

COVID-19 Update for Devens: July 22, 2020



Phase 3, Step 1 Continues: Additional businesses and activities continue to reopen as part of Step One of Phase III, subject to industry-specific rules concerning capacity and operations. [Click here](#) for full details on Phase 3 Step 1.

All businesses re-opening must have a COVID-19 Workplace Safety Program in place and must post a COVID-19 Compliance Attestation Checklist near the entrance to your business, visible to visitors and employees. **You can download a template and other COVID-19 business resources at:**

<https://www.mass.gov/info-details/reopening-massachusetts#general-business-guidance>

Take Time for Yourself: This global pandemic has placed a lot of added stress on everyone but it is important to not let it consume your thoughts and emotions. Try and take some time out of your day to take care of yourself, connect with others safely, and unwind. Your body and mind will thank you!

Get Tested: If you are having symptoms (even if they are mild) or have been in close contact with someone who has tested positive, please get tested! **Information for employers who want to provide testing for their employees can be found [here](#).** A full list of all COVID-19 testing sites in MA is available at

www.mass.gov/gettested

Vulnerable Populations: If you have a chronic disease like asthma, diabetes, heart disease, cancer, high blood pressure, or others, you are at a higher risk for suffering from symptoms of COVID-19 but there are things you can do to reduce your exposure and stay healthy. Follow [this link](#) for more information.

Get Personal Protective Equipment (PPE) for your Business: The state has a website of resources to help with obtaining hygienic and protective supplies that most businesses will need to re-open and comply with mandatory workplace safety standards: <https://www.mass.gov/info-details/reopening-purchasing-hygienic-or-protective-supplies-for-the-workplace>

Please continue to practice social distancing, wear a mask in public, and do your part to prevent the spread of COVID-19 by washing your hands frequently and staying home if you are experiencing any symptoms. More information on COVID-19 for MA businesses and residents can be found at: <http://bit.ly/MADPHCOVID19>.

Coping with Stress and Fear from COVID-19

- Take care of your body.**
 - Eat healthy, well-balanced meals
 - Exercise regularly
 - Get plenty of sleep
 - Take deep breaths, stretch, or meditate
- Virtually connect with others.** Talk with people you trust about your concerns and how you are feeling.
- Take breaks from watching, reading, or listening to news stories, including social media.**
- Make time to unwind.** Try to do some other activities you enjoy.

Help is available:
Visit Mass.gov/COVID19 or Call 2-1-1

PREVENTING ILLNESS

- WASH HANDS (20 SEC)
- CLEAN OBJECTS & SURFACES
- DO NOT TOUCH FACE
- COVER COUGH
- STAY HOME
- AVOID CROWDS
- SOCIAL DISTANCE
- AVOID TRAVEL

GET MEDICAL HELP

- CONTACT DOCTOR
- MEDICAL STAFF
- AMBULANCE
- HOSPITAL