



NEEDHAM PUBLIC HEALTH DIVISION



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

May 6, 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 May 5, 2020 there are:

- 1,754 new cases today for a total of 72,025 cases statewide
- 6,610 cases in Norfolk County
- 208 new deaths today for a total of 4,420 deaths statewide
- 251 cases in Needham
- 33 coronavirus deaths in Needham to date (as reported by the Town Clerk on 4/27. Next update will be 5/11.)
- Four public safety employees have had confirmed cases of COVID-19. Three have recovered.

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.

A message from our Youth & Family Services Team

COVID 19 has greatly impacted all of us as we cope with the new “normal” of social distancing and living in fear. Some people are feeling isolated and have lost their support systems, others are struggling with increased stress, depression and suicidal thoughts, people are adjusting to being unemployed, working from home or working out of the home and being in constant fear of contracting the virus. This can be a particularly difficult time for people struggling with substance abuse or who are in unsupportive relationships as contact outside of the home is limited.

There are several things you can do to cope with these stressors. Some of these include:

- Focus on reliable information and take time to unplug. The constant focus on the pandemic is not healthy and can increase these symptoms of mental illness.
- Take time to connect to loved ones and your support systems via phone/videos. There are also several online support groups.
- Understand and focus on what you can control and taking steps to ensure your safety by practicing social distancing and hygiene recommendations.
- If possible, take time for self-care. Read a book, take a bath, go for a run or engage in mindfulness or meditation.
- Engage in positive community efforts such as chalking your walk, putting up holiday lights or hanging a teddy bear in the window.

Youth & Family Services knows that this is a particularly difficult time for people and that despite these efforts, people may need extra support. We have put together a [resources list](#) for everyone to access



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needed services. In addition, we are here to help and can help talk through struggles you may be experiencing.

Please reach out to us at **781-898-5132** if you are feeling like you need additional supports. We have clinical staff available to talk and help guide you through this. *Remember, you are not alone.* Needham is a strong community and we will get through this together.

Thank you, Nurses!

From all of us in Needham, thank you to all the nurses in our community. We know how hard you work every day, and we appreciate the sacrifices you're making in these very challenging times. We're so grateful for you. Happy Nurses Day!

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