

TOWN OF MARLBORO

OFFICE OF SELECT BOARD
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March 16, 2020

To Our Marlboro Neighbors:

In an effort to support the Town of Marlboro and its most vulnerable residents during the COVID-19 emergency, the Marlboro Select Board, in consultation with Town Health Officer Susanne Shapiro, Emergency Management Director Jay Sparks, and Town Clerk Forrest Holzapfel, has decided to reach out to those who are considered by the Center for Disease Control and Prevention (CDC) and the Vermont Department of Public Health (VPH) to be most at risk of contracting the COVID-19 virus.

The CDC has determined those who are over the age of 60, immunocompromised, and suffer from chronic medical conditions such as heart disease, diabetes, and lung disease, are most at risk. To reduce both the risk of spread and infection, the Marlboro Select Board is requesting those who meet this criteria to avoid gatherings and practice social distancing. Please keep the following recommendations in mind, as well:

- Stay home if you can and ask family or friends to do your errands.
- Avoid supermarkets, venues, gyms, restaurants, and parties.
- Do not go to any non-essential medical appointments.
- If you are sick, stay at home and call your doctor.
- Renew any prescriptions you may need in the near future. Call your doctor and ask to have the prescriptions renewed without an office visit.
- Do not go to visit anyone at the hospitals, if possible.
- Do not travel.
- Call your friends, family, and neighbors and check on them.
- Reach out for help when you need it.

Person-to-person spread of the virus is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes. Take these everyday preventive actions to help stop the spread of germs:

- Wash your hands often with soap and water for at least 20 seconds (two verses of *Happy Birthday*). If soap and water are unavailable, use an alcohol-based sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect often-touched objects and surfaces (cell phone, keyboards, tables, chairs).
- If you have symptoms (such as fever, cough or difficulty breathing), or are concerned about your health, please call your healthcare provider.

Marlboro Cares is working to see how to be most helpful during this time of crisis, while taking precautions to protect the health of volunteers. They hope to be able to run errands in town, pick up mail or prescriptions, and do small grocery shopping at the Brattleboro Food Co-Op and local supermarkets or pick up online orders from Hannaford Supermarket or Market 32. Marlboro Cares will inform the community when their protocols are in place.

As social distancing is now recommended for those over the age of 60 and meeting in large groups is now strongly discouraged, Marlboro Cares will be canceling Senior Lunches until it is warm enough to gather outside. There will be no Senior Lunch in April. Information about the May Senior Lunch will be announced by the 3rd week in April. Please feel free to call Marlboro Cares at 258-3030 if you have any questions or need any help.

The Town of Marlboro acknowledges that this can be a challenging time and that many people have questions and concerns. Please feel free to contact Marlboro's Emergency Management Director Jay Sparks at marlboroemergencymanagement@gmail.com or 802-490-9073 and he will direct you to the proper agency or group. You may also dial 211 or go to healthvermont.gov/covid19 for information about COVID-19.

The COVID-19 emergency is fluid and changes daily. Please continue to follow guidelines from experts and local authorities. You may consult the town website at <https://marlborovt.us> for links to trusted sources and other updates. The Town of Marlboro is working with our community support groups to provide any assistance that you may need and we'll do our best to keep you updated.

Thank you for your cooperation and patience during this time. Let's take good care of ourselves and each other.

Sincerely,

Jesse Kreitzer, Select Board Chair

Julia von Ranson, Select Board Vice-Chair

Aaron Betts, Select Board Member

Forrest Holzapfel, Town Clerk

Jay Sparks, EMD

Susanne Shapiro, Marlboro Health Officer

Jennifer Mazur, Marlboro Cares