Bellingham Board of Health Stay at Home Advisory Order

As expected, case numbers in our state are rising, so it’s more important than ever to follow guidance from local, state and federal officials. It is critically important that everybody follows the steps listed below. This is especially so for people over the age of 70 and people who have underlying health conditions – who are at high risk for COVID-19.

Staying home means:

- Only leave home for essential errands such as going to the grocery store or pharmacy. When you do leave home, practice social distancing by staying 6 feet away from others.
  - If you are at high-risk, you should ask about special hours at your local pharmacy or grocery store for high risk individuals.
  - When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service.
- You can still go to the gas station, order and pick up take-out food, and receive deliveries.
- You can still go outside to get fresh air, but make sure you practice social distancing and avoid touching surfaces frequently touched by others. Don’t participate in close contact activities such as pick-up sports games.
- Use remote modes of communication like phone or video chat instead of visiting friends or family. Refrain from visiting nursing homes, skilled nursing facilities, or other residential care settings.
- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.
Parents should not have play dates for children

Taking these steps helps prevent the spread of the virus, helps preserve our hospital capacity for very ill patients, and preserves our supply of PPE (personal protective equipment) so critically needed by our medical workers.

Those that violate this order will be subject to a complaint and/or fines as follows:
First offence warning, second offence $300 and each additional offence $500

Please be advised that you have the right to appeal the order contained within this letter by filing of a timely petition with the Board of Health, as permitted under Massachusetts General Laws

Questions?
Please call your local board of health or the Massachusetts Department of Public Health with any questions.