The Public Health Response to the COVID-19 Pandemic in Cambridge

COVID-19 UPDATE

CAMBRIDGE CITY COUNCIL

DECEMBER 20, 2021
Middlesex County and Cambridge Cases by Risk Category

- High
- Substantial
- Moderate

Cases per 100k Residents per Week

1 month

Jan 2021 - Jan 2022
Cambridge Cases by Age
Massachusetts Hospitalization Trends

Massachusetts Winter Surge Comparison: Last Year vs This Year

Source: NY Times

2021 Cases

2020 Cases

2020 Hospitalizations

2021 Hospitalizations
Omicron: What We Know

- Detected in 45 states, including MA, as of Dec. 19.
- Data suggest Omicron is very transmissible.
- CDC optimistic that vaccines will protect against severe illness and death; better protection with boosters; more vaccine breakthroughs and reinfections likely.
- Severity of disease is still unknown. Rapid spread of Omicron could stress hospitals regardless of severity.
Omicron: What You Can Do

Get Vaccinated and Boosted

● **New reality:** *If you’re not boosted, you’re not fully protected.* Vaccination and boosters are strongly recommended for all eligible residents and single best way to protect yourself from serious illness.

Wear Your Masks Indoors

● **New reality:** *Wear your mask as much as possible:* visiting homes of friends/family; dining out (except when actively eating); indoor workplaces, apartment common areas, other indoor settings. Avoid using cloth masks indoors, if possible.
Carefully Consider Social Gatherings

- Decline invitations if concerned about personal risk or risk to vulnerable household or family members.
- **Lowest risk:** Outdoor gatherings.
- **Highest risk:** Indoor gatherings where people are unmasked; large indoor gatherings; gatherings with people who haven’t been boosterized; and/or gatherings in crowded or poorly ventilated spaces.

Get Tested

- Cambridge offers free testing 5 days/ week.
- Home test kits becoming widely available.

If Infected or Exposed…

- Notify close contacts directly and through MassNotify.
- Following quarantine and isolation guidance.
Home Test Kit Program

- Cambridge received 21,690 test kits (two tests per kit) for a total of over 43,000 tests
- Pro EMS took delivery on Friday, Dec. 17.
- Distribution began today, with assistance from Police and DPW
- Distribution to 20+ sites, targeting our most vulnerable residents
- Sites include shelters, senior housing, multi-service center, low-income housing, and community agencies.
COVID-19 Vaccine Clinics

Wednesday, January 5
Pfizer Vaccine & Booster Clinic for ages 5+
Cambridge Rindge & Latin School (CRLS)
Field House
3:30 - 7:30 p.m.
Appointment Required