

# **Request for Self-Quarantine Of all Visitors and Part-Time Residents Arriving from Out of State**

3/30/2020

Dear Visitors and Part-time Residents,

In light of the high number of incidents of the COVID-19 Corona Virus infections in metropolitan areas around our country, and the necessity for us to control the spread of the virus here in Nelson, we are asking you to self-quarantine for 14 days after your arrival in town.

As you know, the COVID-19 infection is extremely contagious and potentially lethal. The numbers of people infected with the disease and requiring hospitalization can overwhelm our health care systems. Since we are not equipped to treat or to prevent the disease and since we do not have the ability to test to determine those who may be infected, our only option is to ask you to participate in the self-quarantine that we are requesting.

We ask that you limit face to face contact as much as possible upon your arrival in Nelson and request that you self-quarantine by remaining within your property limits during your first fourteen days in Nelson.

If walking along our country roads please limit your group to immediate family members and if you encounter others along your path, please exercise a further extension of the "6 foot rule" if stopping to converse.

We know that you will likely need to leave for groceries, medicine or other urgent necessities. But please, when doing so exercise as much caution and distancing from others as possible.

To many this may seem extreme, but as we watch this unfold and grow to more dangerous levels with each passing day, we feel that now is the time to take protective action.

Please note this is a request, not an order, but we hope that you value the safety of this community, your friends, and neighbors as much as we do, and will make every effort to comply.

Thank you for your cooperation.

Be well,

*David Upton*

---

David Upton  
Chairman, Nelson Board of Selectmen  
Deputy Health Officer