

Wellfleet Seasonal Residents Association

Promoting community involvement and communication

COVID19 Update

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If you have been following the social media/newspaper updates on the Cape, you are doubtless aware there have been complaints about seasonal residents who have chosen to sequester themselves in Wellfleet. It is completely understandable that you would want to be in a house that you know and love, surrounded by Wellfleet's beauty, rather than in more urban settings as the virus spreads in such dense environments.

If you have relocated onto the Cape, or are considering it, please keep in mind that:

1. We should all assume we've probably been exposed and may be asymptomatic "healthy carriers." Even if you feel perfectly fine, you could still be spreading the virus. I'm sure you have heard of "Typhoid Mary," the first widely publicized healthy carrier of a deadly disease. (An excellent book on the subject is *Typhoid Mary: Captive to the Public's Health* by Judith Leavitt; a more popular read is *Typhoid Mary: An Urban Historical* by the late Anthony Bourdain. (Both are available on line.)
2. The state is asking everyone arriving on the Cape, especially if they are coming from New York, New Jersey and Connecticut, to quarantine themselves at home for 14 days. This means bringing supplies with you and avoiding stores on the Cape, which have limited inventory. Please stay in your house. Full time residents have noted that families are out and about, the beach parking lots are filling up, there are multiple out of state plates on the cars, and there are lines at the food places.
3. As we all know, even at the best of times medical services on the Outer Cape are limited. Outer Cape Health Services has cut back some of its hours and services. Very few stores offer delivery. Many of our neighbors are over 65 with pre-existing conditions that make them more vulnerable to the deadly effects of this virus. The more people that use the food stores or even the restaurant take outs, the more we expose those workers.
4. A number of groups in Wellfleet are providing food for residents hard hit by the disruption in the economy. To contribute to these efforts, you can send a check to Common Table, c/o Fox and Crow 6

Commercial Street, Wellfleet, MA 02667. The local papers (available on line) cover more information on how you can contribute in other ways. All the non-profits we care about will need your continued support.

As we noted in an earlier eBlast, there is no way to know what the summer will bring. Our actions during the pandemic not only affect our own health but also will challenge relationships between seasonal and full-time residents for years to come.

Stay safe, Stay well.