painting. Play a board game as a family or make a fun scavenger hunt.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

For a comprehensive list of resources for people of all ages, visit:

<https://www.needhamma.gov/DocumentCenter/View/21057/Resources>

###