

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

COVID-19 UPDATE

CAMBRIDGE CITY COUNCIL

DECEMBER 20, 2021



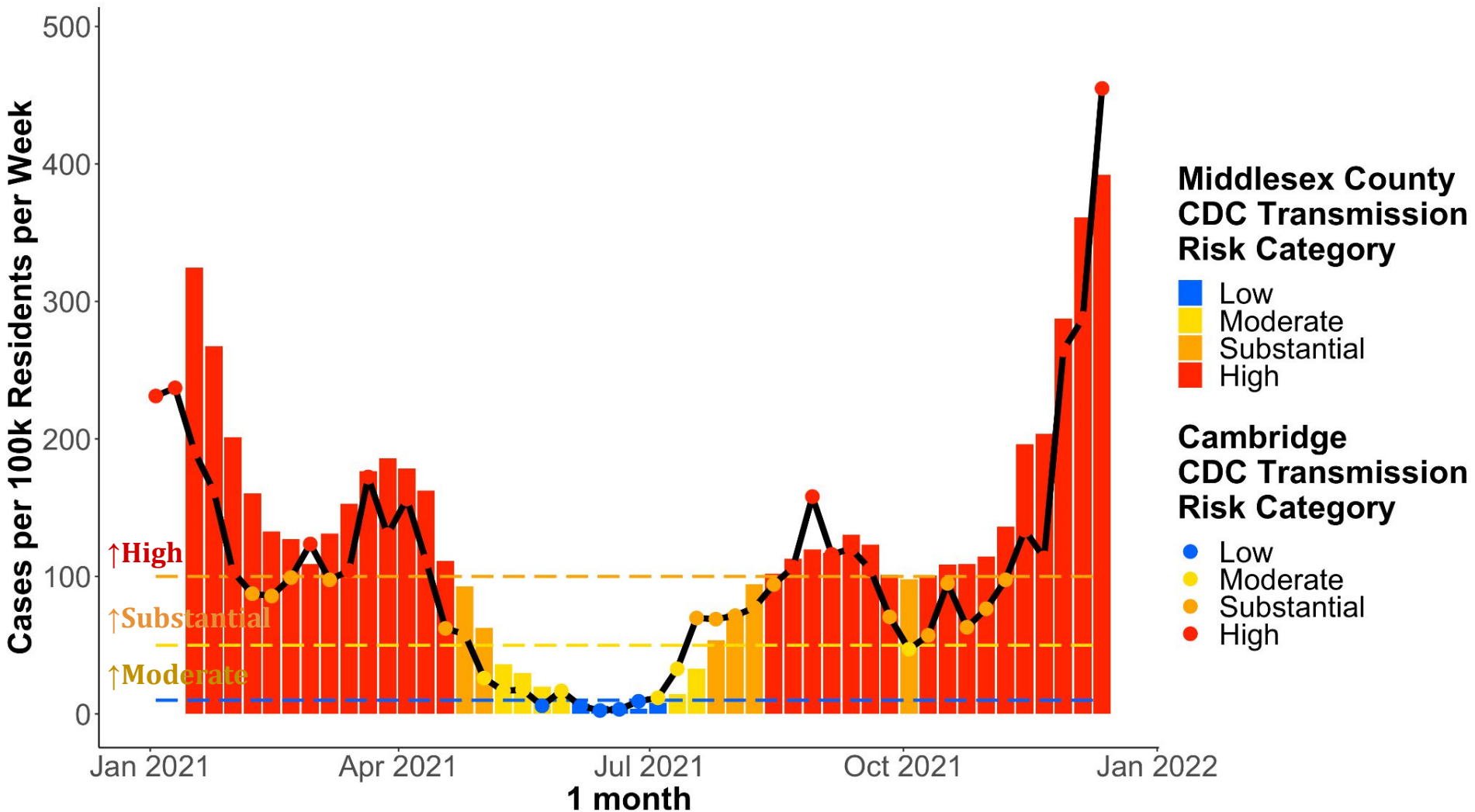
Cambridge
Public Health
Department



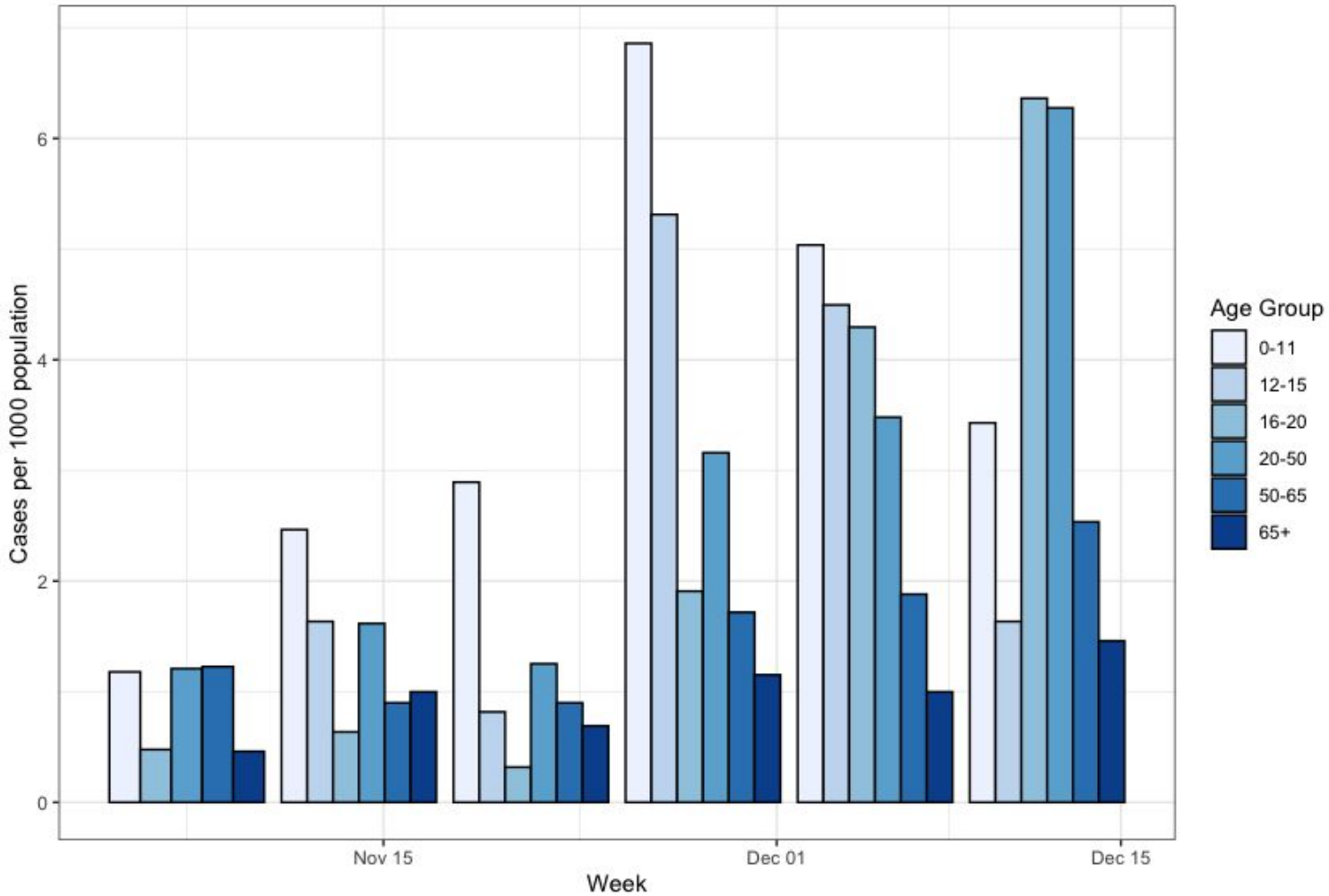
CHA Cambridge
Health Alliance



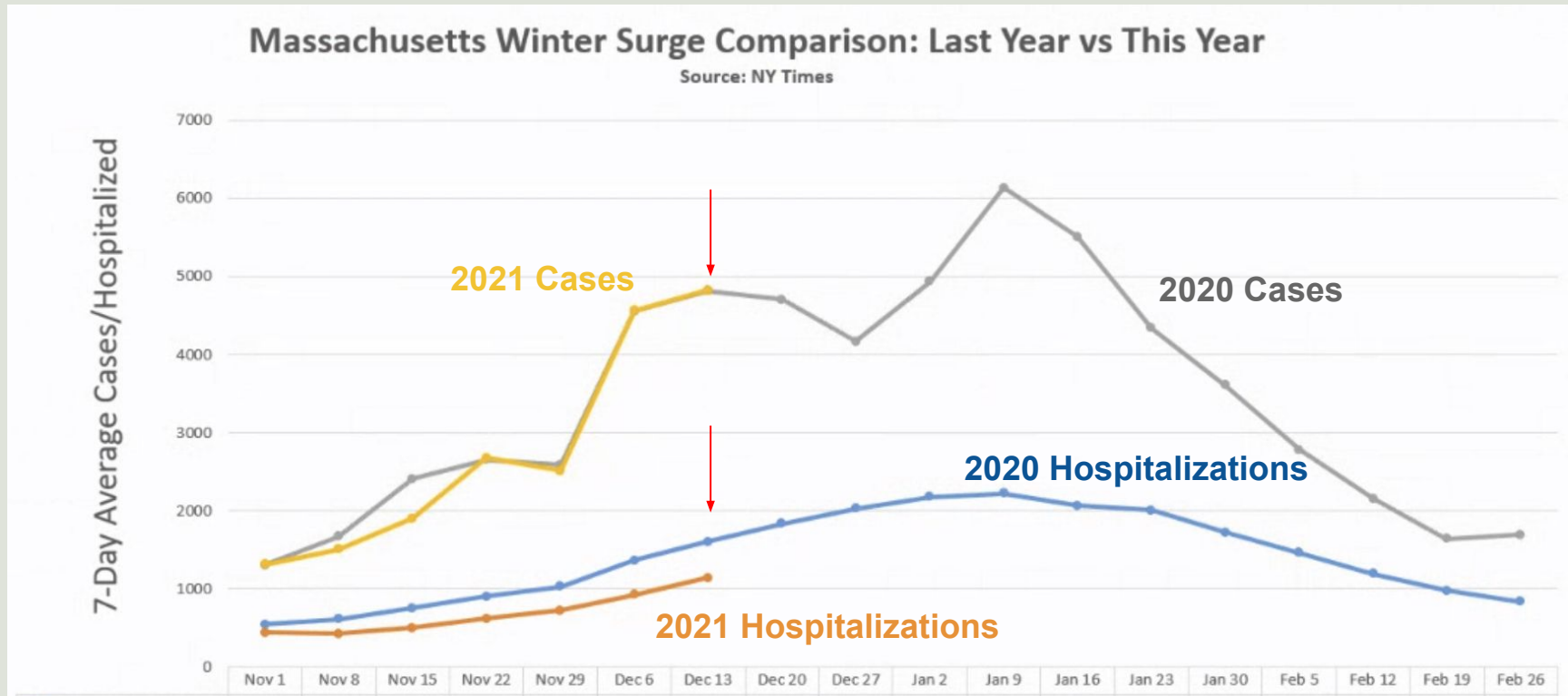
Middlesex County and Cambridge Cases by Risk Category



Cambridge Cases by Age



Massachusetts Hospitalization Trends



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.

Omicron: What You Can Do (cont'd)

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 boosted; and/or gatherings in crowded or poorly ventilated spaces.

Get Tested

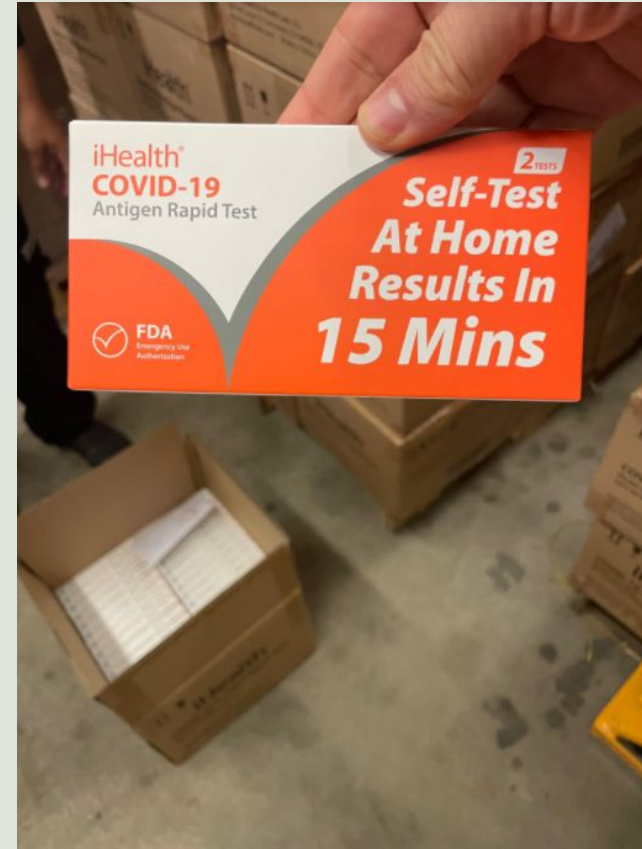
- Cambridge offers free testing 5 days/ week.
- Home test kits becoming widely available.

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.

Appointments Required

