



NEEDHAM PUBLIC HEALTH DIVISION



COVID-19 Update

December 3, 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 reports the number of positive cases and deaths daily on the state's COVID-19 [dashboard](#).

Town-specific case numbers are published by the state every Thursday.

- 571 Needham cases to date (12/3/2020). Needham is in the YELLOW category this week. Read the state's Weekly Public Health Report [here](#).
- 86 Coronavirus deaths in Needham to date (12/3/20).

Massachusetts Updates Quarantine Guidance

The state has issued updated guidance for those who are quarantining because they have come in contact with someone who has tested positive for Covid-19 or have otherwise been exposed to the virus. Under the new state guidance, you will need to remain quarantined for:

- at least 14 days from the date you were exposed or;
- at least 10 days, provided **all** of the following are satisfied:
 - you have not had, and do not have, any symptoms;
 - you are tested on day 8 of your quarantine period or later using a molecular diagnostic test (e.g., polymerase chain reaction (PCR)) to detect the presence of the virus;
 - you receive a negative test result; and
 - you monitor yourself for symptoms for the full 14 days. If you develop symptoms you should contact your health care provider and be re-tested.

The state of MA guidelines are different than those updated this week by the CDC. The state is reviewing new [CDC quarantine guidelines](#). The Town of Needham will continue to follow the state guidance on quarantining.

Who Should Get Tested in a Household

Has someone in your household tested positive for Covid-19? The Needham Public Health Department is urging all residents who live in a home with someone who has tested positive for Covid-19 to get a test themselves, even if the Covid-positive individual is quarantining. By doing so, you can help stop the spread and help the Town determine how the virus is spreading in the community. Click [here](#) for a list of testing sites. Please call the site ahead of time to ensure they are open.



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CDC, Needham Public Health Encouraging Residents to Celebrate the Holidays at Home

Needham Public Health is thanking residents for following the travel and holiday guidelines around the Thanksgiving holiday. Many college students and families adhered to the quarantine recommendations, helping to slow the spread of the virus. Now, Public Health and the CDC are urging people to continue their vigilance as the holidays approach. Officials are again encouraging people to delay or forgo travel this year in an effort to stop the escalating spread of COVID-19. COVID-19 is being spread in high numbers through small family gatherings and eating and drinking and gathering without masks indoors greatly heightens the risk of spread. Read more from the [CDC](#).