



---

# May 26 – May 29

---

Hello Families!

I hope you all had a good Memorial Day! The days are getting longer and the weather is getting warmer! Take this week and get out and enjoy the sunshine.

---

## Vitamin D

Vitamin D is necessary for building and maintaining healthy bones. That's because calcium, the primary component of bone, can only be absorbed by your body when vitamin D is present. Your body makes vitamin D when direct sunlight converts a chemical in your skin into an active form of the vitamin (calciferol).

Vitamin D isn't found in many foods, but you can get it from fortified milk, fortified cereal, and fatty fish such as salmon, mackerel and sardines.

The amount of vitamin D your skin makes depends on factors like the time of day, season and your skin pigmentation. Depending on where you live and your lifestyle, vitamin D production might decrease or be completely absent during the winter months. Sunscreen, while important, also can decrease vitamin D production.

Many adults don't get regular exposure to sunlight and have trouble absorbing vitamin D. Making all attempts to spend time outdoors to have a healthy amount of exposure to sunlight will better the overall health and well-being of everyone.

Keep Moving

**Play outside this week!! You get to choose your activity, as long as you are moving outside for 30 minutes. (for example, riding a bike, playing basketball, walking the dog, playing hopscotch) Just get outside and enjoy this weather!**

Nurse Courtney

Email: [claporte@cabiautism.org](mailto:claporte@cabiautism.org)






If you have any questions please do not hesitate to contact me.



## COVID-19 (The Coronavirus)

### REOPENING MASSACHUSETTS IN PHASES

#### Phased approach and reopening summary plan (I)

	Current state: Stay at home	Phase 1: Start	Phase 2: Cautious	Phase 3: Vigilant	Phase 4: New normal
<b>Social guidance</b>	<p>As residents of Massachusetts, we are all in this together. Across all phases of reopening, please:</p> <div>  Cover your face            Wash your hands            Socially distance            Be vigilant for symptoms            Stay home if you feel sick         </div>				
<b>High risk populations</b> As defined by the CDC	<ul style="list-style-type: none"> <li>High risk should work from home if possible, priority consideration for workplace accommodations</li> </ul>	<ul style="list-style-type: none"> <li>High risk should work from home if possible, priority consideration for workplace accommodations</li> </ul>	<ul style="list-style-type: none"> <li>High risk should work from home if possible, priority consideration for workplace accommodations</li> </ul>	<ul style="list-style-type: none"> <li>High risk should work from home if possible; priority consideration for workplace accommodations (these could be adjusted depending on pending epidemiological evidence)</li> </ul>	<ul style="list-style-type: none"> <li>Resume public interactions with physical distancing</li> </ul>
<b>Gathering size</b>	<ul style="list-style-type: none"> <li>Gatherings of &lt;10 people</li> </ul>	<ul style="list-style-type: none"> <li>Gatherings of &lt;10 people</li> </ul>	<ul style="list-style-type: none"> <li>To be determined based on trends</li> </ul>	<ul style="list-style-type: none"> <li>To be determined based on trends</li> </ul>	<ul style="list-style-type: none"> <li>To be determined based on trends</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>Stay at home advisory</li> <li>All travelers to MA urged to self-quarantine for 14 days</li> <li>Lodging restricted to essential workers only</li> </ul>	<ul style="list-style-type: none"> <li>Safer at home advisory</li> <li>All travelers to MA urged to self-quarantine for 14 days</li> <li>Lodging restricted to essential workers only</li> </ul>	<ul style="list-style-type: none"> <li>Business and recreational travel discouraged</li> <li>All travelers to MA urged to self-quarantine for 14 days</li> <li>Lodging open with restrictions</li> </ul>	<ul style="list-style-type: none"> <li>To be determined based on trends</li> </ul>	<ul style="list-style-type: none"> <li>Travel resumes, continue to observe social guidance</li> </ul>
Most certain		Degree of certainty given the progression of COVID-19			Least certain

## Phased approach and reopening summary plan (II)

	Current state: Stay at home	Phase 1: Start	Phase 2: Cautious	Phase 3: Vigilant	Phase 4: New normal
<b>Worship</b>	Gathering restrictions	On <b>May 18</b> open with guidelines, outdoor services are encouraged	Open with updated guidelines, outdoor services are encouraged	Open with updated guidelines, outdoor services are encouraged	Full resumption of activity in the "new normal"
<b>Business</b>	Essential businesses only  (Remain open across all phases with guidelines)	With restrictions, some capacity limitations, staggered start:  On <b>May 18</b> : <ul style="list-style-type: none"> <li>Essential business</li> <li>Manufacturing</li> <li>Construction</li> </ul> On <b>May 25</b> : <ul style="list-style-type: none"> <li>Lab space</li> <li>Office space</li> <li>Limited Personal Services <ul style="list-style-type: none"> <li>Hair</li> <li>Pet grooming</li> <li>Car washes</li> </ul> </li> <li>Retail <ul style="list-style-type: none"> <li>Remote fulfilment</li> <li>Curbside pick-up</li> </ul> </li> </ul> On <b>June 1</b> : <ul style="list-style-type: none"> <li>Office space: Boston</li> </ul>	Potentially updated guidance for Phase 1 businesses  With restrictions and some capacity limitations: <ul style="list-style-type: none"> <li>Retail</li> <li>Restaurants*</li> <li>Lodging*</li> <li>Additional Personal Services <ul style="list-style-type: none"> <li>e.g., Nail salons</li> <li>e.g., Day spas</li> </ul> </li> </ul>	Potentially updated guidance for Phase 1 & 2 businesses  With restrictions and some capacity limitations: <ul style="list-style-type: none"> <li>Bars</li> <li>Arts &amp; Entertainment <ul style="list-style-type: none"> <li>e.g., Casinos</li> <li>e.g., Fitness, gyms</li> <li>e.g., Museums</li> </ul> </li> <li>All other business activities resume except for nightclubs and large venues</li> </ul>	Full resumption of activity (e.g., large venues and night clubs)
*Restaurant & Hospitality workgroup convened May 15 to develop procedures for opening.					
Most certain		Degree of certainty given the progression of COVID-19			Least certain

## Phased approach and reopening summary plan (III)

	Current state: Stay at home	Phase 1: Start	Phase 2: Cautious	Phase 3: Vigilant	Phase 4: New normal
<b>Health and human services</b>	Emergency/Emergent needs only, telehealth encouraged	On <b>May 18</b> , hospitals and community health centers: <ul style="list-style-type: none"> <li>Upon attestation can provide high priority preventative care, pediatric care and treatment for high risk patients and conditions</li> </ul> On <b>May 25</b> , additional health care providers: <ul style="list-style-type: none"> <li>Upon attestation can provide same limited services as above</li> </ul>	Expand ambulatory in-person routine care: <ul style="list-style-type: none"> <li>Less urgent preventative services, procedures, and care (e.g., routine dental cleanings, certain elective procedures)</li> <li>Day programs (e.g., Adult Day Health, Day Habilitation, etc.)</li> </ul>		Full resumption of activity in the "new normal"
<b>Recreation and outdoor</b>	Beaches only open for transitory activity with no parking  Parks open with no services/facilities	On <b>May 25</b> , can open with guidelines: <ul style="list-style-type: none"> <li>Beaches</li> <li>Parks</li> <li>Drive-in theaters</li> <li>Some athletic fields and courts</li> <li>Many outdoor adventure activities</li> <li>Most fishing, hunting, and boating</li> <li>Outdoor gardens, zoos, reserves and public installations</li> </ul>	Can open with guidelines: <ul style="list-style-type: none"> <li>Campgrounds</li> <li>Playgrounds and spray decks</li> <li>Public and community pools</li> <li>All athletic fields and courts with guidelines</li> <li>Youth sports in limited fashion</li> </ul>	Can open with guidelines: <ul style="list-style-type: none"> <li>Additional activities and services</li> <li>Youth sports with games and tournaments (limited crowd sizes)</li> </ul>	Full resumption of all outdoor recreation and activities
Most certain		Degree of certainty given the progression of COVID-19			Least certain

# The Phased System

The goal of this phased reopening plan is to methodically allow businesses, services, and activities to resume, while avoiding a resurgence of COVID-19 that could overwhelm our healthcare system and erase the progress we've made so far.

- **Each phase will last a minimum of three weeks and could last longer** before moving to the next phase
- **If public health data trends are negative**, specific industries, regions, and/or the entire Commonwealth **may need to return to an earlier phase**
- The Commonwealth will **partner with industries to draft Sector-Specific Protocols in advance of future phases** (example: restaurant specific protocols will be drafted in advance of Phase 2)
- **If we all work together to defeat COVID-19, we can proceed through each phase**



## Healthy Food of the Week

Challenge your child to eat/try...

### Summer Squash!

#### Benefits of Summer Squash:

1. They are good for the eyes
2. They fight cancer
3. Boosts red blood cells
4. Good for the heart