

EMERGENCY ALERTS

HIDE ALERTS

Coronavirus Updates and Information

Get notified by text, email, or phone in your preferred language. Sign-up for COVID-19 alerts. *Nov. 29th, 2020, 5:00 pm* [Read more](#) ♦

For the latest information on COVID-19 Cases, Travel, & Reopening. *Dec. 2nd, 2020, 5:00 pm* [Read more](#) ♦

Menu



NEWS

Stay-at-Home Advisory

Department of Public Health Advisory

11/02/2020

Department of Public Health

Beginning on Friday, November 6, 2020, all residents of Massachusetts are advised to stay home between the hours of 10pm and 5am.

COVID-19 case numbers in our state are rising and the Commonwealth's COVID-19 related hospitalizations and COVID-19 Intensive Care Unit (ICU) census have more than doubled over the past 2 months. Social gatherings are contributing to these increases. Left unchecked, the current COVID-19 case growth poses a risk to our healthcare system. Intervention is warranted to moderate case growth and preserve hospital capacity. It's more important than ever to follow guidance from local, state, and federal officials on how to stop the spread of the virus.

It is critically important that everybody follows the steps listed below, not just for their own health and safety, but for the health and safety of their family and loved ones as well.

In order to comply with this advisory, between the hours of 10pm and 5am, you must:

- Only leave home to go to work or school, or for essential needs such as seeking emergency medical care, going to the grocery store or pharmacy, picking up take-out food, or receiving deliveries. If you do leave home, practice social distancing by staying 6 feet away from others and wearing a face covering.
- Not have gatherings in your home with anybody outside of your household.
- Comply with all Governor's Orders, including orders requiring face coverings, limiting gatherings, and mandating early closure of businesses.
- Practice social distancing and avoid touching surfaces frequently touched by others if you go outside to get fresh air.
- Use remote modes of communication like phone or video chat instead of visiting friends or family.

Taking these steps is critical to preventing the spread of the virus, protecting the lives of you and your loved ones, and preserving our acute care hospital and other health care systems' capacity.

Resources

- Reopening Massachusetts
 - [Plan and Guidance \(/info-details/reopening-massachusetts\)](/info-details/reopening-massachusetts)
 - [First Phase Press Release \(/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-first-phase-of\)](/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-first-phase-of)
 - [Second Phase Press Release \(/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-second-phase-of\)](/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-second-phase-of)
 - [Third Phase Press Release \(/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-third-phase-of\)](/news/reopening-massachusetts-baker-polito-administration-initiates-transition-to-third-phase-of)
 - [Third Phase, Step II \(/news/baker-polito-administration-announces-transition-to-step-ii-of-phase-iii-for-lower-risk\)](/news/baker-polito-administration-announces-transition-to-step-ii-of-phase-iii-for-lower-risk)
- High-risk communities
 - [COVID-19 Community-Level Data Map \(/info-details/community-level-covid-19-data-reporting\)](/info-details/community-level-covid-19-data-reporting)
 - [Resources for high-risk COVID-19 communities \(/info-details/resources-for-high-risk-covid-19-communities\)](/info-details/resources-for-high-risk-covid-19-communities)
- Wear a Mask in Public

- [Order and guidance \(/news/wear-a-mask-in-public\)](/news/wear-a-mask-in-public)
- [Video \(https://www.youtube.com/watch?v=HtUJPizQVPI\)](https://www.youtube.com/watch?v=HtUJPizQVPI)
- Testing
 - [About COVID-19 testing \(/info-details/about-covid-19-testing\)](/info-details/about-covid-19-testing)
 - [Stop the Spread: Testing in Higher Risk Communities \(/info-details/stop-the-spread\)](/info-details/stop-the-spread)
- COVID-19 Prevention
 - [Prevention information \(/info-details/covid-19-prevention-and-treatment\)](/info-details/covid-19-prevention-and-treatment)
 - [Fact sheets \(/info-details/covid-19-printable-fact-sheets#prevention-\)](/info-details/covid-19-printable-fact-sheets#prevention-)
 - [Video \(https://www.youtube.com/watch?v=atoYsk9lFXs\)](https://www.youtube.com/watch?v=atoYsk9lFXs)
- Social Distancing
 - [Social distancing tips \(/info-details/covid-19-prevention-and-treatment#social-distancing-\)](/info-details/covid-19-prevention-and-treatment#social-distancing-)
 - [Fact sheets \(/info-details/covid-19-printable-fact-sheets#prevention-\)](/info-details/covid-19-printable-fact-sheets#prevention-)
 - [Video \(https://www.youtube.com/watch?v=TkW72NwcOUg\)](https://www.youtube.com/watch?v=TkW72NwcOUg)
- Stay Home. Stay Safe. Save Lives.
 - [Video \(https://www.youtube.com/watch?v=jQLOTdjHjn8\)](https://www.youtube.com/watch?v=jQLOTdjHjn8)
- Self- Quarantine
 - [Self-quarantine vs. self-isolation \(/info-details/covid-19-prevention-and-treatment#stay-at-home-\)](/info-details/covid-19-prevention-and-treatment#stay-at-home-)
 - [Quarantine information sheet \(/doc/information-sheet-how-to-self-quarantine-and-self-isolate/download\)](/doc/information-sheet-how-to-self-quarantine-and-self-isolate/download)
 - [Infographic \(/info-details/covid-19-printable-fact-sheets#at-home-quarantine-or-self-monitoring-\)](/info-details/covid-19-printable-fact-sheets#at-home-quarantine-or-self-monitoring-)
 - [Video \(https://youtu.be/QlRd6F9BWUA\)](https://youtu.be/QlRd6F9BWUA)
- Coping with Stress and Anxiety
 - [Mental health resources \(/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak\)](/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak)
 - [Fact sheets \(/info-details/covid-19-printable-fact-sheets#coping-with-stress-and-fear-\)](/info-details/covid-19-printable-fact-sheets#coping-with-stress-and-fear-)
 - [Video \(https://www.youtube.com/watch?v=jSGlsQkrP-U\)](https://www.youtube.com/watch?v=jSGlsQkrP-U)

If you or a family/household member does not feel safe at home, please call 1-800-799-7233 for live support. If you are unable to speak safely, you can log onto thehotline.org to chat online, or text LOVEIS to 22522.

If you or a family/household member have another concern or need regarding this stay-at-home advisory, please call 2-1-1.

You can sign up to get the most up-to-date information sent to your phone by texting COVIDMA to 888-777.



150 YEARS
OF ADVANCING
**PUBLIC
HEALTH**

[Department of Public Health \(/orgs/departments-of-public-health\)](/orgs/departments-of-public-health)

DPH promotes the health and well-being of all residents by ensuring access to high-quality public health and healthcare services, and by focusing on prevention, wellness, and health equity in all people.

[More \(/orgs/departments-of-public-health\)](/orgs/departments-of-public-health)

RELATED

NEWS

[Order and Guidance: Wear a Mask in Public \(/news/mask-up-ma\)](/news/mask-up-ma)

11/02/2020 | *Department of Public Health*

Wear a mask or face covering in public to slow the spread of COVID-19 and help keep MA headed in the right direction.