

# Old Saybrook

## ***COVID 19 Community UPDATE #21 – April 5, 2020***

The following Community Update is being provided to you from the  
Town of Old Saybrook Emergency Operations Center.

The intent of this document is to provide a daily summary of preparedness,  
response and other government activities.

### **Public Safety & Community Information**

- The Nation, State, and Town remain under Declared States of Emergency.
- The Town's Emergency Operation Center (EOC) remains operational.
- There were nine (9) new CONFIRMED cases of COVID-19 today in our Health District.
- Old Saybrook belongs to the Connecticut River Area Health District (CRAHD).
- This includes the Towns of Chester, Clinton, Deep River, Haddam, and Old Saybrook.
- These are the current reported Positive Cases according to CRAHD:

-	Chester	-	9 Confirmed Cases	
-	Clinton	-	8 Confirmed Cases	1 Death
-	Deep River	-	5 Confirmed Cases	
-	Haddam	-	3 Confirmed Cases	
-	Old Saybrook	-	7 Confirmed Cases	
- We believe there are an additional ten (10) presumptive positive cases in Old Saybrook.
- Presumptive cases are not always formally tested.
- Public Health Officials advise that Connecticut is entering the peak of the COVID19 Outbreak.
- We CAN protect ourselves from this deadly virus by Social Distancing.
- If you do not need to be out – please stay home. It is seriously safer for you & your family.
- When choosing to “get some fresh air” try to stay home on your own property.
- Limit the people you are interacting with.
- If choosing to take a walk, stay local, stay in very small groups, stay distant, STAY SAFE!
- There are Old Saybrook Residents that have been tested for COVID-19 & are awaiting results.
- We are finding that test results take between three (3) to nine (9) days.

- It is helpful for Public Safety to know if a person in your home, that is not an Old Saybrook Resident, has sadly been diagnosed with COVID-19 (after being tested).
- If you are caring for a COVID-19 Patient in your home, please contact us so we can ensure the proper resources are sent to your home in case of an emergency AND we can keep our First Responders Safe! Call the Police Department at 860-395-3142 or email the Emergency Operations Center at [EOC@OldSaybrookPolice.com](mailto:EOC@OldSaybrookPolice.com).
- Information is kept confidential and used ONLY to alert First Responders should we need to respond to your home to provide assistance.
- We are expecting and are prepared for further confirmed cases of COVID-19 in Old Saybrook.
- Social Distancing efforts **ARE MAKING A DIFFERENCE!!**
- Let's keep our confirmed case numbers LOW. We need YOUR help to do so!
- We are doing EVERYTHING we can think of to create a Social Distancing Campaign in OS!
- We need YOUR help and continued COMMITMENT to keep everyone as safe as possible.
- This means – Practice Social Distancing – Shop Alone – Stay home if you don't need to go out.
- The Governor has ordered the suspension of weekend and weekly rentals of homes.
- The Governor has ordered all hotels, motels, and resorts to close for recreational travelers.
- The Governor has ordered the restriction of gatherings to no more than five (5) people.
- There can be more than five people at the beach or in our parks so as long as they are following social distancing recommendations and are not in violation of the Governor's Order.
- All grocery stores in Old Saybrook are asking you (begging really) to PLEASE "Shop Alone".
- Stores must limit how many shoppers can be in a store at one time by 50%. It's now the Law.
- Follow the Warning Signs that are placed at the entrances to indoor stores/shops.
- If you have flu like symptoms or have been around someone with flu like symptoms DO NOT ENTER A PUBLIC STORE!
- Public Health Awareness Advertisements are all over town to remind people to: "Wash Their Hands", "Sneeze and Cough in Your Elbow" and to "Maintain Social Distance".

#### **LESS CONTACT = LESS VIRAL INFECTIONS = LESS DEATH**

- If you have recently moved your family to Old Saybrook from another location—any location—please consider sheltering in place (self-quarantine) for fourteen (14) days to prevent further community spread.

- With so many second homes in our community, this has become an area of major concern for our Town. Please be respectful – no one wants to get sick.
- Old Saybrook's First Responders have personal protective equipment, adjusted response guidelines, and open/clear communication – all of which will keep them as safe as possible.
- The Town's Public Safety Leadership Team met with the First Selectman today. (*Remotely*)
- The Town is very supportive of our local businesses!
- All non-essential businesses are closed to the public as ordered by The Governor.
- Businesses can click the link below for a COVID 19 Business toolkit – updated each day!!  
<https://www.oldsaybrookchamber.com/coronavirus-business-toolkit>
- Information for business that are interested in filing for a State Bridge Loan may be found at:  
<https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/CT-Recovery-Bridge-Loan-Program>
- The Emergency Operations Center is using Facebook, Twitter, Instagram, and Snapchat to connect with residents. Search COVID19OS to find us on your favorite social media platform.
- Over 2,700 people are signed up to receive this newsletter! Make sure your family is!
- Please visit the Emergency Management Website as your sole local online source of all information related to the COVID-19 Public Health Emergency. <https://www.oldsaybrookct.gov/emergency-management>

## Public Health

- It is extremely important that EVERYONE takes this Public Health Emergency seriously!
- DO NOT go out into the public if you have a fever or flu like symptoms.
- DO NOT go into a retail store or restaurant if you have a fever or flu like symptoms.
- COVID-19 is HIGHLY Contagious. If you have flu like symptoms STAY HOME!!
- The CDC has a COVID-19 "Self Checker".

Click the link: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

- **Practice social distancing. Maintain six (6) feet from other people.**

Be smart when outdoors enjoying a park/beach – **Practice Social Distancing.**

Standing in a line is fine – just **Practice Social Distancing.**

Go for a walk - just **Practice Social Distancing.**

- Playscapes will be sanitized three times a week.
- Wash your hands with soap and water frequently for twenty (20) seconds or use at least 60% alcohol based sanitizer.
- YOUR actions can save lives! BE Responsible! SLOW THE SPREAD!

## Public School District

- Week three (3) of Distance Learning Begins tomorrow! *(Normal school bedtime kids!)*
- There is no news yet from the State Department of Education or the Governor as to when/if schools will be able to resume normal operations.
- Food distribution for children enrolled in the Old Saybrook Public School District continues tomorrow. Pick up is available from 9-10 AM, each weekday at the Goodwin School and the High School. Meals are free!
- The OSPS website is being updated for parents and students daily.  
<https://www.oldsaybrookschoools.org/>

## Municipal Government Operations

- Town Government will be OPEN for business tomorrow – by appointment!
- Please contact the Department you wish to do business with.
- For general municipal government needs, please contact the First Selectman's Office.  
860-395-3123.
- Remember to check the Town Website to participate remotely in "public meetings".
- YOUR actions can help prevent community spread. Please choose to help.

## Social Services / Youth and Family Services

- An article for parents discussing on how best to communicate with your children about the National Public Health Emergency is attached.
- Access Health CT has EXTENDED it's special enrollment period until April 17, 2020. If you are uninsured please use this opportunity to enroll. Go to [www.AccessHealthCT.com](http://www.AccessHealthCT.com)
- Social Services Appointments will be conducted by phone, Call Sue Consoli 860-395-3188.
- In case of job loss caused by COVID-19 please visit the State's Department of Labor page at:  
<http://www.ctdol.state.ct.us/UI-online/index.htm>
- Youth and Family Services Counselors are now able to provide tele-counseling services.
- For Behavioral Health Support contact Director Heather McNeil 860-510-5042.
- Other services are available by contacting 211.

## Good News!!

### *A NEW CONTEST IS UPON US!*

- We are seeking pictures of your animals dressed as Essential Workers – to honor them!
- Store clerks, restaurant workers, mechanics, doctors, police officers, nurses, fire fighters, government leaders, emergency medical service personnel – all that go to work for US!
- Submit your entry to [Fun@OldSaybrookPolice.com](mailto:Fun@OldSaybrookPolice.com)
- The Contest will run until noon on Wednesday, April 8, 2020.
- The pictures so far are amazing!! Keep them coming!! (It makes us smile too!)
- Yes, your favorite pet will receive a prize along with your family!

### *RANDOM ACTS OF KINDNESS WEEKEND!*

- AGAIN today, thanks to a very generous family, Police Officers were able to spread some cheer AGAIN around town by presenting residents with gift certificates to area businesses.
- Spreading cheer, reducing stress, & supporting businesses at the same time – WIN WIN WIN!
- If you would like to help keep this program going – contact us: [EOC@oldsaybrookpolice.com](mailto:EOC@oldsaybrookpolice.com)
- Find out how much you might be receiving in a stimulus check – click here for the calculator:

<http://dig.abclocal.go.com/ccg/stimulus-calculator/index.html>

- The GREAT Take Out Give A Way is On!! With the support of the Saybrook Wealth Group and the Chamber of Commerce, the Chamber is giving away ten (10) \$100 Restaurant Gift Certificates (one a day). Click the link for more information.

<https://www.oldsaybrookchamber.com/giveaway>

- Light Up Old Saybrook! Every night at 7 PM - Turn your outside lights on to show support for the “Essential Workers”!
- Got Good News? Send it to us! We’d love to share.
- Be safe. Keep Smiling. We will get through this!



**ONE COMMUNITY.  
ONE TEAM.**



## Talking With Children:

### TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

#### What You Should Know

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help.

This tip sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

#### Possible Reactions to an Infectious Disease Outbreak

Many of the reactions noted below are normal when children and youth are handling stress. If any of these behaviors lasts for more than 2 to 4 weeks, or if they suddenly appear later on, then children may need more help coping. Information about where to find help is in the Helpful Resources section of this tip sheet.

#### PRESCHOOL CHILDREN, 0–5 YEARS OLD

Very young children may express anxiety and stress by going back to thumb sucking or wetting the bed at night. They may fear sickness, strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express their understanding of the outbreak repeatedly in their play or tell exaggerated stories about it. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are aggressive or withdrawn behavior, hyperactivity, speech difficulties, and disobedience.

- **Infants and Toddlers, 0–2 years old,** cannot understand that something bad in the world is happening, but they know when their caregiver is upset. They may start to show the same emotions as their caregivers, or they may act differently, like crying for no reason or withdrawing from people and not playing with their toys.
- **Children, 3–5 years old,** may be able to understand the effects of an outbreak. If they are very upset by news of the outbreak, they may have trouble adjusting to change and loss. They may depend on the adults around them to help them feel better.



## EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Children and youth in this age range may have some of the same reactions to anxiety and stress linked to infectious disease outbreaks as younger children. Often younger children within this age range want much more attention from parents or caregivers. They may stop doing their schoolwork or chores at home. Some youth may feel helpless and guilty because they are in a part of the world currently unaffected by the outbreak, or where the public health system protects people against outbreaks in ways it cannot in other parts of the world.

- **Children, 6–10 years old,** may fear going to school and stop spending time with friends. They may have trouble paying attention and do poorly in school overall. Some may become aggressive for no clear reason. Or they may act younger than their age by asking to be fed or dressed by their parent or caregiver.
- **Youth and Adolescents, 11–19 years old,** go through a lot of physical and emotional changes because of their developmental stage. So it may be even harder for them to cope with the anxiety that may be associated with hearing and reading news of an infectious disease outbreak. Older teens may deny their reactions to themselves and their caregivers. They may respond with a routine “I’m okay” or even silence when they are upset. Or they may complain about physical aches or pains because they cannot identify what is really bothering them emotionally. They may also experience some physical symptoms because of anxiety about the outbreak. Some may start arguments at home and/or at school, resisting any structure or authority. They also may engage in risky behaviors such as using alcohol or drugs.

## How Parents, Caregivers, and Teachers Can Support Children in Managing Their Responses to Infectious Disease Outbreaks

With the right support from the adults around them, children and youth can manage their stress in response to infectious disease outbreaks and take steps to keep themselves emotionally and physically healthy. The most important ways to help are to make sure children feel connected, cared about, and loved.

- **Pay attention and be a good listener.**

Parents, teachers, and other caregivers can help children express their emotions through conversation, writing, drawing, playing, and singing. Most children want to talk about things that make them anxious and cause them stress—so let them. Accept their feelings and tell them it is okay to feel sad, upset, or stressed. Crying is often a way to relieve stress and grief.



- **Allow them to ask questions.** Ask your teens what they know about the outbreak. What are they hearing in school or seeing on TV? Try to watch news coverage on TV or the Internet with them. Also, limit access so they have time away from reminders about the outbreak. Don’t let talking about the outbreak take over the family or classroom discussion for long periods of time.

## TALKING WITH CHILDREN:

## TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

- **Encourage positive activities.** Adults can help children and youth see the good that can come out of an outbreak. Heroic actions, families and friends who travel to assist with the response to the outbreak, and people who take steps to prevent the spread of all types of illness, such as hand washing, are examples. Children may better cope with an outbreak by helping others. They can write caring letters to those who have been sick or lost family members to illness; they can organize a drive to collect needed medical supplies to send to affected areas.
- **Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.** Adults can show children and youth how to take care of themselves. If you are in good physical and emotional health, you are more likely to be readily available to support the children you care about.



## Tips for Talking With Children and Youth of Different Age Groups During an Infectious Disease Outbreak

**A NOTE OF CAUTION!** *Be careful not to pressure children to talk about an outbreak or join in expressive activities. While most children will easily talk about the outbreak, some may become frightened. Some may even feel more anxiety and stress if they talk about it, listen to others talk about it, or look at artwork related to the outbreak. Allow children to remove themselves from these activities, and monitor them for signs of distress.*

### PRESCHOOL CHILDREN, 0–5 YEARS OLD

Give these very young children a lot of cuddling and verbal support.

- Get down to their eye level and speak in a calm, gentle voice using words they can understand.
- Tell them that you always care for them and will continue to take care of them so they feel safe.
- Keep normal routines, such as eating dinner together and having a consistent bedtime.

### EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Nurture children and youth in this age group:

- Ask your child or the children in your care what worries them and what might help them cope.
- Offer comfort with gentle words, a hug when appropriate, or just being present with them.
- Spend more time with the children than usual, even for a short while.
- If your child is very distressed, excuse him or her from chores for a day or two.
- Support children spending time with friends or having quiet time to write or create art.



## Helpful Resources

### Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane -- Rockville, MD 20857  
Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)  
Email: info@samhsa.hhs.gov  
SAMHSA Store: https://store.samhsa.gov

### SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515 Email: DTAC@samhsa.hhs.gov  
Website: https://www.samhsa.gov/dtac

### Hotlines

#### SAMHSA's Disaster Distress Helpline

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)  
(English and español)  
SMS: Text TalkWithUs to 66746  
SMS (español): "Hablamos" al 66746  
TTY: 1-800-846-8517  
Website (English):  
https://www.disasterdistress.samhsa.gov  
Website (español): https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol

#### SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)  
Website: https://www.samhsa.gov/find-help/national-helpline

#### Child Welfare Information Gateway

Toll-Free: 1-800-4-A-CHILD (1-800-422-4453) Website:  
https://www.childwelfare.gov/topics/responding/reporting/how

### Treatment Locator

#### Behavioral Health Treatment Services Locator

Toll-Free: 1-800-662-HELP (1-800-662-4357)(24/7 English and español);  
TTY: 1-800-487-4889  
https://findtreatment.samhsa.gov

### Resources Addressing Children's Needs

#### Administration for Children and Families

Website: https://www.acf.hhs.gov

### Additional Behavioral Health

#### National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)  
Toll-Free (español): 1-888-628-9454  
TTY: 1-800-799-4TTY (4889)  
Website (English): https://www.suicidepreventionlifeline.org  
(español): https://suicidepreventionlifeline.org/help-yourself/en-espanol

#### National ChildTraumatic Stress Network

Website: https://www.nctsn.org

- Encourage children to participate in recreational activities so they can move around and play with others.
- Address your own anxiety and stress in a healthy way.
- Let children know that you care about them—spend time doing something special; make sure to check on them in a nonintrusive way.
- Maintain consistent routines, such as completing homework and playing games together.

## When Children, Youth and Parents, Caregivers, or Teachers Need More Help

In some instances, children may have trouble getting past their responses to an outbreak, particularly if a loved one is living or helping with the response in an area where many people are sick. Consider arranging for the child to talk with a mental health professional to help identify the areas of difficulty. If a child has lost a loved one, consider working with someone who knows how to support children who are grieving.<sup>1</sup> Find a caring professional in the Helpful Resources section of this tip sheet.

1 National Commission on Children and Disasters. (2010). *National Commission on Children and Disasters: 2010 report to the President and Congress* (AHRQ Publication No. 10-M037). Rockville, MD: Agency for Healthcare Research and Quality. Retrieved from <http://archive.ahrq.gov/prep/nccdreport/nccdreport.pdf> [PDF - 1.15 MB]

*\*Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*



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(2014)

# Old Saybrook

## Emergency Operations Center

*In an effort to reduce anxiety, create some smiles, and **HONOR** the essential workers who are there for us....*

*The Old Saybrook Emergency Operations Center is sponsoring a:*

### ***Honor Essential Workers Photo Contest***

**We are offering three different contest categories!!**



**Take eye-catching & creative pictures of your pet(s) dressed up as Store clerks, restaurant workers, mechanics, doctors, police officers, nurses, fire fighters, government leaders, emergency medical service workers, etc.. EVERY PROFESSION THAT STILL WORKS FOR US EACH DAY!**

**Have FUN with this!!**

**Entrees are due by Wednesday, April 8, 2020 at noon!**

**Prizes will be awarded - to pets and humans!**

*Send your Pictures to:*

[Fun@OldSaybrookPolice.com](mailto:Fun@OldSaybrookPolice.com)

If the links don't work on your device....

Please visit our social media sites by searching COVID19OS