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.

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
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)

<table>
<thead>
<tr>
<th>Social guidance</th>
<th>As residents of Massachusetts, we are all in this together. Across all phases of reopening, please:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current state: Stay at home</td>
<td>☕️ Cover your face</td>
</tr>
</tbody>
</table>

### High risk populations
As defined by the CDC

- High risk should work from home if possible, priority consideration for workplace accommodations
- High risk should work from home if possible, priority consideration for workplace accommodations
- High risk should work from home if possible, priority consideration for workplace accommodations
- High risk should work from home if possible; priority consideration for workplace accommodations (these could be adjusted depending on pending epidemiological evidence)
- Resume public interactions with physical distancing

### Gathering size

- Gatherings of <10 people
- Gatherings of <10 people
- To be determined based on trends
- To be determined based on trends
- To be determined based on trends

### Travel

- Stay at home advisory
- Safer at home advisory
- Business and recreational travel discouraged
- To be determined based on trends
- Travel resumes, continue to observe social guidance

- All travelers to MA urged to self-quarantine for 14 days
- All travelers to MA urged to self-quarantine for 14 days
- All travelers to MA urged to self-quarantine for 14 days
- Lodging open with restrictions
- Lodging restricted to essential workers only
- Lodging restricted to essential workers only
- Lodging restricted to essential workers only

### Degree of certainty given the progression of COVID-19

- Most certain
- Least certain
## Phased approach and reopening summary plan (II)

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Worship</td>
<td>On May 18 open with guidelines, outdoor services are encouraged</td>
<td>Open with updated guidelines, outdoor services are encouraged</td>
<td>Open with updated guidelines, outdoor services are encouraged</td>
<td>Full resumption of activity in the &quot;new normal&quot;</td>
</tr>
<tr>
<td>Business</td>
<td>With restrictions, some capacity limitations, staggered start:</td>
<td>Potentially updated guidance for Phase 1 businesses</td>
<td>Potentially updated guidance for Phase 1 &amp; 2 businesses</td>
<td>Full resumption of activity (e.g., large venues and night clubs)</td>
</tr>
</tbody>
</table>
|                             | On May 18:  
  - Essential business  
  - Manufacturing  
  - Construction | With restrictions and some capacity limitations:  
  - Retail  
  - Restaurants*  
  - Lodging*  
  - Additional Personal Services  
  - e.g., Nail salons  
  - e.g., Day spas | With restrictions and some capacity limitations:  
  - Bars  
  - Arts & Entertainment  
  - e.g., Casinos  
  - e.g., Fitness, gyms  
  - e.g., Museums  
  - All other business activities resume except for nightclubs and large venues |
|                             | On May 25:  
  - Lab space  
  - Office space  
  - Limited Personal Services  
  - Hair  
  - Pet grooming  
  - Car washes  
  - Retail  
  - Remote fulfillment  
  - Curbside pick-up |  |  |  |
|                             | On June 1:  
  - Office space: Boston |  |  |  |

*Restaurant & Hospitality workgroup convened May 15 to develop procedures for opening.

### Degree of certainty given the progression of COVID-19

- Most certain
- Moderate
- Least certain

## Phased approach and reopening summary plan (III)

|-----------------------------|----------------|-------------------|-------------------|-------------------|
| Health and human services   | On May 18, hospitals and community health centers:  
  - Upon attestation can provide high priority preventative care, pediatric care and treatment for high risk patients and conditions | Expand ambulatory in-person routine care:  
  - Less urgent preventative services, procedures, and care (e.g., routine dental cleanings, certain elective procedures)  
  - Day programs (e.g., Adult Day Health, Day Habilitation, etc.) | Can open with guidelines:  
  - Campgrounds  
  - Playgrounds and spray decks  
  - Public and community pools  
  - All athletic fields and courts with guidelines  
  - Youth sports in limited fashion | Full resumption of activity in the "new normal" |
| Recreation and outdoor      | Beaches only open for transitory activity with no parking  
  Parks open with no services/facilities | Can open with guidelines:  
  - Beaches  
  - Parks  
  - Drive-in theaters  
  - Some athletic fields and courts  
  - Many outdoor adventure activities  
  - Most fishing, hunting, and boating  
  - Outdoor gardens, zoos, reserves and public installations | Can open with guidelines:  
  - Additional activities and services  
  - Youth sports with games and tournaments (limited crowd sizes) | Full resumption of all outdoor recreation and activities |

### Degree of certainty given the progression of COVID-19

- Most certain
- Moderate
- 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

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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