



Littleton Public Schools
Town of Littleton, MA

Littleton
PUBLIC SCHOOLS



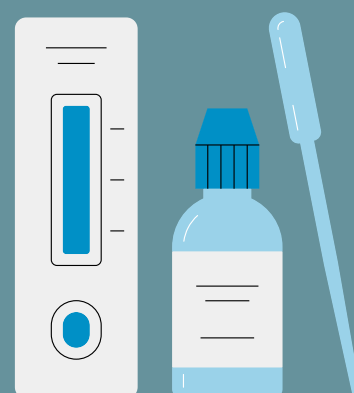
Health Services

MITIGATION STRATEGIES FOR COVID AND OTHER RESPIRATORY ILLNESSES

COVID-19 is now an endemic, much like influenza and the common cold. As the weather gets colder, the cases multiply. It is important for all of us to do our part to help prevent the spread of COVID and other viral illnesses. The Swiss Cheese Model is BACK to help remind us of the mitigation strategies we can employ!

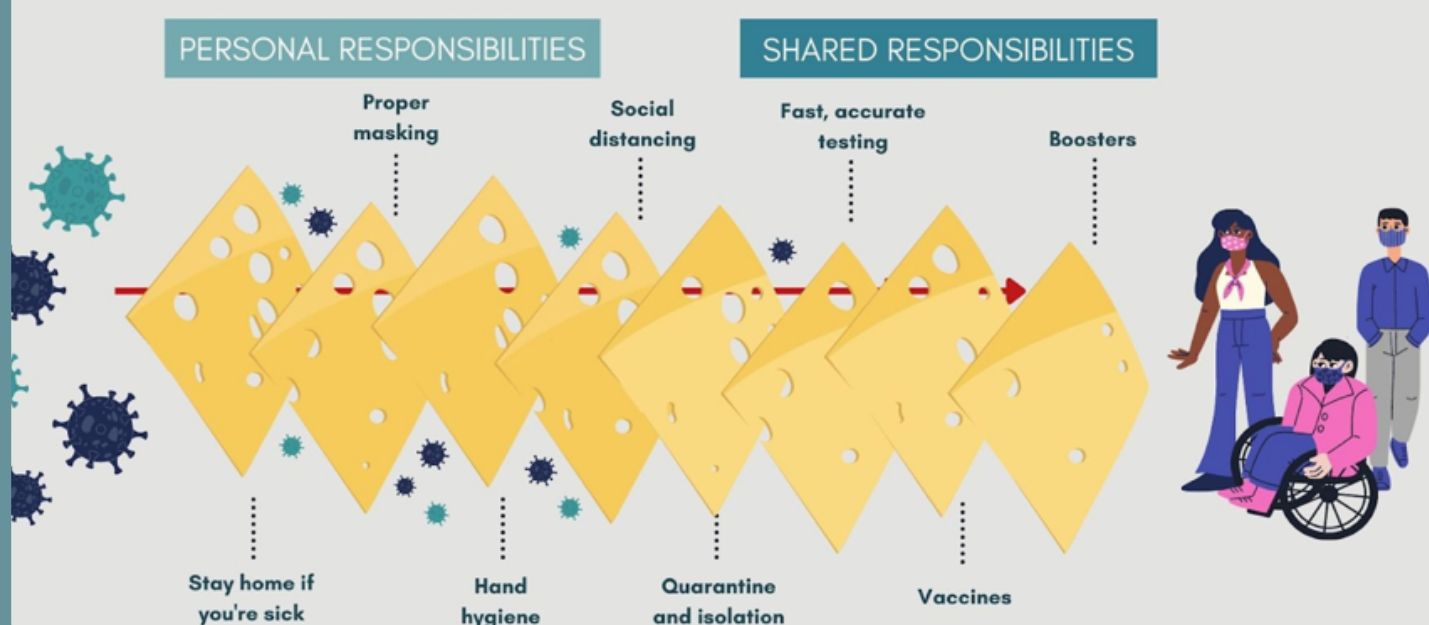
MassNotify

[CLICK HERE](#)



The Swiss Cheese Model

THE SWISS CHEESE MODEL



Mitigation Strategies

- Stay home when you are sick and take a test for COVID-19.
- Wear a face mask where advised or required (10 days for a known exposure)
- Get tested if you develop any symptoms of COVID (even if they are mild) and on day 6 day following an exposure to someone who has tested positive for COVID-19.
- Isolate if you test positive for COVID-19 (or if test results are pending) and notify your close contacts they may have been exposed.
- Follow Massachusetts Exposure Precautions if you have been exposed to COVID-19. MassNotify
- Practice good hand hygiene
- Social distancing
- Maintain clean areas by cleaning and disinfecting, especially high touch surfaces
- increase ventilation by bringing fresh outdoor air inside when weather permits.
- Get vaccinated and boosted