



## Special Edition - *What's Up Newsletter*

[www.CenterLW.org](http://www.CenterLW.org)

### COVID-19 UPDATES

## GOVERNOR BAKER ROLLS *BACK TO*: **PHASE 3, STEP 1**



ALL Massachusetts cities/towns moved back to **Phase 3, Step 1** starting Sunday, December 13<sup>th</sup>.  
*See details on next page.*

Watch 12/8/2020 Governor's Press Conference [here](#).

*See ALL Press Conferences [here](#).*



### Phase One: *Start*

### Phase Two: *Cautious*

### Phase Three: *Vigilant*

- Arcades/Indoor and Outdoor Recreational Businesses
- Driving and Flight Schools
- Gyms/Health Clubs
- Libraries
- Museums
- Retail
- Offices
- Places of Worship
- Lodging (common areas)
- Golf facilities
- Movie Theaters (Max 50 people per theater)

**GO  
BACK**

#### Step 1:

- Movie theaters and outdoor show settings
- Museums, cultural/historical sites
- Gyms/Fitness centers
- Indoor fun activities (low contact)
- Professional sports (no fans)

#### Step 2: **STOPPED**

### RESTAURANT DINING

- Diners must **always wear masks** *unless eating and drinking*
- Limit: 6 people *or less* per table
- Time limit: 90-minutes
- **NO** musical shows in restaurants
- Malls: **NO** food court seating

### OFFICES

- Workers must **wear a mask** *unless in their own workspace and alone*
- Close/limit break room use

### GYMS

- People must wear masks at all times

CASES ARE RISING.  
**ACT NOW!**



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

# Gatherings at Event Venues and in Public Settings



**In accordance with Executive Order #57  
effective December 13, 2020:**

## **Occupancy limits for event venues or in public spaces**

<b>Indoors</b>	<b>No more than 25</b>
<b>Outdoors</b>	<b>Not more than 50</b>

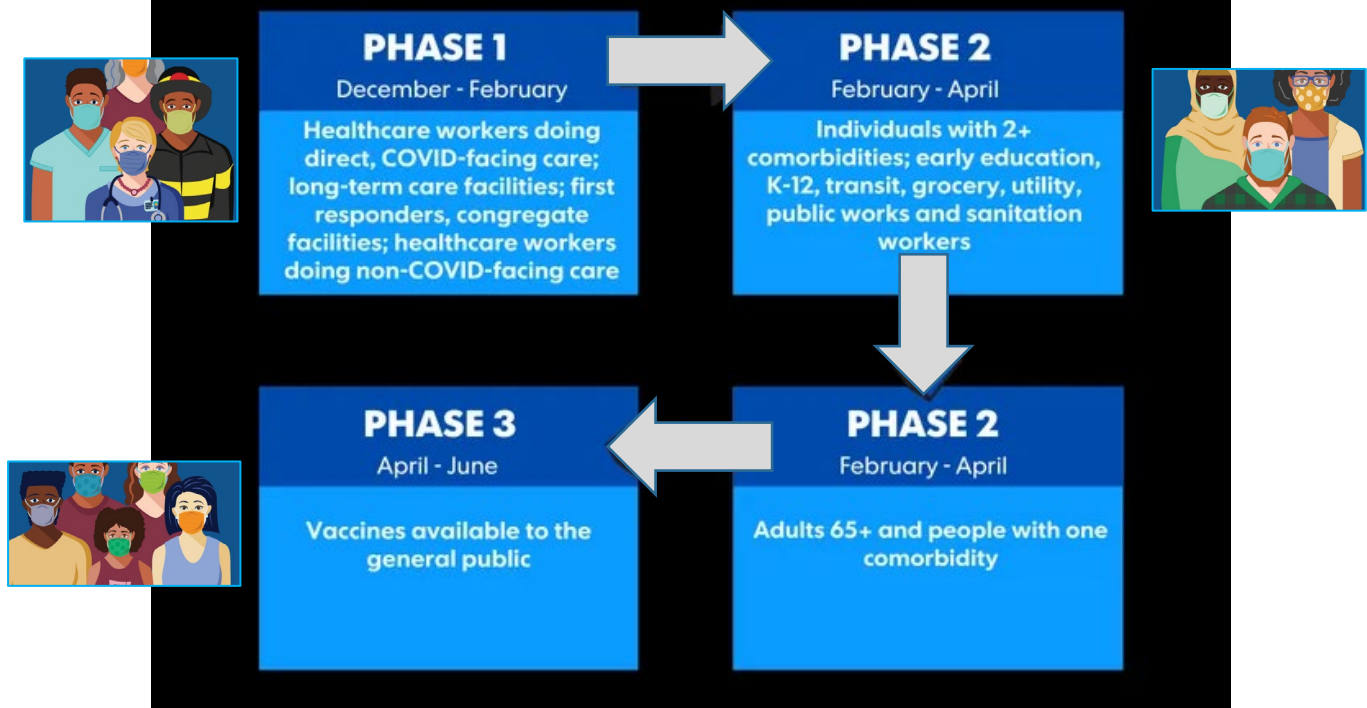
- **Face coverings are required at all public gatherings**
- **Social distancing of at least 6 ft between attendees**
- **All gatherings must end and attendees disperse by 9:30pm**
- **For events exceeding 25 people, organizer must notify the Local Board of Health at least a week in advance**

**Failure to comply with this order may result in a civil fine of up to \$500 per violation.**

For details and more information visit [mass.gov/gatherings](https://mass.gov/gatherings)

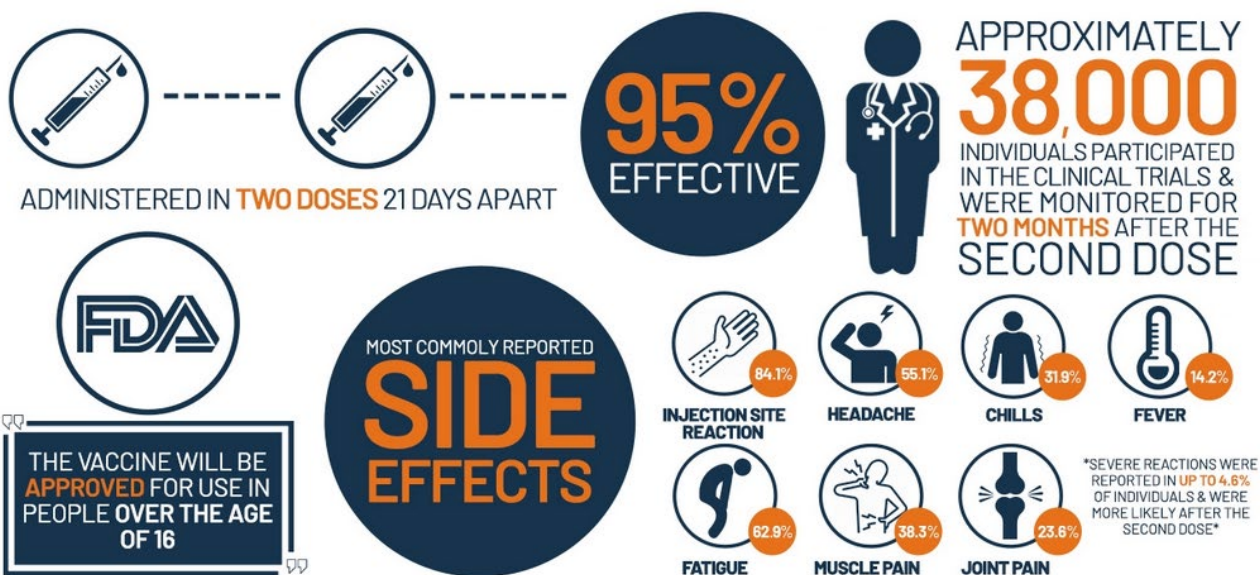


# Massachusetts' plan to distribute COVID-19 vaccines



## THE COVID-19 VACCINE

INFORMATION YOU NEED TO KNOW



COVID-19 Vaccine infographic. (Danielle Alred / NEWS10)

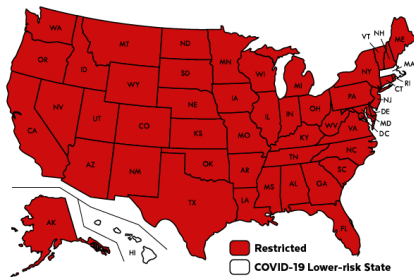
[www.mass.gov/covid-19-vaccine-in-massachusetts](https://www.mass.gov/covid-19-vaccine-in-massachusetts)

Source: [www.news10.com/news/pfizer-covid-19-vaccine-fda-report-released-ahead-of-emergency-use-meeting/](https://www.news10.com/news/pfizer-covid-19-vaccine-fda-report-released-ahead-of-emergency-use-meeting/)

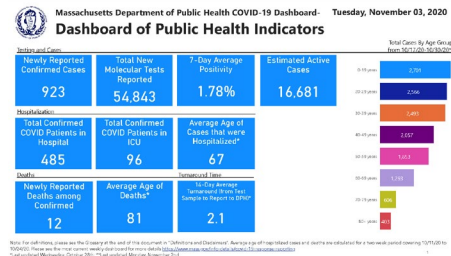
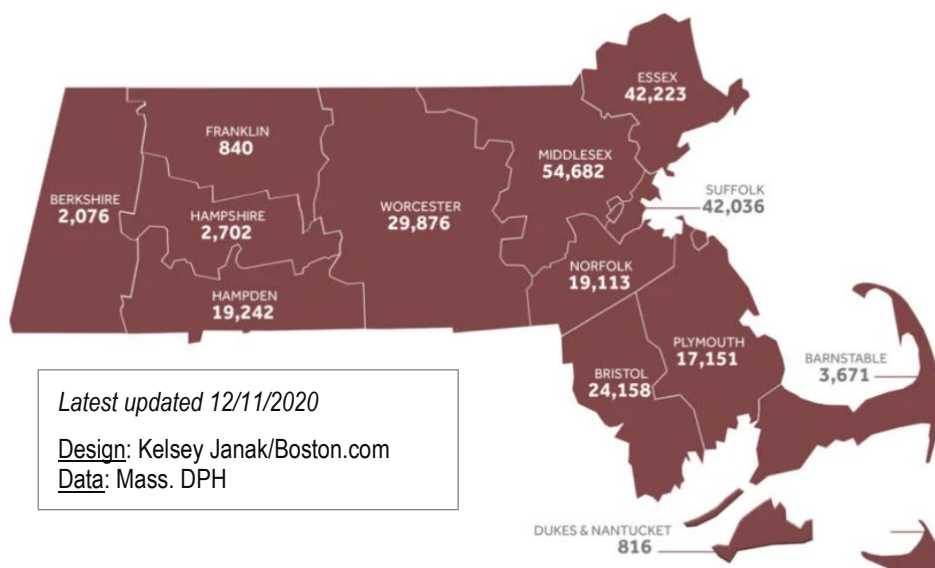


**"LOWER RISK STATES" MAP**

Click [here](#) to view the map larger.

**COVID-19 DAILY DASHBOARD**

Click [here](#) to see the full report  
(updated every day by 5:00 PM)

**WHERE ARE CORONAVIRUS CASES IN MASS?**

Latest updated 12/11/2020

Design: Kelsey Janak/Boston.com

Data: Mass. DPH

253,649 confirmed and probable cases

10,833 related deaths

Map to the left shows where cases are, by county.

Note: locations of 738 cases are currently *unknown*.

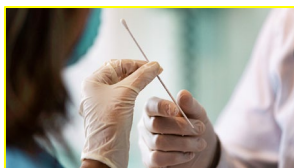
For more information see: [www.boston.com/tag/coronavirus](http://www.boston.com/tag/coronavirus)

See what's happening in other states - [here](#).

**STOP THE SPREAD****FREE COVID-19 TESTING**

**Sick or not sick - everyone is encouraged to get tested.**

Click [here](#) for where to go for testing and more information.

**MA COVID HOUSING HELP**

Worried you may become homeless because of missed rent or mortgage payments?

Low-income households can get help paying both past/future rent and mortgage costs.

Click [here](#) to see the video.

**Residential Assistance for Families in Transition (RAFT):**

Click [here](#) to find your town's agency.



## TIPS FOR SAFE HOLIDAYS!

## DO

- Wear a mask when not eating or drinking
- Keep your distance - at least 6 feet
- Wash your hands often with soap and water
- Open windows/doors for fresh air



## DON'T

- Share drinks *or* food *from the same plate*
- Shake hands or hug.
- Sing/dance/shout (spreads COVID more through the air)
- Visit high risk individuals  
(Ex: older adults, people with health problems)



# COVID-19 DOESN'T TAKE **HOLIDAYS** OFF. THIS HAPPENED AT A **DINNER PARTY.**



4 families  
gather for  
a meal



11 of 15 family  
members infected,  
including some  
children



Elderly family  
member to ICU

**BASED ON A  
REAL OUTBREAK  
INVESTIGATION**

For more information visit [Mass.gov/Holidays](https://www.mass.gov/holidays)



## Coronavirus Disease 2019 (COVID-19)

## 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1

**Stay home** from work, school and away from public places.



2

**Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



3

**Get rest, stay hydrated and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.



4

If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



5

For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



6

**Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your cough/sneeze.
- Avoid touching your eyes, nose and mouth.



7

As much as possible, **stay in a specific room and away from other people and pets** in your home. Use a separate bathroom, if available.



8

**Avoid sharing personal items** with other people in your household, like dishes, towels and bedding.



9

**Clean all surfaces** that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



10

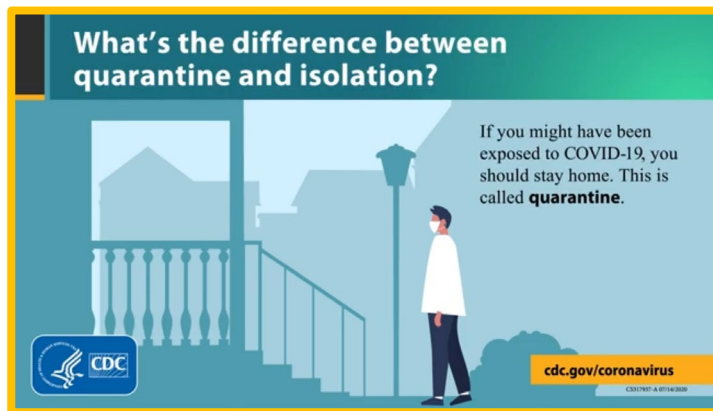
**Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising or other hobbies.



For more information, visit [mass.gov/COVID19](https://mass.gov/COVID19) or call 2-1-1 Massachusetts Department of Public Health

See attached *Events Flier* for upcoming Workshops/Webinars, etc.

## QUARANTINE VS ISOLATION - WHAT'S THE DIFFERENCE?



### WHEN TO QUARANTINE:

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)

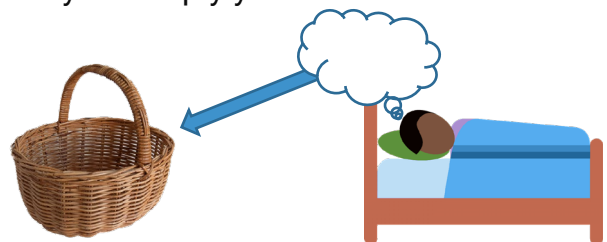
## TIPS FOR A GOOD NIGHT'S SLEEP

Does going to sleep feel awful? If you are busy or stressed, your mind may have a hard time “turning off” when it’s time to sleep. Here are some ways to empty your mind before bed.



### Write down your thoughts.

Keep a notebook and pen by your bed.  
*Don't want to write? Try an app like Evernote.*



### Visualize.

*Imagine a basket next to your bed. Imagine each of your thoughts floating out of your mind and into the basket.*



### Pause your thoughts.

Plan time during your day to think about those things.



### Turn Off ALL Electronics!

Turn off your iPad/cell phone/computer/TV for quiet time *before* going to bed.  
*Don't keep them in your bedroom.*



## JOB OPENING



### DHILS DEAF SKILLS TRAINER (P/T 20 HOURS)

- Provide Independent Living skills training, peer counseling, resources and advocacy to Deaf consumers.
- Part-time - 20 hours.
- Fluent in ASL (required).

See the full job description and requirements [here](#).

Questions? Contact Deb Olson at: [dolson@centerlw.org](mailto:dolson@centerlw.org)

## ZOOM GUIDE



**CLW DHILS** made a guide for using Zoom. Step-by-step instructions and pictures show how to:

- Download the Zoom app
- Join/Leave a meeting
- Gallery View vs. Speaker View
- Pin a screen
- ...and more!

**WANT A COPY?** Contact Denise Paro at: [dparo@centerlw.org](mailto:dparo@centerlw.org) or 508-556-1600 (VP)

**NOTE:** let us know which one(s) you want! (Computer/Cell Phone/iPad)



## FREE MSAD MEMBERSHIP! UNTIL 12/31/2021

Email Lewana Clark: [secretary@massdeaf.org](mailto:secretary@massdeaf.org)

**Include your:** • Name • Mailing address • Email address

## DHILS SPECIAL EDITION NEWSLETTERS – PAST ISSUES

Missed a *What's Up* or *Parents Special Edition* Newsletter?

Find all issues [here](#) on CLW's website.

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**WANT OUR NEWSLETTERS EMAILED TO YOU?** Contact Kim White at: [kwhite@centerlw.org](mailto:kwhite@centerlw.org)

## ANY QUESTIONS ABOUT THIS NEWSLETTER?

Need a website address from your printed newsletter? Contact your Skills Trainer!

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