

# Old Saybrook

## ***COVID 19 Community UPDATE #25 – April 9, 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 three (3) new CONFIRMED cases of COVID-19 today in Old Saybrook.
- 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	-	13 Confirmed Cases	2 Deaths
-	Clinton	-	13 Confirmed Cases	1 Death
-	Deep River	-	5 Confirmed Cases	
-	Haddam	-	3 Confirmed Cases	
-	Old Saybrook	-	12 Confirmed Cases	
- We are confident that there are eighteen (18) additional presumptive positive cases in OS.
- We believe there may be more. Presumptive cases are not always formally tested.
- If people who live in the same household as a person that has sadly received a positive COVID-19 test result begin to have COVID-19 symptoms, they are not tested and presumed by medical professionals to have COVID-19. Unless hospitalized, they may never be tested.
- We are working with Apple Health & Rehab and Gladeview Healthcare to prevent & respond if necessary to a COVID-19 Outbreak following Federal & State Guidelines.
- Public Health Officials advise Connecticut is entering the peak of the COVID-19 Outbreak.
- We are very concerned about EVERYONE's Health over the next two (2) – three (3) weeks.
- It is currently predicted that Middlesex County's "peak" may be around April 22, 2020.

- PLEASE STAY HOME – if you do not need to go out in public.
- Limiting contact with others is highly recommended by Public Health Officials.
- When choosing to “get some fresh air” try to stay home on your own property.
- If choosing to take a walk, stay local, stay in very small groups, stay distant, STAY SAFE!
- We can SAVE LIVES if EVERYONE follows Social Distancing Recommendations! PLEASE!
- Let’s take a moment to speak about stress.
- We know that this is a stressful time for everyone, including your public safety professionals.
- Here are some tips on ways to cope with stress. Remember WE are ALWAYS here for YOU!
- Take breaks from watching, reading, or listening to news stories & social media. Hearing about the pandemic repeatedly can be upsetting. *(After your done reading this of course 😊)*
- Take care of your body. Take deep breaths, stretch, or meditate. Avoid alcohol and drugs.
- Try to eat healthy, well-balanced meals. Exercise regularly, get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy while keeping safe.
- Connect & talk with people you trust about your concerns and how you are feeling.
- 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).
- We are expecting and are prepared for further confirmed cases of COVID-19 in Old Saybrook.
- Social Distancing efforts - ARE MAKING A DIFFERENCE!! **YOU’RE MAKING A DIFFERENCE!!**
- 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.
- Practice Social Distancing – Not doing so is selfish! – We can keep each other SAFE!
- 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.

- Big Y will be closed on Sunday & Monday.
- 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 are an essential business and in need of social distancing signage please call us!
- 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.
- We have been using “PPE” on many calls.
- Police have COVID-19 Response Kits in each vehicle to keep all First Responders safe!
- Today our Public Safety Leadership Team participated in a conference call with the Governor.
- Holy Week Church Service Schedules are attached.
- The Town is very supportive of our local businesses!
- The Weekly Business Community Conference Call is scheduled for Tomorrow at 10 AM.
- Information to participate can be found here: <https://www.oldsaybrookchamber.com/>
- Businesses can click the link below for a COVID-19 Business toolkit – updated each day!!  
<https://www.oldsaybrookchamber.com/coronavirus-business-toolkit>
- 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 2,800 people are signed up to receive this newsletter! Make sure your family is!
- If you know of someone that does not have a smart phone and wishes to receive this Community Update by email – just contact us! We will make that happen!
- 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 systems.
- DO NOT go into a retail store or restaurant if you have a fever or flu like systems.
- 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>

- Playscapes will be sanitized three times a week.
- **Practice social distancing. Maintain six (6) feet from other people.**
- 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

- Students, Families, and staff will be on April Break for few days. You all deserve one!
  - You're doing so great that the Superintendent has declared this a "No Homework Weekend!"
  - Food distribution today included meals for Friday, Saturday and Sunday.
  - The District is discussing the latest information from the State Commissioner of Education.
  - The OSPS website is being updated for parents and students daily.
- <https://www.oldsaybrookschoools.org/>

## Municipal Government Operations

- Town Government will be CLOSED for business tomorrow.
- The Transfer Station will be closed tomorrow & OPEN on Saturday from 9am-5pm.
- Remember to check the Town Website to participate remotely in "public meetings".
- The Acton Public Library is holding a "Virtual Knitting Group" on Zoom on Wednesdays at 2:30; email Rachel at [rbulgini@actonlibrary.org](mailto:rbulgini@actonlibrary.org) to register.
- The Library also has remote access to the Ancestry Library Edition through the end of April. To "check it out" click the link! <http://lioninc.org/alion/ancestryli.php?lib=os>
- YOUR actions can help prevent community spread. Please choose to help.

## **Social Services / Youth and Family Services**

- 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 providing tele-counseling services.
- For Behavioral Health Support contact Director Heather McNeil 860-510-5042.
- Veterans in need of services please call 1-800-273-8255. THANK YOU for your service!
- Other services are available by contacting 211.

## **Good News!!**

### ***PARTICIPATE IN OUR DRESS UP YOUR FRONT DOOR CONTEST!***

- Using what you have at home.....Dress up your front door to bring Smiles and Cheer to all!
- You may choose to dedicate your design to all of our essential workers including 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 Pictures we are receiving already are incredible! THANK YOU for bringing all of us joy!
- The Contest will run until noon on Wednesday!

### ***RANDOM ACTS OF KINDNESS - A ~~WEEK~~ MONTH LONG EVENT!!***

- Thanks to a VERY generous donation, the Random Acts of Kindness Campaign will continue for the entire month of April! Police Officers will be able to spread more cheer 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)
- The GREAT Take Out Give A Way is STILL On!! The Chamber is giving away ten \$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”!
- Soon the Police Department will be announcing our “Shorts for Saybrook” campaign!
- This summer’s fundraiser will be to establish a local grant program for Old Saybrook residents and businesses negatively impacted by the COVID-19 Public Health Emergency.
- 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.**

## Easter Weekend Church Service Schedule

Church	Service Type	Where to Stream
Emmanuel Baptist Church	Video Streaming Easter Sunday - 11am	Facebook: <a href="http://www.facebook.com/ebsaybrook">http://www.facebook.com/ebsaybrook</a>
First Church of Christ	Video Streaming Holy Thursday - 7pm Easter Sunday - 9am	Facebook: <a href="https://www.facebook.com/firstchurchos/">https://www.facebook.com/firstchurchos/</a> Youtube: <a href="https://www.youtube.com/channel/UCWHdx1EfOUUtvvpXuBhViPw/videos">https://www.youtube.com/channel/UCWHdx1EfOUUtvvpXuBhViPw/videos</a> Website: <a href="http://firstchurchsaybrook.org/">http://firstchurchsaybrook.org/</a>
Grace Episcopal Church	Video Streaming Good Friday – 12 pm Easter Sunday - 9:30 am	Facebook: <a href="https://www.facebook.com/Grace-Episcopal-Church-111703085532504/">https://www.facebook.com/Grace-Episcopal-Church-111703085532504/</a> Youtube: <a href="https://www.youtube.com/channel/UCaOkJdOlNGjQBf7hLBanQMw">https://www.youtube.com/channel/UCaOkJdOlNGjQBf7hLBanQMw</a>
Shore Brook Cavalry Chapel	Video Streaming - Live Easter Sunday 10:05 am	Facebook: <a href="https://www.facebook.com/shaun.medic.3">https://www.facebook.com/shaun.medic.3</a>
St. John's Church	TV Service – Hartford Archdiocese Easter Sunday – 11am	Live Stream: <a href="https://www.ortv.org">https://www.ortv.org</a> <a href="http://www.norwichdiocese.org/masses">www.norwichdiocese.org/masses</a>
St. Paul Lutheran Church	Video Streaming Good Friday – 12 noon Easter Sunday - 7am	Facebook: <a href="https://www.facebook.com/St-Paul-Lutheran-Church-Old-Saybrook-189478284450654/">https://www.facebook.com/St-Paul-Lutheran-Church-Old-Saybrook-189478284450654/</a>
Valley Shore Assembly of God	Video Streaming	Worship Uploaded: <a href="http://valleyshore.org/">http://valleyshore.org/</a>

RESTAURANT NAME	Address	Phone #	Hours	Take Out	Delivery Service
AFC Sushi @ Big Y 58	28 Spencer Plain Road	(860)395-0511	8am-8pm	Yes	No
Alforno's	1654 Boston Post Road	(860)399-4166	Lunch: 12pm-230pm, Dinner: 5pm-9pm	Yes	Door Dash
Ashlawn Farm Store LLC	454 Boston Post Road	(860)339-5663	Thursday Curbside Pickup	Yes	Whole Sale Delivery
Aspen Restaurant	2 Main Street	CLOSED	CLOSED	CLOSED	CLOSED
Atlantic Seafood	1400 Boston Post Rd.	(860)388-4527	9am-4pm Daily/Fri& Sat 9am-6pm	Yes	No
Ben & Jerry's	19 Main Street	CLOSED	CLOSED	CLOSED	CLOSED
Big Y	28 Spencer Plain Road	(860)395-0511	8am-8pm	Yes	No
Burger King	607 Boston Post Road	(860)388-5255	7am-10pm	Yes	No
Café Toscana	25 Main Street	(860)388-1270	7am-330pm	Yes	No
Caffe Marche	2 Pennywise Lane	CLOSED	CLOSED	CLOSED	CLOSED
Cloud 9	256 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED



Comfort Café	90 Essex Road	CLOSED	CLOSED	CLOSED	CLOSED
Courtyard	105 Elm Street	(860)388-1821	6am-2pm	Yes	Local Delivery
Cuckoo's Nest	1712 Boston Post Road	(860)399-8189	4pm-8pm/Sundays 1pm-5pm	Yes	Shoreline Menu Delivery through Website
Dagmar's Desserts	75 Main Street	(860)661-4661	Tues-Sat 10am-2pm/Closed Sun & Mon	Yes	Shoreline Menu Delivery through Website
Dairy Queen	1370 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED
Dunkin Donuts	923B Boston Post Road	(860)388-9121	4am-10pm	Yes	No
Dunkin Donuts II	1635 Boston Post Road	(860)399-0025	5am-5pm	Yes	No
Estuary Council	220 Main Street	(860)388-1611	Café Lunches Take Out Only/Meals on Wheels	Yes	Meals on Wheels
Fenwick Ice Cream	910 Boston Post Road	(860)388-4032	Mon-Wed 11am-3pm/Thur,Sun 11am-730pm/ Fri,Sat 11am-8pm	Yes	No
Fiore	210 Main Street	(860)388-2699	1030am-9pm	Yes	Local Delivery
Five Guys	28 Spencer Plain Road	(860)391-8602	11am-8pm	Yes	Door Dash, Online Orders, Uber Eats
Fresh Salt (Saybrook Point Inn)	2 Bridge Street	(860)388-1111	Thursday & Friday 4pm-9pm/Sat & Sun 12pm-9pm	Yes	Local Delivery Old Saybrook Only

Fromage	873 Boston Post Road	(860)388-5750	Mon-Fri: 10am-4pm/Sat: 9am-4pm/ Sunday Closed	Yes	No
Golden Garden	210 Main Street	(860)395-0888	Daily 4pm-8pm	Yes	No
Himalaya Café	1456 Boston Post Road	(860)577-5300	Mon,Wed, Thurs 430-8pm/Tues Closed/ Fri,Sat 5-9pm/Sun 2pm-8pm	Yes	No
Jack Rabbits	254 Main Street	(860)510-0048	11am-8pm	Yes	Starting Friday
Jakes Wayback Burgers	1657 Boston Post Road	(860)391-8475	1030am-9pm	Yes	Door Dash, Uber Eats
Johnny Ad's	910 Boston Post Road	(860)388-4032	Mon-Wed 11am-3pm/Thur,Sun 11am-730pm/ Fri,Sat 11am-8pm	Yes	No
Kenny's Pizza	350 Middlesex Turnpike	(860)388-3035	11am-9pm/Sunday Closed	Yes	Local Delivery \$15 minimum
LaMerea	732 Middlesex Turnpike	(860)391-8614	4pm-8pm Wednesday - Sunday	Yes	Local Delivery
Little Pub	1231 Boston Post Road	(860) 339-5591	3pm-8pm	Yes	Door Dash
Liv's Oyster Bar	166 Main Street	(860)395-5577	4pm-8pm	Yes	Call for Information
Luigi's	1295 Boston Post Road	(860)388-9190	Pick Up Between 5pm-8pm/Credit Only	Yes	No
McDonalds	1061 Boston Post Road	(860)388-6895	24 Hours	Yes	Uber Eats, Door Dash

Mindy K's	1610 Boston Post Road	(860)399-6427	6am-430pm/Sun 9am-230pm	Yes	No
Mirsina's Restaurant	162 Main Street	(860)388-9706	7am-3pm/Sun 7am-2pm	Yes	Local Delivery/Door Dash
Monkey Farm	571 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED
Mystic Market	70 Mill Rock Road	(860)661-5910	8am-7pm/Sun 10am-5pm	Yes	Call for Delivery
Otter Cove Restaurant	99 Essex Road	(860)388-4836	3pm-8pm	Yes	Call for Information
Paperback Café	210 Main Street	(860)388-9718	Open 7-2 Everyday	Open	Take out and Delivery
Parthanon Diner	809 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED
Pasta Vita	225 Elm Street	(860)395-1452	Daily 8am-6pm/Sat 8am-530pm/Sun 9am-3pm	Yes	No
Penny Lane Pub	150 Main Street	(860)388-9646	Mon-Thurs 12pm-7pm Fri-Sat 12pm-8pm	Yes	Shoreline Menu Delivery through Website
Pizza Palace	1283 Boston Post Road	(860)388-4090	10-8pm Daily/10am-9pm Fri & Sat	Yes	Shoreline Menu Delivery through Website
Pizza Works	455 Boston Post Road	(860)388-2218	Daily 11:30am-7:30pm	Yes	Door Dash
Pursit of Pastry	709 Boston Post Road	(860)391-8687	Sun-Mon: 8am-2pm, Tues-Fri: 8pm-5pm, Sat: 8am-4pm	Yes	Shoreline Menu Delivery through Website

Rosemary and Sage	1080 Boston Post Road	(860)388-1166	3pm-7pm	Yes	Pick Up Only
Saigon City	1315 Boston Post Road	(860)388-6888	1130am-8pm/Closed Mondays	Yes	No
Sals Pizza	29 Spencer Plain Road	(860)399-8331	11am-9pm Tues/Sun 11am-10 Wed-Sat/ Closed Mondays	Yes	Shoreline Menu Delivery through Website
Samurai Asian Fusion	1596 Boston Post Road	(860)399-1113	12pm-9pm	Yes/Online Ordering	Local Delivery
Saybrook Pizza & Restaurant	1550 Boston Post Road	(860)339-5028	1030am-930pm/Fri & Sat 10am-9pm	Yes	Local Delivery
Saybrook Seafood	843 Boston Post Road	(860)388-4600	9am-6pm	Yes	No
Saybrook Soup & Sandwich Co.	745 Boston Post Road	(860)395-3000	10am-7pm Daily/Sunday 10am-3pm	Yes/Online Ordering	Door Dash, Local Delivery Through Business
Shakahari	1458 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED
Shayna B's By The Sea	247 Main Street	(860)339-3144	10am-5pm	Yes	Door Dash, Shoreline Menu Delivery through Website
Som Siam	45 Mill Rock Road	CLOSED	CLOSED	CLOSED	CLOSED
Starbucks	15 Main Street	CLOSED	CLOSED	CLOSED	CLOSED
Stop & Shop #688	105 Elm Street	(860)388-6354	6am-730 Seniors Only/ Daily 7:30am-8pm	Yes	No

Subway	535 Boston Post Road	(860)395-0255	9am-8pm	Yes	No
Sweet Luna's	139 Main Street	CLOSED	CLOSED	CLOSED	CLOSED
Tequila's Authentic Mexican Food	1333 Boston Post Road	(860)391-8091	12pm-7pm	Yes	Door Dash/imenu360.us
The Tea Kettle Restaurant LLC	1395 Boston Post Road	(860)577-5039	Mon-Thurs 10am- 2pm/Fri-Sun 8am-3pm DINNER Fri & Sat 3pm-8pm	Yes	Online Ordering, Local Delivery, Meals To Go
TJ's Restaurant	735 Boston Post Road	(860)388-2400	Sun-Thurs 11am-8pm/Fr& Sat 11am-9pm	Yes	Local Delivery
Walt's Market	178 Main Street	(860)388-3308	Mon-Fri 10am-5pm/Sat 9am-5pm/ 9am-1pm Sun	Yes	No
Zhangs	455 Boston Post Road	(860)388-3999	4pm-8:30pm	Yes	No

# 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:*

### ***Dress Up Your Front Door Photo Contest!!!***

*Using what you  
have at home.....*

**Decorate  
your front door!**

**Make it Colorful!**

**Be Creative!**

**Take a Photo!**

**Send it to us!**

**Great Family Fun!**



*Using what you  
have at home.....*

**Decorate  
your front door!**

**Make it Colorful!**

**Be Creative!**

**Take a Photo!**

**Send it to us!**

**Bring Joy to All!**

**Entries are due by Wednesday, April 15, 2020 at noon!**

*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

**Winning families will receive a pizza and ice cream on Wednesday for Dinner!**