



NEEDHAM PUBLIC HEALTH DIVISION



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

April 20, 2020 – The Town of Needham and Needham Public Health today provided the following update regarding COVID-19.

State DPH COVID-19 Numbers

*PLEASE NOTE: State numbers have not been updated as of 6:30 PM on April 20. The Massachusetts Department of Public Health is reporting that as of April 19, 2020 there are:

- 38,077 cases statewide
- 3,789 cases Norfolk County
- 1,706 deaths statewide
- 114 cases in Needham (as reported by DPH on 4/15)

It's important to remember that most people who are confirmed to have COVID-19 recover. For more state data, visit www.mass.gov/coronavirus.

June Street Fair Cancelled

The Newton-Needham Chamber has announced that the annual Street Fair, scheduled for June 6, 2020 in Needham has been cancelled due to COVID-19. The Chamber is currently still intending to hold the Harvest Fair Sunday, October 4, 2020 in partnership with the Needham Farmer's Market.

Rep. Garlick, Sen. Rausch Offering Virtual Hours During COVID-19

Beginning Monday, April 27th, Rep. Denise Garlick will pilot virtual office hours from 11 am – 12:15 pm and 1 pm – 2:15 pm. Meetings can be conducted via Zoom or a traditional phone call. Residents may sign up for a 15-minute slot to discuss their questions, concerns or issues.

<https://www.signupgenius.com/go/30e084daca2ca7fe3-representative1>

Please contact Rep. Garlick's office if slots fill up at Denise.Garlick@mahouse.gov or call 617-722-2380 with your name, address, telephone number, and short summary of your case. Representative Garlick or a staff member will follow-up with you.

Sen. Becca Rausch will host her third virtual office hours session this Friday, April 24th from 10am-12pm. Sen. Rausch has shifted her monthly in-person office hours to remote, virtual office hours held on alternating Fridays, 10 am - 12 pm. Conversations with the Senator and her staff will take place via phone call or Google Hangouts. During these virtual office hours, residents from any part of the Norfolk, Bristol and Middlesex District are welcome to share their questions and opinions on state issues with Senator Rausch and her staff. Any constituent may reserve a 15-minute appointment. Additional information about her virtual office hours can be found here: <https://www.beccaraushma.com/office-hours>.

More Good News From the Community

Eliot School Music Teacher Mr. Vallatini got another shout out this week for going above and beyond to help his students keep playing music while they're at home. Here's the story from resident Jenn Scheck-Kahn.



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“Our street hosts weekly zoom concerts featuring musical performances from neighbors and this week my children offered to play their instruments - my son plays the guitar and my daughter the recorder. Playing the recorder, an instrument introduced by Eliot school music teacher Mr. Vallatini to her third-grade class, has become a new favorite pass time of my daughter's during the quarantine, but earlier this week, the tool she uses to clean the recorder broke. Because the recorder needs to be cleaned after every use, we wrote to Mr. Vallatini, who created this video to teach us how to make our own cleaner. He said it functions better than the store-bought one and after creating our own, we agree. Thank you, Mr. Vallatini!”

Here's the video: <https://youtu.be/Qgul7ut2GI0>

Exercising Safely – Running Edition

As the weather gets nicer and more people take their running outdoors, we're urging residents to take a few extra precautions while out exercising. While the evidence is inconclusive about whether runners pose a higher risk of transmitting the virus to others during a run, there are some ways to make everyone feel a bit better about sharing the great outdoors.

- Social distancing applies even when you are passing. Please remain at least 6 feet away from others at all times. The farther, the better.
- If it doesn't restrict your breathing, wear a face cover. It may take some getting used to but we know that face covers can help stop the spread of the virus. You should also carry one to put on if you find yourself in an area where it's hard to maintain a safe distance from others.
- Don't spit, and please bring along tissues to blow your nose.
- Avoid popular routes that could become crowded. Use this as an opportunity to explore a new route.

Running and exercising are a great way to beat boredom, strengthen your immune system and stay healthy, so go out and enjoy. Just do it safely. Here's an interesting [article](#) from Runner's World about running during COVID-19.

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