

Board of Health Meeting Minutes  
Thursday, October 12, 2023  
Virtual Meeting

**BOARD OF HEALTH MEMBERS PRESENT**

Received by Town Clerk  
November 15, 2023 6:35pm

Marianne Hartmann, Peter Sheckman, Alicia Reddin

**MEMBERS ABSENT**

None

**OTHER TOWN OFFICIALS PRESENT**

Jeffrey Vaughan, Director of Public Health; Neia Illingworth, Public Health Nurse

**OPEN MEETING**

- The meeting was called to order at 6:00 PM

**REVIEW/APPROVE MINUTES OF PRIOR MEETINGS**

- On MOTION by Sheckman and SECONDED by Hartmann, the Board of Health voted to approve prior meeting minutes from September 12, 2023. Sheckman (yes), Hartmann (yes)

**SWAC REPRESENTATIVE TO REVIEW POSSIBLE BOH EXPECTATIONS REGARDING PLASTICS TAKE OUT BY-LAW**

- Wayne Spritz from the Solid Waste Advisory Committee (SWAC) joined the meeting
- Spritz issued a reminder to the Board of Health that they need to find time to discuss the proposed Town bylaw before the fall Special Town Meeting. He asked if the discussion could be an item on the next Board of Health agenda and stated that he would be happy to join the November meeting
- Spritz spoke regarding the plastics take out bylaw draft. The proposed bylaw will regulate the usage of plastic containers and service wares used for customers at food establishments in Swampscott. He stated that the SWAC has created link that includes a draft of the bylaw, a flyer, and information about dates for a public hearing regarding the matter. They have also written a letter for owners of food establishments in town that the Town Administrator's office is assisting with mailing out and distributing at the Farmer's Market
- Spritz gave a presentation covering an overview of the proposed bylaw, the history and timeline of the proposed bylaw development, where to find recordings of past meetings where the topic was discussed, upcoming key dates, what kind of establishments would be impacted, prohibited materials, relevant State regulations, and etc.

- There will be a public forum scheduled for October 25, 2023 at 6 PM at Swampscott High School, Room B129
- Spritz shared findings from discussions with other municipalities who have passed similar bylaws. Notably, that North Hampton has given out more exemptions than they have conducted enforcements
- The Board and SWAC representatives discussed recommendations/advisories vs. regulations
- Sheckman asked that Spritz share examples and notes from his discussions with other Boards of Health regarding waivers issued for undue hardship. Spritz covered examples of undue hardship
- Hartmann asked if regulations regarding Styrofoam would apply to stores like Stop & Shop which sells items packaged in Styrofoam in departments such as the meat department. Spritz stated that they had discussed it a bit and noted that the items are not cooked so it is a little different
- Select Board member Mary Ellen Fletcher stated that she had spoken to several restaurants/retailers and has received feedback that they are all appreciative of being involved in the conversations, the speed of the process/change implementation, and are all happy to do what is best. Spritz stated that it may be more difficult with franchises that have branded materials such as Styrofoam cups with the logo, etc.
- Resident Sheryl Levenson stated that she had heard a lot of concern from residents/consumers that the regulation would result in increased cost to the businesses for materials that would translate to increased cost to consumers for the food. Mary Ellen stated that she did not believe the increase was very significant but that she would review a few product catalogs she had again to confirm
- Written feedback and requests for calls can be sent to [swac1@swampscottma.gov](mailto:swac1@swampscottma.gov)

## **PH NURSE / PH EMERGENCY MGMT. COORDINATOR UPDATE**

### **COVID UPDATES**

- As of October 12, 2023, Swampscott has had 4439 lab-confirmed cases of Covid-19. That number includes 39 new cases in approximately 4 weeks. These numbers do not include positive at-home tests, presumed positives, or close contacts under quarantine
- Dominant variant: EG.5
- The Massachusetts Department of Public Health (MDPH) has released Viral Respiratory Illness Reporting dashboard which provides data regarding overall respiratory disease indicators. The report is available at <https://www.mass.gov/info-details/viral-respiratory-illness-reporting>. As of October 7, 2023, levels are:
  - Influenza severity: low
  - Covid-19 ED visit level: low
  - Covid-19 hospital admissions level: low
- The isolation and exposure guidance for the general public remains the same since the fall of 2022:
  - If you test positive for Covid-19: Stay home for at least five days, then (if symptoms are improving\*), you can end home isolation on day 6 as long as you are masking around others (days 6-10). \*Symptom-based criteria: symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours
  - Close contacts: no need to quarantine if asymptomatic, but must wear a mask for 10 days following exposure. Test on day 6 or if symptoms develop
- Vaccines:

- On September 11, 2023, the FDA signed off on updated Covid-19 vaccines from Moderna and Pfizer/BioNTech that target circulating variants, including EG.5
  - The vaccines have been updated to include a monovalent (single) component that corresponds to the Omicron variant XBB.1.5 and are approved for people 12 and older and are authorized under emergency use for individuals 6 months through 11 years old
- On September 12, 2023, the Advisory Committee on Immunization Practices (ACIP) met to weigh the safety and effectiveness of the updated vaccines and make recommendations for their use. The CDC then recommended everyone 6 months and older get an updated Covid-19 vaccine
- On October 3, 2023, the FDA amended the emergency use authorization (EUA) of the Novavax Covid-19 vaccine for use in individuals 12 years of age and older to include the 2023-2024 formula
  - Individuals 12 years of age and older previously vaccinated with a Covid-19 vaccine (and who have not already been vaccinated with a recently updated mRNA Covid-19 vaccine) are eligible to receive one dose. Unvaccinated individuals receive two doses
- Testing:
  - As of September 25, 2023, every U.S. household can again place an order to receive four more free Covid-19 rapid tests delivered directly to their home on covidtests.gov
  - Neia stated that many Covid-19 rapid test brands have received an expiration date extension and urged everyone to check the updated expiration date on the FDA website before throwing away rapid tests with a printed expiration date that has already passed

## OTHER PUBLIC HEALTH UPDATES

- The Swampscott Health Department has been collaborating with the Senior Center on many initiatives. The current group is working on climate change and health effects by educating residents about the health effects of climate change, developing educational resources for residents, and sharing resources and information so that everyone can be better prepared for climate change and its accompanying health impacts
- The Health Department is still scheduling Narcan training and providing those that attend training sessions with free Narcan and free fentanyl test strips. Additionally, Narcan is now available on store shelves for the first time as an over-the-counter (OTC) product. The two-spray kits retail for \$44.99
- The Swampscott Health Department is hosting a flu clinic on Monday, October 16, 2023 from 4-6 pm at the Swampscott Senior Center (200R Essex St). This flu clinic is for those 18 and older and the Health Department will have the quadrivalent (“regular”) flu vaccine available. Registration is required for this flu clinic. They will not have the high dose flu vaccine available at this clinic, but residents can find other regional flu clinics at [northshorepublichealth.com/post/regional-flu-vaccination-clinics](https://northshorepublichealth.com/post/regional-flu-vaccination-clinics)
- The Health Department/regional Public Health group is working on finding a way to provide updated Covid-19 vaccines. It is a bit challenging because for the first time since the Covid-19 pandemic, vaccines are not covered by the federal government and unfortunately Health Departments will have to find funding for them

## **HEALTH DIRECTOR REPORT**

- Jeff attended a conference last month and recapped information he learned at a seminar regarding rats:
  - Gestation period: 23 days
  - Offspring per litter: 6-12
  - Best practices regarding baiting and traps
- New cloud-based retail food safety platforms
- Jeff was able to locate the owner of a dilapidated home on Suffolk Ave. He arranged for a constable to deliver the orders to the owner and is waiting for the correction timeframe to expire and then will re-inspect
- The Hillside Ave property is currently in the hands of the AG's office
- The company that the Town previously worked with to provide household hazardous waste pickup has been bought out and unfortunately there are no other local companies that offer household pickup. A household hazardous waste drop-off event has been scheduled for Saturday, November 18<sup>th</sup> from 9 am-12 pm at Marblehead Transfer Station, 5 Woodfin Ter.
- A pumpkin drop off event is scheduled for Saturday, November 4<sup>th</sup> from 9 am-11 am at the DPW Yard at 200 Paradise Road. Pumpkins with oil-based paint or decorations are not acceptable
- Resident John Picariello asked for an update on a rooster that he reported to Hartmann and Jeff. Jeff stated that he went to the area yesterday and did not hear anything himself or have any leads from conversations with those he saw on the street. He plans to leave a letter at each house in the area
- John Picariello stated that there is a property at 11 Hillside Ave that he confirmed with the Town Clerk has been vacant since 2002. Jeff stated that the AG's office is aware and that the matter is being covered in Housing Court. Mary Ellen confirmed this as well
- John Picariello asked who he should direct complaints about overgrowth at a vacant property to. John is aware of who the owner is but is not aware of if anyone has brought their concerns to his attention

## **OTHER BUSINESS/ITEMS NOT REASONABLY ANTICIPATED BY THE BOH**

- Mary Ellen Fletcher requested that the Board discuss water testing throughout the winter at an upcoming meeting. Mary Ellen also requested that the BOH stay up to date on what is happening related to Lynn's sample results at King's Beach. Sheckman asked if Jeff is aware of any other municipality that tests during the winter. Jeff stated that he is not. Jeff also stated that all summer testing is coordinated with the lab which results the samples and he is not sure the lab would be able to result samples in the winter
- Sheryl Levenson shared information on upcoming programs. She stated that there is a program about rodenticides scheduled at the UU Church on November 8, 2023. On November 29, 2023, the Tailwinds will be visiting the UU Church. All information about these programs and others can be found on the UU Church's website as well as the Conservancy's website

## **SCHEDULE NEXT MEETING DATE**

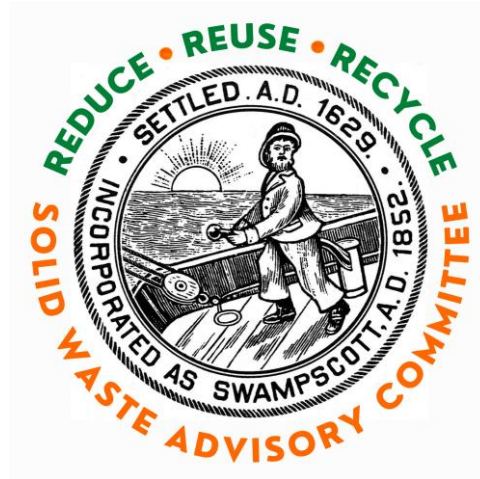
- The next meeting has been scheduled for November 15, 2023 at 6 PM

**ADJOURN**

- On MOTION by Sheckman and SECONDED by Reddin, it was VOTED by roll call to adjourn the meeting. The motion passed unanimously.
- The meeting adjourned at 7:37 PM

True Attest,

Brittney Jones



# Swampscott Solid Waste Advisory Committee

## Plastics Regulation in Food Establishments

### PUBLIC BYLAW DRAFT OVERVIEW

October 11, 2023

# Overview

- ▶ The Swampscott Solid Waste Advisory Committee is proposing a new comprehensive bylaw that will regulate the usage of plastic containers and service wares used for customers in Swampscott food establishments.
- ▶ These efforts are based upon a community desire to reduce the overall burden of plastics sent to landfill & incineration while boosting the overall content of recyclable and reusable materials.
- ▶ Comparative analysis with 11 other MA communities: This proposal is a realistic attempt to balance community needs, environmental health, and business operation requirements.
- ▶ SWAC seeks public feedback from residents and the business community

# History

- ▶ April 2023 proposed Town Warrant Article to ban all plastics in Food Establishments was indefinitely postponed.
- ▶ Working group was initiated by SWAC to study the subject in May 2023 and have met 3 to 4 times per month since. The group has reported back to SWAC in open session. Most recently a consensus was formed among the committee on Sept 27th.
- ▶ SWAC meetings are recorded for public view:  
<http://tv.swampscottma.gov/CablecastPublicSite/show/2810?site=2>



# Key Dates



## Public Hearing

Public Hearing at **6PM** at  
Swampscott High School  
(Room B129)

*Please attend*

## Anticipated Timeline for Bylaw Review and Vote



## Close of Public Comment Period

After close of public  
comment, bylaw draft with  
consolidated input will be  
sent to Town Counsel for  
review.



## Bylaw Draft

**Scan** QR Code to access the  
draft of the bylaw and  
supporting materials on the  
Town's Web site.

*Read the  
draft bylaw*



## Written Feedback

Can't attend the public  
hearing? Email written  
feedback to the SWAC Chair  
at [swac1@swampscottma.gov](mailto:swac1@swampscottma.gov)

*Write us*



## SWAC Meeting

Meeting to approve  
consolidated draft with public  
inputs and recommend  
Select Board action for Town  
Meeting warrant. It will be  
sent to Town Counsel for final  
review.



## Select Board Meeting

Select Board votes at yet to  
be determined meeting on  
SWAC recommendation to  
include in Town Meeting  
warrant.

**Note:** Earliest is Nov 15 or later SB Meeting.



## Town Meeting

Town Meeting will vote on new  
bylaw (if SB voted in favor to  
include in warrant).

If Town Meeting votes in favor,  
it will take several months for  
the bylaw to go into effect.

# Differences from Bylaw Proposed in April

- ▶ Narrower business/food establishment definition - must prepare food
- ▶ More extensive listing of what constitutes food service ware and accessories
- ▶ More specificity around kinds of plastics prohibited or regulated
- ▶ More specificity around materials that can be used (compostable, recyclable, reusable)
- ▶ "Skip the Stuff" provisions
- ▶ Requires that food establishments that serve prepared food for eating in provide recycling of any single use service ware for customers and engage the services of a provider of recycling services
- ▶ Provision for BOH to give exemptions
- ▶ Does not regulate straw (already a bylaw)

# Food & Beverage Plastics Bylaw

## GENERAL PROHIBITION & REGULATION (SECTION III)

- ▶ Food Establishments that offer single use containers for takeout, leftovers, delivery, or other means for which the food or beverage will be consumed off premises, shall provide a container constructed of materials as regulated in Section V.
- ▶ Applies only to prepared foods, not pre-packaged foods sold by groceries or convenience stores.
- ▶ Food Establishments must offer a recycling option if they serve with single use containers for **on-premises consumption**.

# Food & Beverage Plastics Bylaw

## GENERAL PROHIBITION & REGULATION (SECTION III)

- ▶ Food establishments that offer single use utensils and single use condiment packets shall only provide such items upon request by customers or at a self-serve station.  
*Also known as “SKIP THAT STUFF” which has been adopted in other communities*
- ▶ Based upon a national trend and MA House Bill #766 (Filed Jan 2023) with slight differentiation to stay focused on single use plastics.



# Food & Beverage Plastics Bylaw

## DEFINING FOOD ESTABLISHMENT

- ▶ For purposes of this bylaw, a Food Establishment is an entity that prepares and provides food (“prepared food”) or beverages for consumption either in its facility or for take-out to consume elsewhere.
- ▶ A Food Establishment is an operation defined per 105 CMR 590.001 (State Sanitary Code; Minimum Standards for Food Establishments).

*We are seeking additional public input on this definition for clarity to include catering, food trucks, pop-up stands, Swampscott school system, food served at event halls and/or religious institutions, etc.*

# Food & Beverage Plastics Bylaw EXEMPTIONS

## (SECTION IV)

- ▶ Speaking with other towns, they have spent more time providing exemptions than enforcing their new regulation.
- ▶ Suggesting the Board of Health would have such authority to provide such exemptions to a **particular business**. There is further detail provided about for how long such an exemption would last.
- ▶ Undue hardship: Definitions between towns vary. We leave it up to the BOH.
- ▶ Pharmaceutical containers and other circumstances or situations unique to the food or retail establishment such that compliance with the requirements of this section would deprive a person of a legally protected right

# Food & Beverage Plastics Bylaw

## Prohibited Single Use Container Materials

(SECTION V)

1. **Polystyrene** or expanded polystyrene “styrofoam”
2. **PVC** Polyvinyl Chloride
3. **LDPE** Low Density Polyethylene
4. Any plastic material in the color black.
5. Any plastic labeled as #7, “Other”, or generally not accepted for curbside recycling in the Commonwealth of Massachusetts.
6. Containers intentionally adding the PFAS family of fluorinated “forever chemicals”.



# Food & Beverage Plastics Bylaw

## Prohibited Single Use Container Materials

(SECTION V)

### **PET/PETE Restrictions:**

- a. Shall not be used for any food or beverage served hot.
- b. Shall not be manufactured from any post-consumer recycled PET plastic.

**EXEMPT:** Thin film transparent plastic “wrap” are allowed to be used to seal food, beverages, or the containers that carry them.

\* Proposed. Supporting documentation to be provided.



# Food & Beverage Plastics Bylaw

## Compostable Single Use Container Materials

(SECTION V)

Any container that is labeled as Compostable must have one of the following certifications clearly marked on the container to assure that the material has been tested for compostability and specific contaminant limitations.

1. “BPI” Biodegradable Products Institute
2. “TUV” / “OK Compost Industrial” - European designation
3. “CMA” Compost Manufacturing Alliance

*These are the requirements from Black Earth for their acceptance of food packaging. All certs test for PFAS to assure this chemical does not leach directly into the food supply by the way of compost.*

# Food & Beverage Plastics Bylaw

## Consumer Advisory (SECTION VI)

If a Food and Beverage establishment offers single use plastic containers for takeout or delivery, the establishment shall display the following written statement:

► “Per guidance of the Swampscott Board of Health, to avoid the possible transfer of chemicals from plastic containers at cooking temperatures, it is not recommended to re-heat food while in direct contact with plastic containers.”

This verbiage can be placed on the website ordering page, on the menu, the final bill, a sticker attached to the container, or any other reasonable place as deemed by the director of public health.

# Food & Beverage Plastics Bylaw

## Materials Temporary Exemptions

(SECTION V)

As materials technology, recycling processes, recycling vendors, states of emergency, and state and federal regulation can change from time to time, the Board of Health is authorized to:

1. Modify, add, or remove specific regulated materials to this section
2. Add or remove certification organizations and standards.

This authority shall be temporary and last no longer than 9 months. Any conflicts with regard to state law or regulatory agencies shall defer to the authority of the more restrictive regulation.

# Questions, Feedback, Next Steps

Your input is crucial to the success of this program.

**PUBLIC FORUM on OCTOBER 25<sup>th</sup> 6:00pm**

**Swampscott High School Room B129.** We will also stream virtually.

Written feedback can be provided to the SWAC Chair

[swac1@swampscottma.gov](mailto:swac1@swampscottma.gov).

If you wish a call back please leave your contact information and a SWAC member will follow up asap.

**THANK YOU!!**



**TOWN OF SWAMPSCOTT**  
**SOLID WASTE ADVISORY COMMITTEE**

22 Monument Avenue  
Swampscott, MA 01907

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# PLASTICS REGULATION IN FOOD ESTABLISHMENTS

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A Proposed Bylaw for  
2023 Special Town Meeting

OCTOBER 11, 2023

# PLASTICS REGULATION IN FOOD ESTABLISHMENTS

***DRAFT FOR PUBLIC REVIEW Oct. 11, 2023***

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## Section I: Purpose and Intent

This bylaw is enacted for the purpose of reducing the distribution of food service ware and food service ware accessories that are not compostable, recyclable or reusable. The production and use of the items restricted by this bylaw have significant impacts on the environment, including but not limited to: contribution to pollution of the land environment; creating a burden to solid waste and recycling facilities; entering storm drains that empty into waterways leading to the ocean, causing potential harm to marine animals; and requiring billions of gallons of crude oil nationally for their manufacture.

## Section II: Definition

**Compostable:** A characteristic of a product that can disintegrate into non-toxic, natural elements at a rate consistent with organic materials. A compostable product will require microorganisms, humidity, and heat to yield a finished compost product (carbon dioxide, water, inorganic compounds, and biomass).

**Food Establishment:** For purposes of this bylaw, a Food Establishment is an operation defined per 105 CMR 590.001 (State Sanitary Code; Minimum Standards for Food Establishments).

**Materials Recovery Facility (MRF):** A specialized plant that receives, separates and prepares recyclable materials for sale to end-user manufacturers. A MRF may also be defined as a materials reclamation facility, materials recycling facility or a multi re-use facility).

**Municipal Solid Waste:** Waste that is not recyclable and that is ultimately transported to either a landfill or a facility for incineration.

**Online Food Ordering Platform:** A website or mobile application through which a consumer can place an order for pickup or delivery of prepared food. Such platforms include, but may not be limited to, those operated directly by food establishments, by companies that provide delivery of prepared meals to consumers, and by online food ordering systems that connect consumers to prepared food vendors directly.

**High-Density Polyethylene (HDPE):** A common, highly stable, thermoformable plastic polymer used to make containers that require impact strength, chemical resistance, and longevity. It may be labeled "plastic No. 2"

# PLASTICS REGULATION IN FOOD ESTABLISHMENTS

***DRAFT FOR PUBLIC REVIEW Oct. 11, 2023***

**Low-Density Polyethylene (LDPE):** A very common, highly stable and thermoplastic polymer used to make thin films used for plastic bags and other light duty requirements. It may be labeled "plastic No. 4."

**Per- and polyfluoroalkyl substances (PFAS)** are a class of 12,000 large complex groups of fluorinated synthetic chemicals added to products like food packaging to enhance their grease resistant, waterproof, non-stick, and stainproof qualities. Because they do not breakdown in nature these chemicals become bio-accumulative and ultimately harmful in humans, wildlife, and the environment. Packaging that contains PFAS can leach into food & beverage products thereby directly exposing them to humans during food consumption. It can also leach into the food supply if such packaging is composted.

**Polyethylene Terephthalate (PET or PETE):** A common thermoplastic polymer widely used to make packaging for foods and beverage products. It is commonly used to make single use bottles for water and other liquids. It may be labeled "plastic No. 1."

**Polypropylene (PP):** A synthetic plastic polymer used to make food containers, disposable cutlery, plastic straws, and other products. It may be labeled "plastic No. 5."

**Polystyrene (PS or EPS):** A common inexpensive plastic polymer known for its strength and flexibility. It is often used to make food containers, cups, utensils, and other products. This material can also be offered as Expanded Polystyrene (EPS) or Styrofoam that is generally comprised of 98% air. EPS is often used to insulate hot or cold liquids and food items. It may be labeled "plastic No. 6."

**Polyvinyl Chloride (PVC):** A common inexpensive plastic polymer known for its rigidity and strength. It can be used to make plastic straws and utensils, and other products. It may be labeled "plastic No. 3."

**Prepared Food:** Any food or beverage prepared by a Food Establishment and offered for sale in the Town of Swampscott.

**Recyclable:** Material that can be sorted, cleansed, and reconstituted by Swampscott's municipal recycling collection program(s) for the purpose of use in the manufacture of a new product. "Recycling" does not include thermally destroying or converting solid waste.

**Reusable:** Products that are designed to be used more than once in the same form by a food or retail establishment (e.g., dishes that may be placed in a dishwasher, washed, and used again).

**Single-Use Container:** Nondurable disposable containers holding food or beverages distributed to customers with the intent of a single use, whether used for on-premises or off-premises dining services, takeout, or delivery. This includes containers, bowls, plates, trays, cartons, cups, lids, cans, sleeves, and other items designed for one-time or nondurable uses in which any food establishment directly places or packages prepared foods.

**Single-Use Food Serveware:** Items provided by the Food Establishment in relation to consuming a meal or beverage with the intent of a single use. This includes but not limited utensils, forks, knives, spoons, sporks, or chopsticks. Excluded are wooden toothpicks and paper napkins. This does not include items that are necessary for the containment of foods, such as plates, bowls, beverage cups, and bags.

**Single-Use Condiment Packages:** Disposable single use packets made from plastic or foil containing liquid for consumption and including, but not limited to salad dressings, ketchup, mustard, mayonnaise, duck sauce, and soy sauce.

# PLASTICS REGULATION IN FOOD ESTABLISHMENTS

***DRAFT FOR PUBLIC REVIEW Oct. 11, 2023***

## Section III: General Prohibition and Regulation

1. Food establishments as defined in Section II operating in the Town of Swampscott that provide or offer prepared food to customers in Single Use Containers shall be required to comply with this bylaw. Pre-packaged items not prepared at the location of sale are not regulated by this bylaw.
2. Food Establishments that offer single use containers for takeout, leftovers, delivery, or other means for which the food or beverage will be consumed off premises, shall provide a container constructed of materials as regulated in Section V.
3. Food establishments where prepared food may be consumed on premises and served in Single Use containers that are recyclable and regulated in Section V shall
  - a. Offer a recycling collection receptacle in addition to trash receptacles; and
  - b. Contract with a recycling service vendor to remove recyclable materials. Recyclable materials shall be separated from other “municipal solid waste” destined for landfill or incineration.
4. Food establishments that offer **Single Use Food Serviceware** and **Single-Use Condiment Packages** as defined in Section II, may offer but shall only provide such items upon agreement or request by customers, or at a self-serve station.
5. Food establishments operating in the Town of Swampscott and that participate in online food ordering platforms shall, when such option is available, provide the option to customers to proactively request disposable food service ware with a food order. If an option is available to the customer but the customer does not indicate a preference, restaurants shall not include disposable food service ware with the order.
6. The BOH or its designee shall provide to food establishments succinct materials explaining the requirements of this bylaw and recommendations for proper solid waste stream procedure.

## Section IV: Exemptions

1. The Board of Health (BOH) may exempt a food establishment from the requirements of this section for a period of up to one year upon a finding by the BOH that such requirements would cause undue hardship to the food establishment.
  - a. Any food establishment seeking an exemption shall apply to the BOH using forms provided by the Health Department, and shall allow the BOH to access all information supporting its application.
  - b. The BOH may approve an exemption request, in whole or in part, with or without conditions.
  - c. The BOH may establish a fee for exemption requests
2. The BOH may approve additional six-month periods upon the showing of a continued undue hardship.
3. An "undue hardship" shall only be found in:
  - a. Circumstances or situations unique to a food establishment such that there are no reasonable alternatives to materials banned in this section that are necessary to the establishment's operations;
  - b. Circumstances or situations unique to a food establishment such that compliance with the requirements of this section would deprive a person of a legally protected right; or
  - c. Circumstances in which a food establishment requires additional time in order to draw down an existing inventory of plastic products or materials banned in this section.
4. Other exemptions:
  - a. Pharmaceutical containers
  - b. Single-use containers provided to residents during a declared public health emergency or natural disaster



# PLASTICS REGULATION IN FOOD ESTABLISHMENTS

***DRAFT FOR PUBLIC REVIEW Oct. 11, 2023***

## Section V: Material Specifications

1. Single-use containers composed of the following materials are prohibited for use by food establishments:
  - a. Polystyrene or Expanded Polystyrene “styrofoam”
  - b. PVC- Polyvinyl Chloride
  - c. LDPE – Low Density Polyethylene
  - d. Any plastic material in the color black.
  - e. Any plastic labeled as #7, “Other”, or generally not accepted for curbside recycling in the Commonwealth of Massachusetts.
  - f. Containers intentionally adding the PFAS family of fluorinated “forever chemicals” for the purpose of enhancing its product performance.
2. Single-use containers composed of PET/PETE materials are restricted for use by food establishments:
  - a. To prevent chemicals leaching into food, this material shall not be used to serve or store hot food or beverages.
  - b. Shall not be manufactured from any post-consumer recycled PET plastic.
3. Thin film transparent plastic “wrap” shall not be restricted when used to seal food, beverages, or the containers that carry them.
4. Any container that is labeled as Compostable must have one of the following certifications clearly marked on the container to assure that the material has been tested for compostability and specific contaminant limitations.
  - a. BPI (Biodegradable Products Institute)
  - b. TUV / OK Compost Industrial
  - c. CMA (Compost Manufacturing Alliance)
5. As materials technology, recycling processes, recycling vendors, states of emergency, and state and federal regulation can change from time to time, the Board of Health is authorized to:
  - a. Modify, add, or remove specific regulated materials to this section
  - b. Add or remove certification organizations and standards.
  - c. This authority shall be temporary and last no longer than 9 months.
  - d. Any conflicts with regard to state law or regulatory agencies shall defer to the authority of the more restrictive regulation.

# PLASTICS REGULATION IN FOOD ESTABLISHMENTS

***DRAFT FOR PUBLIC REVIEW Oct. 11, 2023***

## Section VI: Consumer Advisory:

If a food establishment offers single use plastic containers for takeout or delivery, the establishment shall display to notify their customers with the following written statement:

“Per guidance of the Swampscott Board of Health, to avoid the possible transfer of chemicals from plastic containers at cooking temperatures, it is not recommended to re-heat food while in direct contact with plastic containers.”

This verbiage can be placed on the menu, the payment receipt, attached to the single use plastic takeout container, or any other communication method approved by the Director of Public Health or the Board of Health.

## Section VII: Enforcement

1. This Bylaw may be enforced by any agents of the Board of Health. This Bylaw may be enforced through any lawful means in law or in equity, including, but not limited to, non-criminal disposition pursuant to G.L. c.40, §21D and Article XII of the Town’s General Bylaws.
2. If non-criminal disposition is elected, then any Business Establishment which violates any provision of this regulation shall be subject to the following penalties:
  - First Offense: Written warning
  - 2nd Offense: \$50 fine
  - 3rd Offense: \$100 fine
  - 4th and Subsequent Offenses: \$300 fine

## Section VIII: Severability

If any provision or section of this section shall be held to be invalid, then such provision or section shall be considered separately and apart from the remaining provisions or sections of this section, which shall remain in full force and effect.

# COVID-19 and other Public Health Updates



**Public Health**  
Prevent. Promote. Protect.

**Swampscott Health Department**  
**10/12/23**

1

## COVID-19 Update

### Swampscott – Summary of COVID data

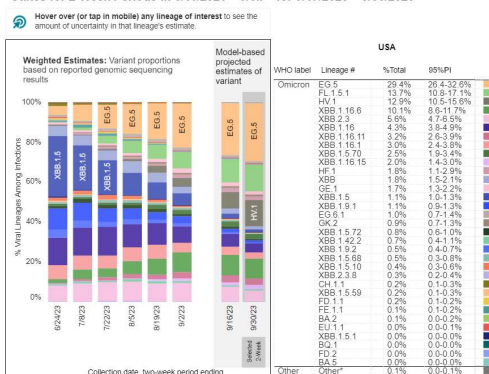
- **Total number of COVID-19 Lab-Confirmed\* Cases in Swampscott**
  - as of 3/18/20: **1**
  - as of 9/12/23: **4400**
  - as of 10/12/23: **4439**

**39 new cases**  
**in approx. 4 weeks**  
**(9/12/23-10/12/23)**

\*This does not include any probable cases or any close contacts under quarantine or positive home test results

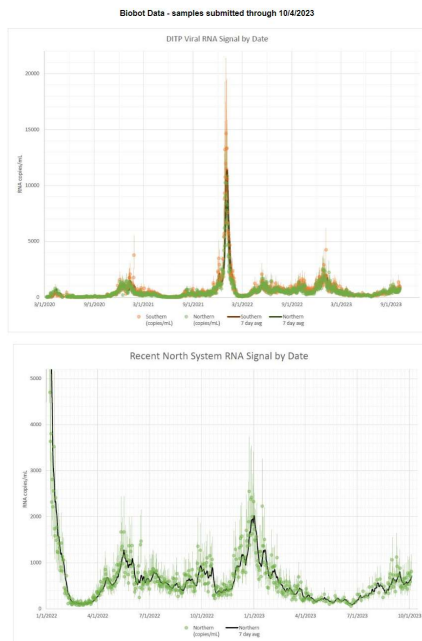
### CDC - Omicron Variants

Weighted and Nowcast Estimates in United States for 2-Week Periods in 6/11/2023 – 9/30/2023

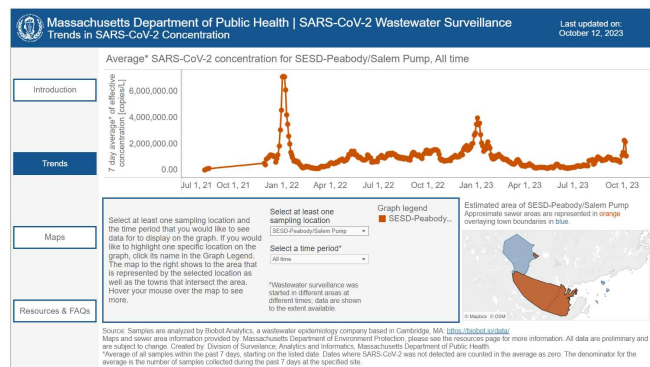


\* Estimated lineages are US CDC and lineages circulating above 1% nationally in at least one 2-week period. \*Other represents the aggregation of lineages which are circulating nationally during all 2-week periods displayed.  
# BA.1, BA.2 and their sublineages except BA.1.1 and its sublineages are aggregated with BA.1.1.02. Except BA.2.75, BA.2.75.1, BA.2.75.2, BA.2.75.3, BA.2.75.4, BA.2.75.5, BA.2.75.6, BA.2.75.7, BA.2.75.8, BA.2.75.9, BA.2.75.10, BA.2.75.11, BA.2.75.12, BA.2.75.13, BA.2.75.14, BA.2.75.15, BA.2.75.16, BA.2.75.17, BA.2.75.18, BA.2.75.19, BA.2.75.20, BA.2.75.21, BA.2.75.22, BA.2.75.23, BA.2.75.24, BA.2.75.25, BA.2.75.26, BA.2.75.27, BA.2.75.28, BA.2.75.29, BA.2.75.30, BA.2.75.31, BA.2.75.32, BA.2.75.33, BA.2.75.34, BA.2.75.35, BA.2.75.36, BA.2.75.37, BA.2.75.38, BA.2.75.39, BA.2.75.40, BA.2.75.41, BA.2.75.42, BA.2.75.43, BA.2.75.44, BA.2.75.45, BA.2.75.46, BA.2.75.47, BA.2.75.48, BA.2.75.49, BA.2.75.50, BA.2.75.51, BA.2.75.52, BA.2.75.53, BA.2.75.54, BA.2.75.55, BA.2.75.56, BA.2.75.57, BA.2.75.58, BA.2.75.59, BA.2.75.60, BA.2.75.61, BA.2.75.62, BA.2.75.63, BA.2.75.64, BA.2.75.65, BA.2.75.66, BA.2.75.67, BA.2.75.68, BA.2.75.69, BA.2.75.70, BA.2.75.71, BA.2.75.72, BA.2.75.73, BA.2.75.74, BA.2.75.75, BA.2.75.76, BA.2.75.77, BA.2.75.78, BA.2.75.79, BA.2.75.80, BA.2.75.81, BA.2.75.82, BA.2.75.83, BA.2.75.84, BA.2.75.85, BA.2.75.86, BA.2.75.87, BA.2.75.88, BA.2.75.89, BA.2.75.90, BA.2.75.91, BA.2.75.92, BA.2.75.93, BA.2.75.94, BA.2.75.95, BA.2.75.96, BA.2.75.97, BA.2.75.98, BA.2.75.99, BA.2.75.100, BA.2.75.101, BA.2.75.102, BA.2.75.103, BA.2.75.104, BA.2.75.105, BA.2.75.106, BA.2.75.107, BA.2.75.108, BA.2.75.109, BA.2.75.110, BA.2.75.111, BA.2.75.112, BA.2.75.113, BA.2.75.114, BA.2.75.115, BA.2.75.116, BA.2.75.117, BA.2.75.118, BA.2.75.119, BA.2.75.120, BA.2.75.121, BA.2.75.122, BA.2.75.123, BA.2.75.124, BA.2.75.125, BA.2.75.126, BA.2.75.127, BA.2.75.128, BA.2.75.129, BA.2.75.130, BA.2.75.131, BA.2.75.132, BA.2.75.133, BA.2.75.134, BA.2.75.135, BA.2.75.136, BA.2.75.137, BA.2.75.138, BA.2.75.139, BA.2.75.140, BA.2.75.141, BA.2.75.142, BA.2.75.143, BA.2.75.144, BA.2.75.145, BA.2.75.146, BA.2.75.147, BA.2.75.148, BA.2.75.149, BA.2.75.150, BA.2.75.151, BA.2.75.152, BA.2.75.153, BA.2.75.154, BA.2.75.155, BA.2.75.156, BA.2.75.157, BA.2.75.158, BA.2.75.159, BA.2.75.160, BA.2.75.161, BA.2.75.162, BA.2.75.163, BA.2.75.164, BA.2.75.165, BA.2.75.166, BA.2.75.167, BA.2.75.168, BA.2.75.169, BA.2.75.170, BA.2.75.171, BA.2.75.172, BA.2.75.173, BA.2.75.174, BA.2.75.175, BA.2.75.176, BA.2.75.177, BA.2.75.178, BA.2.75.179, BA.2.75.180, BA.2.75.181, BA.2.75.182, BA.2.75.183, BA.2.75.184, BA.2.75.185, BA.2.75.186, BA.2.75.187, BA.2.75.188, BA.2.75.189, BA.2.75.190, BA.2.75.191, BA.2.75.192, BA.2.75.193, BA.2.75.194, BA.2.75.195, BA.2.75.196, BA.2.75.197, BA.2.75.198, BA.2.75.199, BA.2.75.200, BA.2.75.201, BA.2.75.202, BA.2.75.203, BA.2.75.204, BA.2.75.205, BA.2.75.206, BA.2.75.207, BA.2.75.208, BA.2.75.209, BA.2.75.210, BA.2.75.211, BA.2.75.212, BA.2.75.213, BA.2.75.214, BA.2.75.215, BA.2.75.216, BA.2.75.217, BA.2.75.218, BA.2.75.219, BA.2.75.220, BA.2.75.221, BA.2.75.222, BA.2.75.223, BA.2.75.224, BA.2.75.225, BA.2.75.226, BA.2.75.227, BA.2.75.228, BA.2.75.229, BA.2.75.230, BA.2.75.231, BA.2.75.232, BA.2.75.233, BA.2.75.234, BA.2.75.235, BA.2.75.236, BA.2.75.237, BA.2.75.238, BA.2.75.239, BA.2.75.240, BA.2.75.241, BA.2.75.242, BA.2.75.243, BA.2.75.244, BA.2.75.245, BA.2.75.246, BA.2.75.247, BA.2.75.248, BA.2.75.249, BA.2.75.250, BA.2.75.251, BA.2.75.252, BA.2.75.253, BA.2.75.254, BA.2.75.255, BA.2.75.256, BA.2.75.257, BA.2.75.258, BA.2.75.259, BA.2.75.260, BA.2.75.261, BA.2.75.262, BA.2.75.263, BA.2.75.264, BA.2.75.265, BA.2.75.266, BA.2.75.267, BA.2.75.268, BA.2.75.269, BA.2.75.270, BA.2.75.271, BA.2.75.272, BA.2.75.273, BA.2.75.274, BA.2.75.275, BA.2.75.276, BA.2.75.277, BA.2.75.278, BA.2.75.279, BA.2.75.280, BA.2.75.281, BA.2.75.282, BA.2.75.283, BA.2.75.284, BA.2.75.285, BA.2.75.286, BA.2.75.287, BA.2.75.288, BA.2.75.289, BA.2.75.290, BA.2.75.291, BA.2.75.292, BA.2.75.293, BA.2.75.294, BA.2.75.295, BA.2.75.296, BA.2.75.297, BA.2.75.298, BA.2.75.299, BA.2.75.300, BA.2.75.301, BA.2.75.302, BA.2.75.303, BA.2.75.304, BA.2.75.305, BA.2.75.306, BA.2.75.307, BA.2.75.308, BA.2.75.309, BA.2.75.310, BA.2.75.311, BA.2.75.312, BA.2.75.313, BA.2.75.314, BA.2.75.315, BA.2.75.316, BA.2.75.317, BA.2.75.318, BA.2.75.319, BA.2.75.320, BA.2.75.321, BA.2.75.322, BA.2.75.323, BA.2.75.324, BA.2.75.325, BA.2.75.326, BA.2.75.327, BA.2.75.328, BA.2.75.329, BA.2.75.330, BA.2.75.331, BA.2.75.332, BA.2.75.333, BA.2.75.334, BA.2.75.335, BA.2.75.336, BA.2.75.337, BA.2.75.338, BA.2.75.339, BA.2.75.340, BA.2.75.341, BA.2.75.342, BA.2.75.343, BA.2.75.344, BA.2.75.345, BA.2.75.346, BA.2.75.347, BA.2.75.348, BA.2.75.349, BA.2.75.350, BA.2.75.351, BA.2.75.352, BA.2.75.353, BA.2.75.354, BA.2.75.355, BA.2.75.356, BA.2.75.357, BA.2.75.358, BA.2.75.359, BA.2.75.360, BA.2.75.361, BA.2.75.362, BA.2.75.363, BA.2.75.364, BA.2.75.365, BA.2.75.366, BA.2.75.367, BA.2.75.368, BA.2.75.369, BA.2.75.370, BA.2.75.371, BA.2.75.372, BA.2.75.373, BA.2.75.374, BA.2.75.375, BA.2.75.376, BA.2.75.377, BA.2.75.378, BA.2.75.379, BA.2.75.380, BA.2.75.381, BA.2.75.382, BA.2.75.383, BA.2.75.384, BA.2.75.385, BA.2.75.386, BA.2.75.387, BA.2.75.388, BA.2.75.389, BA.2.75.390, BA.2.75.391, BA.2.75.392, BA.2.75.393, BA.2.75.394, BA.2.75.395, BA.2.75.396, BA.2.75.397, BA.2.75.398, BA.2.75.399, BA.2.75.400, BA.2.75.401, BA.2.75.402, BA.2.75.403, BA.2.75.404, BA.2.75.405, BA.2.75.406, BA.2.75.407, BA.2.75.408, BA.2.75.409, BA.2.75.410, BA.2.75.411, BA.2.75.412, BA.2.75.413, BA.2.75.414, BA.2.75.415, BA.2.75.416, BA.2.75.417, BA.2.75.418, BA.2.75.419, BA.2.75.420, BA.2.75.421, BA.2.75.422, BA.2.75.423, BA.2.75.424, BA.2.75.425, BA.2.75.426, BA.2.75.427, BA.2.75.428, BA.2.75.429, BA.2.75.430, BA.2.75.431, BA.2.75.432, BA.2.75.433, BA.2.75.434, BA.2.75.435, BA.2.75.436, BA.2.75.437, BA.2.75.438, BA.2.75.439, BA.2.75.440, BA.2.75.441, BA.2.75.442, BA.2.75.443, BA.2.75.444, BA.2.75.445, BA.2.75.446, BA.2.75.447, BA.2.75.448, BA.2.75.449, BA.2.75.450, BA.2.75.451, BA.2.75.452, BA.2.75.453, BA.2.75.454, BA.2.75.455, BA.2.75.456, BA.2.75.457, BA.2.75.458, BA.2.75.459, BA.2.75.460, BA.2.75.461, BA.2.75.462, BA.2.75.463, BA.2.75.464, BA.2.75.465, BA.2.75.466, BA.2.75.467, BA.2.75.468, BA.2.75.469, BA.2.75.470, BA.2.75.471, BA.2.75.472, BA.2.75.473, BA.2.75.474, BA.2.75.475, BA.2.75.476, BA.2.75.477, BA.2.75.478, BA.2.75.479, BA.2.75.480, BA.2.75.481, BA.2.75.482, BA.2.75.483, BA.2.75.484, BA.2.75.485, BA.2.75.486, BA.2.75.487, BA.2.75.488, BA.2.75.489, BA.2.75.490, BA.2.75.491, BA.2.75.492, BA.2.75.493, BA.2.75.494, BA.2.75.495, BA.2.75.496, BA.2.75.497, BA.2.75.498, BA.2.75.499, BA.2.75.500, BA.2.75.501, BA.2.75.502, BA.2.75.503, BA.2.75.504, BA.2.75.505, BA.2.75.506, BA.2.75.507, BA.2.75.508, BA.2.75.509, BA.2.75.510, BA.2.75.511, BA.2.75.512, BA.2.75.513, BA.2.75.514, BA.2.75.515, BA.2.75.516, BA.2.75.517, BA.2.75.518, BA.2.75.519, BA.2.75.520, BA.2.75.521, BA.2.75.522, BA.2.75.523, BA.2.75.524, BA.2.75.525, BA.2.75.526, BA.2.75.527, BA.2.75.528, BA.2.75.529, BA.2.75.530, BA.2.75.531, BA.2.75.532, BA.2.75.533, BA.2.75.534, BA.2.75.535, BA.2.75.536, BA.2.75.537, BA.2.75.538, BA.2.75.539, BA.2.75.540, BA.2.75.541, BA.2.75.542, BA.2.75.543, BA.2.75.544, BA.2.75.545, BA.2.75.546, BA.2.75.547, BA.2.75.548, BA.2.75.549, BA.2.75.550, BA.2.75.551, BA.2.75.552, BA.2.75.553, BA.2.75.554, BA.2.75.555, BA.2.75.556, BA.2.75.557, BA.2.75.558, BA.2.75.559, BA.2.75.560, BA.2.75.561, BA.2.75.562, BA.2.75.563, BA.2.75.564, BA.2.75.565, BA.2.75.566, BA.2.75.567, BA.2.75.568, BA.2.75.569, BA.2.75.570, BA.2.75.571, BA.2.75.572, BA.2.75.573, BA.2.75.574, BA.2.75.575, BA.2.75.576, BA.2.75.577, BA.2.75.578, BA.2.75.579, BA.2.75.580, BA.2.75.581, BA.2.75.582, BA.2.75.583, BA.2.75.584, BA.2.75.585, BA.2.75.586, BA.2.75.587, BA.2.75.588, BA.2.75.589, BA.2.75.590, BA.2.75.591, BA.2.75.592, BA.2.75.593, BA.2.75.594, BA.2.75.595, BA.2.75.596, BA.2.75.597, BA.2.75.598, BA.2.75.599, BA.2.75.600, BA.2.75.601, BA.2.75.602, BA.2.75.603, BA.2.75.604, BA.2.75.605, BA.2.75.606, BA.2.75.607, BA.2.75.608, BA.2.75.609, BA.2.75.610, BA.2.75.611, BA.2.75.612, BA.2.75.613, BA.2.75.614, BA.2.75.615, BA.2.75.616, BA.2.75.617, BA.2.75.618, BA.2.75.619, BA.2.75.620, BA.2.75.621, BA.2.75.622, BA.2.75.623, BA.2.75.624, BA.2.75.625, BA.2.75.626, BA.2.75.627, BA.2.75.628, BA.2.75.629, BA.2.75.630, BA.2.75.631, BA.2.75.632, BA.2.75.633, BA.2.75.634, BA.2.75.635, BA.2.75.636, BA.2.75.637, BA.2.75.638, BA.2.75.639, BA.2.75.640, BA.2.75.641, BA.2.75.642, BA.2.75.643, BA.2.75.644, BA.2.75.645, BA.2.75.646, BA.2.75.647, BA.2.75.648, BA.2.75.649, BA.2.75.650, BA.2.75.651, BA.2.75.652, BA.2.75.653, BA.2.75.654, BA.2.75.655, BA.2.75.656, BA.2.75.657, BA.2.75.658, BA.2.75.659, BA.2.75.660, BA.2.75.661, BA.2.75.662, BA.2.75.663, BA.2.75.664, BA.2.75.665, BA.2.75.666, BA.2.75.667, BA.2.75.668, BA.2.75.669, BA.2.75.670, BA.2.75.671, BA.2.75.672, BA.2.75.673, BA.2.75.674, BA.2.75.675, BA.2.75.676, BA.2.75.677, BA.2.75.678, BA.2.75.679, BA.2.75.680, BA.2.75.681, BA.2.75.682, BA.2.75.683, BA.2.75.684, BA.2.75.685, BA.2.75.686, BA.2.75.687, BA.2.75.688, BA.2.75.689, BA.2.75.690, BA.2.75.691, BA.2.75.692, BA.2.75.693, BA.2.75.694, BA.2.75.695, BA.2.75.696, BA.2.75.697, BA.2.75.698, BA.2.75.699, BA.2.75.700, BA.2.75.701, BA.2.75.702, BA.2.75.703, BA.2.75.704, BA.2.75.705, BA.2.75.706, BA.2.75.707, BA.2.75.708, BA.2.75.709, BA.2.75.710, BA.2.75.711, BA.2.75.712, BA.2.75.713, BA.2.75.714, BA.2.75.715, BA.2.75.716, BA.2.75.717, BA.2.75.718, BA.2.75.719, BA.2.75.720, BA.2.75.721, BA.2.75.722, BA.2.75.723, BA.2.75.724, BA.2.75.725, BA.2.75.726, BA.2.75.727, BA.2.75.728, BA.2.75.729, BA.2.75.730, BA.2.75.731, BA.2.75.732, BA.2.75.733, BA.2.75.734, BA.2.75.735, BA.2.75.736, BA.2.75.737, BA.2.75.738, BA.2.75.739, BA.2.75.740, BA.2.75.741, BA.2.75.742, BA.2.75.743, BA.2.75.744, BA.2.75.745, BA.2.75.746, BA.2.75.747, BA.2.75.748, BA.2.75.749, BA.2.75.750, BA.2.75.751, BA.2.75.752, BA.2.75.753, BA.2.75.754, BA.2.75.755, BA.2.75.756, BA.2.75.757, BA.2.75.758, BA.2.75.759, BA.2.75.760, BA.2.75.761, BA.2.75.762, BA.2.75.763, BA.2.75.764, BA.2.75.765, BA.2.75.766, BA.2.75.767, BA.2.75.768, BA.2.75.769, BA.2.75.770, BA.2.75.771, BA.2.75.772, BA.2.75.773, BA.2.75.774, BA.2.75.775, BA.2.75.776, BA.2.75.777, BA.2.75.778, BA.2.75.779, BA.2.75.780, BA.2.75.781, BA.2.75.782, BA.2.75.783, BA.2.75.784, BA.2.75.785, BA.2.75.786, BA.2.75.787, BA.2.75.788, BA.2.75.789, BA.2.75.790, BA.2.75.791, BA.2.75.792, BA.2.75.793, BA.2.75.794, BA.2.75.795, BA.2.75.796, BA.2.75.797, BA.2.75.798, BA.2.75.799, BA.2.75.800, BA.2.75.801, BA.2.75.802, BA.2.75.803, BA.2.75.804, BA.2.75.805, BA.2.75.806, BA.2.75.807, BA.2.75.808, BA.2.75.809, BA.2.75.810, BA.2.75.811, BA.2.75.812, BA.2.75.813, BA.2.75.814, BA.2.75.815, BA.2.75.816, BA.2.75.817, BA.2.75.818, BA.2.75.819, BA.2.75.820, BA.2.75.821, BA.2.75.822, BA.2.75.823, BA.2.75.824, BA.2.75.825, BA.2.75.826, BA.2.75.827, BA.2.75.828, BA.2.75.829, BA.2.75.830, BA.2.75.831, BA.2.75.832, BA.2.75.833, BA.2.75.834, BA.2.75.835, BA.2.75.836, BA.2.75.837, BA.2.75.838, BA.2.75.839, BA.2.75.840, BA.2.75.841, BA.2.75.842, BA.2.75.843, BA.2.75.844, BA.2.75.845, BA.2.75.846, BA.2.75.847, BA.2.75.848, BA.2.75.849, BA.2.75.850, BA.2.75.851, BA.2.75.852, BA.2.75.853, BA.2.75.854, BA.2.75.855, BA.2.75.856, BA.2.75.857, BA.2.75.858, BA.2.75.859, BA.2.75.860, BA.2.75.861, BA.2.75.862, BA.2.75.863, BA.2.75.864, BA.2.75.865, BA.2.75.866, BA.2.75.867, BA.2.75.868, BA.2.75.869, BA.2.75.870, BA.2.75.871, BA.2.75.872, BA.2.75.873, BA.2.75.874, BA.2.75.875, BA.2.75.876, BA.2.75.877, BA.2.75.878, BA.2.75.879, BA.2.75.880, BA.2.75.881, BA.2.75.882, BA.2.75.883, BA.2.75.884, BA.2.75.885, BA.2.75.886, BA.2.75.887, BA.2.75.888, BA.2.75.889, BA.2.75.890, BA.2.75.891, BA.2.75.892, BA.2.75.893, BA.2.75.894, BA.2.75.895, BA.2.75.896, BA.2.75.897, BA.2.75.898, BA.2.75.899, BA.2.75.900, BA.2.75.901, BA.2.75.902

## MWRA: Wastewater COVID-19 Tracking



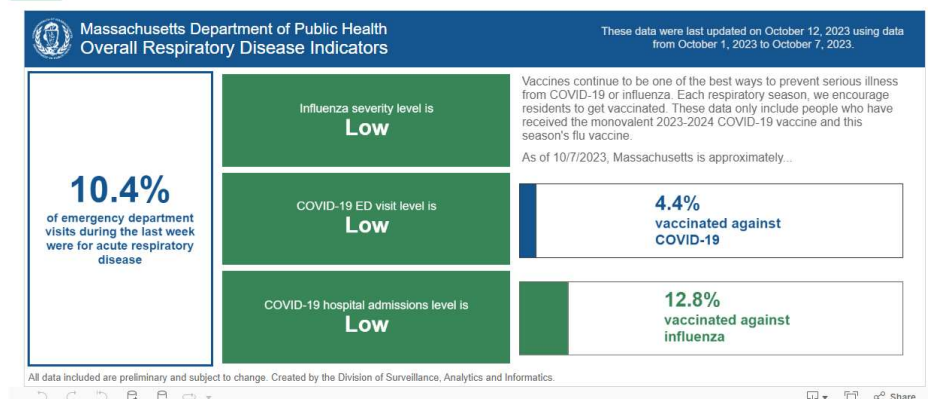
## MDPH: COVID-19 Wastewater Surveillance – SESD-Peabody/Salem



3

## New! MDPH: Viral Respiratory Illness Reporting

<https://www.mass.gov/info-details/viral-respiratory-illness-reporting>



These dashboards provide data on contagious respiratory viruses, including acute respiratory diseases, COVID-19, influenza (flu), and respiratory syncytial virus (RSV) in Massachusetts. The data presented here can help track trends in respiratory disease and vaccination activity across Massachusetts.

4

## Massachusetts COVID Isolation and Quarantine/Exposure Guidance

- **Remains the same since the fall of 2022**
- **Isolation and Exposure Guidance for the General Public** (<https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public>):
  - **If you test Positive for COVID:** Stay home for at least 5 days, then (if symptoms are improving\*), you can end home isolation on Day 6 as long as you are masking around others (Days 6-10).  
 \***Symptom-Based Criteria:** symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours.
  - **Close Contacts:** No need to quarantine if asymptomatic, but must wear a **mask** for 10 days following exposure. Test on Day 6 or if symptoms develop.
- **School Guidance – Remains the same since summer of 2022** (<https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-children-and-staff-in-child-care-k-12-out-of-school-time-ost-and-recreational-camp-program-settings>)
- **Town's website with COVID-19 Updates:** <https://www.swampscottma.gov/health/pages/covid-19-updates-0>

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## COVID Vaccine - updated

- **On 9/11/23:** The FDA signed off on **updated** Covid-19 vaccines from Moderna and Pfizer/BioNTech that target circulating variants, including EG.5.
  - These vaccines have been updated to include a **monovalent** (single) component that corresponds to the Omicron variant **XBB.1.5**
  - The updated vaccines are **approved for people 12 and older** and are authorized under emergency use for individuals 6 months through 11 years old.
- **On 9/12/23:** The Advisory Committee on Immunization Practices (ACIP), met to weigh the safety and effectiveness of the updated vaccines and make recommendations for their use and then the **CDC recommended everyone 6 months and older get an updated COVID-19 vaccine**
- **On 10/3/23:** The FDA amended the emergency use authorization (EUA) of the **Novavax** COVID-19 Vaccine for **use in individuals 12 years of age and older** to include the 2023-2024 formula.
  - Individuals 12 years of age and older previously vaccinated with a COVID-19 vaccine (and who have not already been vaccinated with a recently updated mRNA COVID-19 vaccine) are eligible to receive one dose and unvaccinated individuals receive two doses.

<https://www.cnn.com/2023/09/11/health/fda-signs-off-on-updated-covid-19-vaccines/index.html>  
<https://www.cnn.com/2023/09/12/health/cdc-covid-19-vaccines/index.html>  
<https://www.cnn.com/2023/09/12/health/cdc-covid-19-vaccines/index.html>

Other information taken from 9/12/23 email sent by the Massachusetts COVID-19 Vaccine Program: 'BULLETIN What Massachusetts COVID-19 Vaccine Providers Need to Know Special Notice – 09/11/2023'  
<https://www.fda.gov/news-events/press-announcements/fda-authorizes-updated-novavax-covid-19-vaccine-formulated-better-protect-against-currently-circulating-variants>

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## COVID Testing

- **New!** On September 25th, every U.S. household can **again** place an order to receive **4** more **free** COVID-19 rapid tests delivered directly to their home.
  - Go to [covidtests.gov](https://www.covid.gov/tests) to order your free COVID tests
- Before You Throw Out "Expired" Tests - Check FDA's website to see if your COVID-19 tests' expiration dates have been extended: <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>

<https://www.covid.gov/tests>  
<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>

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## Stay safe during the fall, winter, and holidays

- Stay home if you're sick
- Get tested
- Stay home when you test positive for COVID, flu, etc.
- Get Vaccinated/Boosted – if/when eligible
- Wear a high quality and well-fitting mask
- Wash your hands
- Improve ventilation and filtration




<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>  
<https://www.cdc.gov/hygiene/personal-hygiene/hands.html>

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**Public Health**  
Prevent. Promote. Protect.

## Other Public Health Updates




**Public Health**  
Prevent. Promote. Protect.

- **Supporting/Participating in regional efforts:**
  - PHE meetings
  - PHN meetings
- **Other updates:**
  - Emergency Preparedness
  - Climate Change
  - Narcan Distribution Program
  - Regional Flu Clinics...


9

### Health Department Collaborations with the Senior Center: Climate Change and Health Effects


**Think Globally**




**Act Locally**



Educating residents about the **health effects of climate change**



Developing **educational resources** for residents



Sharing resources and information so that **everyone** can be **better prepared** for climate change and its accompanying health impacts

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- Narcan is now available on store shelves for the first time as an over-the-counter (OTC)!
- The **two-spray kits** have a retail price of **\$44.99**.



<https://narcan.com/>

Swampscott Health Department

## Narcan® Distribution

Meet with our Public Health Nurse



Receive free Narcan® and fentanyl test strips

Learn how to recognize and reverse an opioid overdose



Call to schedule your appointment:

**781-596-8864 x1280**



**Public Health**  
Prevent. Promote. Protect.

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The Swampscott Health Department  
will be holding a Flu Clinic  
for ages 18+ on:



<b>Date:</b>	Monday, October 16th, 2023
<b>Time:</b>	4:00pm-6:00pm
<b>Location:</b>	Swampscott Senior Center 200R Essex Street, Rear

This Flu Clinic is for ages 18 and older

Only Quadrivalent ('Regular') Flu Vaccine  
will be offered

There will be NO High Dose Flu Vaccine at this clinic

Registration is required for this clinic

Please use this link to register for an appointment:  
[https://home.color.com/vaccine/register/swampscott?  
site=swampscott-senior-center](https://home.color.com/vaccine/register/swampscott?site=swampscott-senior-center)

**Remember:**  
 Please wear a short-sleeve t-shirt  
 Please bring all insurance cards to the flu clinic

To find other regional flu  
clinics, please visit:  
[northshorepublichealth.com/  
post/regional-flu-  
vaccination-clinics](https://northshorepublichealth.com/post/regional-flu-vaccination-clinics)

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