Using Public Alert Systems for COVID-19

COVID-19 Enforcement & Intervention Team
Mass.gov/StopCOVID19
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Option 1: Regularly Scheduled Community Risk Updates

Introductory High-Risk Level (red – level or worsening trend)
High-Risk level (red - but improving trend)
Moderate Risk Level (yellow – improved trend from red)
Moderate Risk Level (yellow – worsening trend from low-risk category)

Option 2: Regularly Scheduled Tips & Resource Messaging

Introductory High-Risk Level (red – level or worsening trend)
Using Public Alert Systems for COVID-19 Communications

The COVID-19 Enforcement and Intervention Team (CEIT) has developed a comprehensive public messaging campaign to support high priority communities with persistently high COVID-19 case rates. The campaign includes several elements and tactics delivered through paid, owned, earned, and shared media channels.

Public Alert Systems, owned and operated by many cities and towns in Massachusetts, offer powerful communication tools to keep residents informed about the COVID-19 situation in their communities. Municipalities, particularly those in higher-risk categories, are strongly encouraged to utilize their public alert systems to keep residents up-to-date and to reinforce public health messages that will mitigate the spread of the virus in their communities.

Public alerting systems advantages:
Your local alert system is a trusted source of information for residents and offers several advantages, including the ability to:

- Communicate via multiple channels such as text, voice calls to cell phones and landlines, and email (some systems integrate social media messaging as well)
- Push messages in multiple languages
- Target messages to geographic areas within a community
- Deliver messages in formats based on resident preferences

Tips for delivering effective public alerts:

- Keep alerts brief; in stressful times, people have more difficulty receiving and processing information.
- Be direct and prescriptive; What is the alert about? How does it impact the resident? What should the resident do?
- Pre-script messages; see samples below.
- Have a trusted, senior leader deliver recorded voice messages if possible (Mayor, city or town manager, trusted community voice, etc.).
- Deliver messages in top languages for your community.
- Include new information with every alert and present the most important information at the top of the message.
- Keep a regular cadence of messages, but don’t overdo it – too many messages can cause message fatigue and lead residents to opt-out of the alert system. (We recommend community-wide messages once every two weeks on Thursdays, the day after the Commonwealth updates city and town risk levels.)
- Coordinate messages: If other organizations (such as schools) are also pushing alerts into the community, coordinate the scheduling of those messages, so the residents are not getting multiple messages on the same day.
Option 1: Regularly Scheduled Community Risk Updates
(Click here to see these messages in Spanish, Portuguese, Vietnamese, Khmer and Arabic)

Sample Messages

Introductory High-Risk Level (red – level or worsening trend):
(NOTE: We recommend all communities use this message first.)

~90 Character Message:
COVID19 risk is dangerously high in (community) protect yourself & your family
Mass.gov/StopCOVID19

~130 Character Message:
COVID19 risk is dangerously high in (community). Wear a mask, clean your hands, stay home if sick, get tested. Mass.gov/StopCOVID19

Sample Email:

Subject Line:

ACTION Required: COVID-19 risk is high in (community) – You can save a life

Dear Residents of (Community),

Yesterday, the Commonwealth released its weekly public health report, and it shows that our residents are currently at a dangerously high-risk from COVID-19. The rate of COVID cases locally is much higher than the state’s average. We need to do more to protect our families, loved ones, and community. You can save a life by taking action.

(Add a sentence with information about what is known from your public health team about the spread of cases in your community. Large private gatherings among family and friends without taking proper precautions? Public gatherings of residents not following public health guidance? Cases related to recent travel? Cases involving close contact with individuals such as carpooling?)

Please take steps now:

• Wear a mask when outside, or inside shared spaces where you can’t keep a safe distance from others
• Wash your hands often.
• Keep gatherings small – even with family and friends and make sure everyone wears a mask and keeps a safe distance.
• Don't share food or drinks.
• Stay home if you feel sick.
• Follow travel quarantine guidelines.
• Get tested.

For more information on how to stop the spread of COVID-19, visit Mass.gov/StopCOVID19

High-Risk level (red - but improving trend):

~90 Character Message:
(Community) is making progress. We must continue to stop the spread Mass.gov/StopCOVID19

~130 Character Message:
(Community) has made progress on COVID19. Let’s keep our progress going in the right direction! Mass.gov/StopCOVID19

Sample Email:

Subject Line:

ACTION Required: COVID19 risk is still high but improved in (community) – Stop the Spread

Dear Residents of (Community),

Yesterday, the Commonwealth released its weekly public health report, and it shows that while our residents are still at high-risk from COVID-19 the situation is improving. The local level COVID-19 cases in our community have gone down recently but are still higher than the state’s average. We need to continue our efforts to protect our families, loved ones, and community.

(Add a sentence with information about what is known about the spread of cases in the community. If there has been good progress, let residents know what is working and how they can continue to help stop the spread.)

Please continue to take these steps:

• Wear a mask when outside, or inside shared spaces where you can’t keep a safe distance from others
• Wash your hands often.
• Keep gatherings small – even with family and friends and make sure everyone wears a mask and keeps a safe distance.
• Don’t share food or drinks.
• Stay home if you feel sick.
Follow travel quarantine guidelines.
Get tested.

For more information on how to stop the spread of COVID-19, visit Mass.gov/StopCOVID19

Moderate Risk Level (yellow – improved trend from red):

~90 Character Message:

*Good work! (community) COVID19 risk is still high but improved Mass.gov/StopCOVID19*

~130 Character Message:

*COVID-19 risk is still high but improved in (community). Keep up the good work protecting yourself & others Mass.gov/StopCOVID19*

Sample Email:

Subject Line:

*UPDATE: COVID-19 risk is improving in (community) – How we can continue our progress*

Dear Residents of (Community),

Yesterday, the Commonwealth released its weekly public health report, and it shows our efforts have had a positive impact. The number of COVID-19 cases in our community has gone down shifting our risk level from high-risk to moderate risk. However, the average number of cases in our community remains higher than the state’s average. Our efforts to protect our family and friends are having an impact, but we need to continue the work to stop COVID-19. keep improving and keep our guard up.

*(Add a sentence with the latest update about the spread of cases in the community. If there has been good progress, or something new learned through contact tracing, let residents know.)*

Please continue to take these steps:

- Wear a mask when outside, or inside shared spaces where you can’t keep a safe distance from others
- Wash your hands often.
- Keep gatherings small – even with family and friends and make sure everyone wears a mask and keeps a safe distance.
- Don’t share food or drinks.
• Stay home if you feel sick.
• Follow travel quarantine guidelines.
• Get tested.

For more information on how to stop the spread of COVID-19, visit Mass.gov/StopCOVID19

Moderate Risk Level (yellow – worsening trend from low-risk category):

~90 Character Message:

(Community) COVID19 cases are RISING. Let’s stop the spread Mass.gov/StopCOVID19

~130 Character Message:

(Community) COVID-19 cases are RISING. Stop the spread and protect yourself, family, and community Mass.gov/StopCOVID19

Sample Email:

Subject Line:

UPDATE: COVID19 risk is rising in (community) – Let’s stop the spread

Dear Residents of (Community),

Yesterday, the Commonwealth released its weekly public health report, and our risk level has increased from low to moderate (yellow). This means our residents are now at a moderate-risk of getting sick from COVID-19, and the number of COVID-19 cases in our community has increased beyond the state's average. We can act now to stop the spread and protect our family and friends if we each do our part.

(Add a sentence with the latest update about what is known about the recent rise in cases.)

Please take these steps:

• Wear a mask when outside, or inside shared spaces where you can’t keep a safe distance from others
• Wash your hands often.
• Keep gatherings small – even with family and friends and make sure everyone wears a mask and keeps a safe distance.
• Don’t share food or drinks.
• Stay home if you feel sick.
• Follow travel quarantine guidelines.
• Get tested.

For more information on how to stop the spread of COVID-19, visit Mass.gov/StopCOVID19

Option 2: Regularly Scheduled Tips & Resource Messaging

Introductory High-Risk Level (red – level or worsening trend):
(NOTE: We recommend all communities use this message first.)

~90 Character Message:

COVID19 risk is dangerously high in (community) protect yourself & your family
Mass.gov/StopCOVID19

~130 Character Message:

COVID19 risk is dangerously high in (community). Wear a mask, clean your hands, stay home if sick, get tested. Mass.gov/StopCOVID19

Sample Email:

Subject Line:

ACTION Required: COVID-19 risk is high in (community) – You can save a life

Dear Residents of (Community),

Yesterday, the Commonwealth released its weekly public health report, and it shows that our residents are currently at a dangerously high-risk from COVID-19. The rate of COVID cases locally is much higher than the state’s average. We need to do more to protect our families, loved ones, and community. You can save a life by taking action.

(Add a sentence with information about what is known from your public health team about the spread of cases in your community. Large private gatherings among family and friends without taking proper precautions? Public gatherings of residents not following public health guidance? Cases related to recent travel? Cases involving close contact with individuals such as carpooling?)

Please take steps now:

• Wear a mask when outside, or inside shared spaces where you can’t keep a safe distance from others
• Wash your hands often.
• Keep gatherings small – even with family and friends and make sure everyone wears a mask and keeps a safe distance.
• Don't share food or drinks.
• Stay home if you feel sick.
• Follow travel quarantine guidelines.
• Get tested.

For more information on how to stop the spread of COVID-19, visit Mass.gov/StopCOVID19

(Sample Message: Making complaints about compliance issues.)

~90 Character Message:

*Know a business or workplace not following COVID safety rules? [mass.gov/compliance]*

~130 Character Message:

*Are you concerned about a business or workplace not following COVID-19 safety rules? Take these steps [mass.gov/compliance]*

(Sample Message: Monitoring your health if you are identified as a COVID close contact.)

~90 Character Message:

*10 tips on how to self-quarantine at home [mass.gov/10tips]*

~130 Character Message:

*10 tips on how to self-quarantine at home if you get a call saying you may have been exposed to COVID [mass.gov/10tips]*

(Sample Message: Wearing a mask, wash your hand, keep a safe distance.)

~90 Character Message:

*Save a life: Wear a mask, wash your hands, keep a safe distance [mass.gov/maskup]*

~130 Character Message:

*You have the power to save a life by doing this: Wear a mask, wash your hands, keep a safe distance [mass.gov/maskup]*
(Sample Message: Testing)

~90 Character Message:

Need a #COVID-19 Test? Find a testing site near you mass.gov/GetTested

~130 Character Message:

Do you need a #COVID-19 Test? Visit this website to find a testing site near you mass.gov/GetTested

Promoting your Public Alert System:
As you begin using your Public Alert System for COVID-19 notifications regularly, take the opportunity to expand enrollment of residents to extend the reach of the system. Promote the alerts and the systems through various channels, including:

- Placing a registration link prominently on your city or town’s website
- Promoting similar messaging and the system on social media
- Issuing a press release on the COVID risk alerts
- Including an easy URL to sign up for the public alert system on COVID-19 materials

Additional Useful Messages & Social Graphics

<table>
<thead>
<tr>
<th>Take these steps to report a business or workplace that is not following reopening standards and protocols. mass.gov/compliance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get local COVID-19 updates and alerts delivered right to you. Sign up here [link to your sign-up page]</td>
</tr>
<tr>
<td><img src="image1" alt="COVID-19 Health &amp; Safety Standards" /></td>
</tr>
<tr>
<td><img src="image2" alt="Sign up for our COVID-19 alerts" /></td>
</tr>
<tr>
<td>Have you been told you’re a “close contact” of someone with #COVID19? Download our 10 Tips on how to safely monitor your health at home mass.gov/10tips</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>One of the best ways to protect yourself and others from #COVID19 is to wear a face covering. Find out more mass.gov/maskup</td>
</tr>
<tr>
<td>If you need a test for #COVID19MA visit this website to locate a testing site near you <a href="http://www.mass.gov/GetTested">www.mass.gov/GetTested</a></td>
</tr>
<tr>
<td>All visitors and returning residents of #MA must follow #COVID19MA safety orders. Find out more mass.gov/Traveler</td>
</tr>
<tr>
<td>Testing for COVID-19 is widely available in MA!</td>
</tr>
<tr>
<td>Visiting MA? Returning from a trip? You may be required to quarantine.</td>
</tr>
</tbody>
</table>
Need help with food? You’re not alone. Many residents and families need assistance getting food during the #COVID19MA crisis. Find help mass.gov/FindFoodHelp

COVID-19 Communications Resources
Note: Shortened mass.gov urls can be provided for content linked below.

COVID Safe Practices Concern Form
This form is where residents can report concerns about non-compliance with the Commonwealth’s travel advisory quarantine, face covering, gathering, or other public health rules.

- COVID Safe Practices Concern Form

Infographics
- Stop the Spread of Germs
- Social distancing: for youth for general audience
- Coping with stress or fear
- What to do if you are sick
- 10 tips for at-home quarantine or self-monitoring

Short videos:
- Overview of COVID-19 Testing
- Importance of COVID-19 Testing
- How to Safely Cover Your Face Outside of Home

<table>
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<tr>
<th>Overview of COVID-19 Testing</th>
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<td>• Haitian Creole</td>
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</tr>
</tbody>
</table>

- 10 Tips for at home quarantine or self-monitoring
- Stop the Spread of Germs like Seasonal Flu and COVID-19 (30)
- Help Prevent COVID-19 with Social Distancing (30)
- How Young People Can Help Prevent COVID-19 with Social Distancing (30)
- Coping with Stress and Fear from COVID-19 (30)
• **Stay Home - Save Lives** (:06)

**Spanish Radio Spots (available on request):**
- “Prevent the Spread of Germs,” “Social Distancing and Stay Home,” and “Stay Safe. Save Lives.”
- To request the radio spots, contact John Jacob at [John.Jacob@mass.gov](mailto:John.Jacob@mass.gov)
Translated Messages

Spanish:

Option 1: Regularly Scheduled Community Risk Updates

Sample Messages

Introductory High-Risk Level (red – level or worsening trend):
(NOTE: We recommend all communities use this message first.)

~90 Character Message:

*Riesgo muy alto de COVID19 en (community) protégete a ti y a tu familia*
Mass.gov/StopCOVID19

~130 Character Message:


Sample Email:

Subject Line:

*ACCIÓN requerida: El riesgo de COVID-19 es alto en (community) – Tú puedes salvar una vida*

Estimados habitantes de (Community):

El día de ayer, el Commonwealth publicó su informe público semanal de salud, que indica que nuestros habitantes actualmente corren un riesgo peligrosamente alto de COVID-19. La tasa de casos de COVID locales es mucho más alta que el promedio a nivel estatal. Tenemos que hacer más para proteger a nuestras familias, seres queridos y comunidad. Tú puedes salvar una vida tomando medidas.

*(Add a sentence with information about what is known from your public health team about the spread of cases in your community. Large private gatherings among family and friends without taking proper precautions? Public gatherings of residents not following public health guidance? Cases related to recent travel? Cases involving close contact with individuals such as carpooling?)*

Por favor toma medidas ahora:
• Usa una mascarilla cuando estés fuera de casa o en espacios compartidos donde no puedes mantener una distancia segura de los demás
• Lávate las manos a menudo.
• Mantén grupos pequeños: aun con familiares y amigos, asegúrate de que todos usen una mascarilla y se mantengan a una distancia segura.
• No compartas alimentos o bebidas.
• Quédate en casa si estás enfermo.
• Sigue las pautas de cuarentena para viajes.
• Hazte la prueba.

Para más información sobre cómo detener la propagación de COVID-19, visita Mass.gov/StopCOVID19

High-Risk level (red - but improving trend):

~90 Character Message:

(Community) está mejorando. Sigamos así para detener la propagación Mass.gov/StopCOVID19

~130 Character Message:

En (Community) los casos de COVID19 han mejorado. ¡Sigamos en la dirección correcta!
Mass.gov/StopCOVID19

Sample Email:

Subject Line:

ACCION requerida: El riesgo de COVID19 sigue alto, pero ha mejorado en (community) – Detén la propagación

Estimados habitantes de (Community):

El día de ayer, el Commonwealth publicó su informe público semanal de salud, que indica que si bien nuestros habitantes siguen en alto riesgo de Covid-19, la situación está mejorando. El nivel local de casos de COVID-19 en nuestra comunidad ha descendido recientemente, pero sigue siendo más alto que el promedio del estado. Tenemos que seguir esforzándonos para proteger a nuestras familias, seres queridos y comunidad.

(Add a sentence with information about what is known about the spread of cases in the community. If there has been good progress, let residents know what is working and how they can continue to help stop the spread.)
Por favor sigue tomando estas medidas:

- Usa una mascarilla fuera de casa o en espacios compartidos donde no puedes mantener una distancia segura de los demás
- Lávate las manos a menudo.
- Mantén grupos pequeños: aun con familiares y amigos, asegúrate de que todos usen una mascarilla y se mantengan a una distancia segura.
- No compartas alimentos o bebidas.
- Quédate en casa si estás enfermo.
- Sigue las pautas de cuarentena para viajes.
- Hazte la prueba.

Para más información sobre cómo detener la propagación de COVID-19, visita Mass.gov/StopCOVID19

**Moderate Risk Level (yellow – improved trend from red):**

~90 Character Message:

¡Buen trabajo! Riesgo de COVID19 en (community) sigue alto, pero ha mejorado Mass.gov/StopCOVID19

~130 Character Message:

Riesgo de COVID19 sigue alto, pero ha mejorado en (community). Continúa protegiéndote a ti y a los demás Mass.gov/StopCOVID19

Sample Email:

Subject Line:

ACTUALIZACIÓN: El riesgo de COVID-19 está mejorando en (community) – Cómo podemos seguir progresando

Estimados habitantes de (Community):

El día de ayer, el Commonwealth publicó su informe público semanal de salud, que indica que nuestros esfuerzos han tenido un impacto positivo. El número de casos de COVID-19 en nuestra comunidad ha descendido, con lo cual nuestro nivel de riesgo ha pasado de riesgo alto a riesgo moderado. No obstante, el número promedio de casos en nuestra comunidad sigue siendo más alto que el promedio del estado. Nuestros esfuerzos para proteger a nuestras familias y amigos
están teniendo un impacto, pero necesitamos seguir trabajando para detener COVID-19, seguir mejorando y no bajar la guardia.

(Add a sentence with the latest update about the spread of cases in the community. If there has been good progress, or something new learned through contact tracing, let residents know.)

Por favor sigue tomando estas medidas:

- Usa una mascarilla fuera de casa o en espacios compartidos donde no puedes mantener una distancia segura de los demás
- Lávate las manos a menudo.
- Mantén grupos pequeños: aun con familiares y amigos, asegúrate de que todos usen una mascarilla y se mantengan a una distancia segura.
- No compartas alimentos o bebidas.
- Quédate en casa si estás enfermo.
- Sigue las pautas de cuarentena para viajes.
- Hazte la prueba.

Para más información sobre cómo detener la propagación de COVID-19, visita Mass.gov/StopCOVID19

Moderate Risk Level (yellow – worsening trend from low-risk category):

~90 Character Message:

Casos de COVID19 en (Community) están AUMENTANDO. Detengamos la propagación Mass.gov/StopCOVID19

~130 Character Message:

Casos de COVID19 en (Community) están AUMENTANDO. Detén la propagación y protégete a ti, tu familia y comunidad Mass.gov/StopCOVID19

Sample Email:

Subject Line:

ACTUALIZACIÓN: El riesgo de COVID19 está en aumento en (community) – Detengamos la propagación

Estimados habitantes de (Community):
El día de ayer, el Commonwealth publicó su informe público semanal de salud, y nuestro nivel de riesgo ha subido de bajo a moderado (amarillo). Esto significa que nuestros habitantes ahora corren un riesgo moderado de enfermarse de COVID-19, y el número de casos de COVID-19 en nuestra comunidad ha aumentado por encima del promedio estatal. Podemos actuar ahora para detener la propagación y proteger a nuestras familias y amigos si cada uno hace su parte.

(Add a sentence with the latest update about what is known about the recent rise in cases.)

Por favor sigue tomando estas medidas:

- Usa una mascarilla fuera de casa o en espacios compartidos donde no puedes mantener una distancia segura de los demás
- Lávate las manos a menudo.
- Mantén grupos pequeños: aun con familiares y amigos, asegúrate de que todos usen una mascarilla y se mantengan a una distancia segura.
- No compartas alimentos o bebidas.
- Quédate en casa si estás enfermo.
- Sigue las pautas de cuarentena para viajes.
- Hazte la prueba.

Para más información sobre cómo detener la propagación de COVID-19, visita Mass.gov/StopCOVID19

Option 2: Regularly Scheduled Tips & Resource Messaging

Introductory High-Risk Level (red – level or worsening trend):
( NOTE: We recommend all communities use this message first.)

~90 Character Message:

*Riesgo muy alto de COVID19 en *(community)* protégete a ti y a tu familia*
Mass.gov/StopCOVID19

~130 Character Message:

*Riesgo muy alto de COVID19 en *(community)*. Usa mascarilla, lávate las manos, no salgas si estás enfermo, haz la prueba. Mass.gov/StopCOVID19*

Sample Email:

Subject Line:
**ACCIÓN requerida: El riesgo de COVID-19 es alto en (community) – Tú puedes salvar una vida**

Estimados habitantes de (Community):

El día de ayer, el Commonwealth publicó su informe público semanal de salud, que indica que nuestros habitantes actualmente corren un riesgo peligrosamente alto de COVID-19. La tasa de casos de COVID locales es mucho más alta que el promedio a nivel estatal. Tenemos que hacer más para proteger a nuestras familias, seres queridos y comunidad. Tú puedes salvar una vida tomando medidas.

*(Add a sentence with information about what is known from your public health team about the spread of cases in your community. Large private gatherings among family and friends without taking proper precautions? Public gatherings of residents not following public health guidance? Cases related to recent travel? Cases involving close contact with individuals such as carpooling?)*

Por favor toma medidas ahora:

- Usa una mascarilla fuera de casa o en espacios compartidos donde no puedes mantener una distancia segura de los demás
- Lávate las manos a menudo.
- Mantén grupos pequeños: aun con familiares y amigos, asegúrate de que todos usen una mascarilla y se mantengan a una distancia segura.
- No compartas alimentos o bebidas.
- Quédate en casa si estás enfermo.
- Sigue las pautas de cuarentena para viajes.
- Hazte la prueba.

Para más información sobre cómo detener la propagación, visita Mass.gov/StopCOVID19

*(Sample Message: Making complaints about compliance issues.)*

~90 Character Message:

¿Conoces un establecimiento que no sigue las reglas sanitarias de COVID? mass.gov/compliance

~130 Character Message:

¿Te preocupa un negocio o lugar de empleo que no sigue las reglas sanitarias de COVID-19? Toma estas medidas mass.gov/compliance

*(Sample Message: Monitoring your health if you are identified as a COVID close contact.)*
~90 Character Message:

10 consejos para hacer cuarentena en casa mass.gov/10tips

~130 Character Message:

10 consejos para hacer cuarentena en casa si recibes una llamada por posible exposición a COVID mass.gov/10tips

(Sample Message: Wearing a mask, wash your hand, keep a safe distance.)

~90 Character Message:

Salva una vida: Usa mascarilla, lávate las manos, mantén una distancia segura mass.gov/maskup

~130 Character Message:

Tienes el poder de salvar una vida haciendo esto: Usa mascarilla, lávate las manos, mantén una distancia segura mass.gov/maskup

(Sample Message: Testing)

~90 Character Message:

¿Necesitas una prueba de #COVID-19? Encuentra un lugar cerca de casa mass.gov/GetTested

~130 Character Message:

¿Necesitas una prueba de #COVID-19? Visita este sitio web para hallar un lugar de prueba cerca de casa mass.gov/GetTested

Toma estas medidas para denunciar un negocio o lugar de empleo que no sigue estándares y protocolos de reapertura.

mass.gov/compliance

Estándares sanitarios y de seguridad para COVID-19
<table>
<thead>
<tr>
<th>Ayuda a asegurar el cumplimiento de normas: mass.gov/COVIDcompliance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recibe noticias y alertas locales de COVID-19 enviados directamente a ti. Inscríbete aquí [link to your sign-up page]</strong></td>
</tr>
<tr>
<td><strong>Suscríbete a nuestras alertas de COVID-19</strong></td>
</tr>
<tr>
<td><strong>¿Te han dicho que has sido un “contacto cercano” de alguien con #COVID19? Descarga nuestros 10 consejos para monitorear tu salud en forma segura en el hogar mass.gov/10tips</strong></td>
</tr>
<tr>
<td><strong>10 consejos para cuarentena o automonitoreo en casa</strong></td>
</tr>
<tr>
<td><strong>Una de las mejores maneras para protegerte a ti y a los demás de #COVID19 es usar una cubierta para la cara. Averigua más mass.gov/maskup</strong></td>
</tr>
<tr>
<td><strong>Usa una mascarilla o cubierta facial en público</strong></td>
</tr>
<tr>
<td><strong>Si necesitas una prueba para #COVID19MA visita este sitio web para encontrar un lugar de prueba cerca de tu casa <a href="http://www.mass.gov/GetTested">www.mass.gov/GetTested</a></strong></td>
</tr>
<tr>
<td><strong>¡Pruebas para COVID-19 ampliamente disponibles en MA!</strong></td>
</tr>
</tbody>
</table>
Todos los visitantes y habitantes de #MA que regresen deben seguir las órdenes de seguridad de #COVID19MA. Averigua más mass.gov/traveler

¿Necesitas ayuda con alimentos? No estás solo. Muchos habitantes y familias necesitan asistencia para obtener alimentos durante la crisis de #COVID19MA. Encuentra ayuda mass.gov/FindFoodHelp

**COVID Safe Practices Concern Form**

Este formulario es donde los habitantes pueden denunciar inquietudes sobre incumplimiento de normas de advertencia de cuarentena al viajar, uso de cubiertas faciales, reuniones de personas y otras reglas de salud pública.

- [Formulario de inquietudes sobre prácticas de seguridad de COVID](mass.gov/FindFoodHelp)