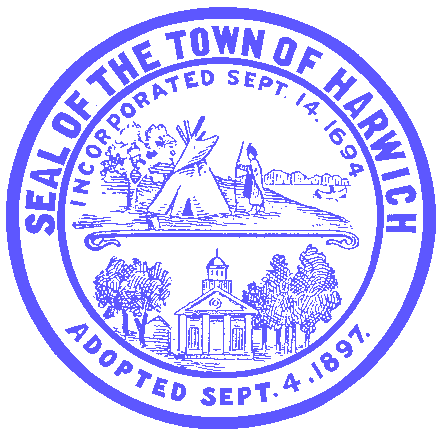
Phone (508) 430-7513



# OFFICE OF THE TOWN ADMINISTRATOR Fax (508) 432-5039

**Joseph F. Powers**, *Interim Town Administrator*  732 MAIN STREET, HARWICH, MA 02645

**HARWICH COVID-19 GUIDANCE DOCUMENT #9**

**EFFECTIVE IMMEDIATELY AND UNTIL FURTHER NOTICE**

**TRAVELERS FROM NEW YORK CITY METROPOLITAN AREA (CT, NJ, NY)**

**URGED TO SELF-ISOLATE**

The White House Coronavirus Task Force and the Town of Harwich urge residents who return to their Harwich homes or are visiting from New York City or the greater NY metropolitan area (New Jersey, New York, Connecticut) to self-isolate themselves for a period of 14 days in their homes.

This voluntary self-isolation, out of an abundance of caution, recognizes that New York City is the current epicenter of the COVID-19 pandemic in the United States, with more than 15,000 confirmed cases in New York City alone. Self-isolation for 14 days will help curb the spread of the disease in Harwich and Barnstable County and lessen the stress on our critical infrastructure, including, First Responders, Hospitals and Health Care.

We strongly urge new arrivals to take special steps to distance themselves when buying groceries or undertaking other essential activities in our community; many local stores offer food and essential items delivery directly to your home. Please practice social distancing by staying at least 6 feet away from others, avoid group gatherings, monitor your health, and contact your Health Care Provider should you feel ill.

For more information about testing and how to protect yourself and others from this highly contagious disease, please refer to any one of these websites:

* https://www.harwich-ma.gov/
* <https://www.barnstablecounty.org/>
* <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease2019-covid-19>
* <https://www.cdc.gov/>

Thank you for your cooperation during this difficult time. Questions regarding this guidance document can be directed to the Health Department at [health@town.harwich.ma.us](mailto:health@town.harwich.ma.us) or 508-430-7509.

Joseph F. Powers

Interim Town **A**dministrator