

Old Saybrook

COVID 19 Community UPDATE #42 – April 26, 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 Operations Center (EOC) remains operational.
- There was one (1) new CONFIRMED case 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.
- Sadly, the Town of Clinton lost a resident to COVID-19 today. Our condolences to the family.
- These are the current reported Positive Cases according to CRAHD:

-	Chester	-	32 Confirmed Cases	6 Deaths
-	Clinton	-	30 Confirmed Cases	3 Deaths
-	Deep River	-	9 Confirmed Cases	
-	Haddam	-	18 Confirmed Cases	
-	Old Saybrook	-	22 Confirmed Cases	
- Public Safety & Government Leaders will be observing the COVID-19 data closely this week.
- We will hopefully see a decrease in confirmed cases, hospitalizations, and deaths.
- A steady decrease for a fourteen (14) day period is what we are eager to see.
- Now more than ever, we truly need EVERYONE, to help PREVENT Community Spread.
- Maintain Social Distancing – Stay six (6) Feet away from another person.
- Wear a facemask when in public.
- Do not participate in group activities that have more than five (5) people.
- Wash your hands often. (Soap and water!)
- Shop alone! If you must go out for essential items, please do so alone!
- If you do not need to go out – Stay Home and Stay Safe!

- “Normal” is at ***least*** a month away.
- Remember, COVID-19 is very serious and YOUR actions affect the health (and lives) of others.
- Wearing a mask tomorrow when in public may save someone’s life, not a bad reason to do it!
- Contact the Police Department if you witness people not following the Governor’s Orders
- The Police Department will respond to complaints of those not following the rules.
- We are awaiting a shipment of masks to arrive – hopefully this week!
- Then we will announce how we are getting them to you!
- Masks are being provided to all municipal employees to use while at work.
- Find a COVID-19 Testing Center Near You! [COVID-19 Testing Sites Locator](#)
- An updated list of restaurants that are open are attached.
- Restaurants are allowed to sell FOOD. (Prepared or raw meats, vegetables, fruits, etc).

Public School District

- Back to School – On line Tomorrow!! Get to bed early tonight kids! (and parental teachers!)
- The Superintendent and School Administrators are maintaining open communication with all students, parents, and staff.
- Registration for the early childhood and kindergarten classes of 2020-21 is OPEN!
- To register click here: https://www.oldsaybrookschoools.org/parents/enrollment_registration

Public Health

- It is extremely important that EVERYONE takes this Public Health Emergency seriously!
- Restaurants MUST close their outdoor eating areas to the public.
- Your emotional health is very important as well!
- Set a limit on media consumption, including social media, local or national news.
- Stay hydrated and avoid excessive amounts of caffeine or alcohol. (Please!)
- Connect with loved ones and others who may be experiencing stress about the outbreak.

Municipal Government Operations

- The Town Hall will be open tomorrow.
- Please make an appointment with the Department you wish to do business with.
- Subscribe to Acton Library's email newsletter for programs news and announcements:

<http://actonlibrary.org/subscribe/>

Social Services / Youth and Family Services

- Social Services Appointments will be conducted by phone, 860-395-3188.
- Youth and Family Services Counselors are providing tele-counseling services. 860-395-3190.
- Please click here to locate a virtual AA Meeting: https://www.aa.org/press-releases/en_US/press-releases/aa-groups-using-digital-platforms-to-find-sobriety-during-coronavirus-covid-19-outbreak

Good News!!

Our next Contest will be announced soon...Here's a Hint... **Funny Faces.....**

Faces that when you see them – you can't help but simply SMILE!

Time to get your Funny on Old Saybrook!

Send your Funny FACE to:

Fun@OldSaybrookPolice.com

Maybe we will use yours on our new contest flyer being posted tomorrow!

In fact if we do.....a pizza for you!!!

- A special Sunday THANK YOU to all the essential workers!
 - For everything they did last week and everything they will do this week.
 - We could not do it with you!! THANK YOU!!!
 - Remember to have your outside lights on at 7 PM to honor our essential workers!
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- Our Random Acts of Kindness Program continues tomorrow!
 - Be safe. Keep Smiling. We will get through this!



**ONE COMMUNITY.
ONE TEAM.**

	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, Sun-Thurs 5-8 Fri-Sat 5-9	Yes	Door Dash
Ashlawn Farm Store LLC	454 Boston Post Road	(860)339-5663	Online Orders Only with Thursday 11-2 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-8pm	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 Call in your Order <u>ONE DAY</u> in Advance	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	5am-7pm	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	11am-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	Shoreline Menus
Fromage	873 Boston Post Road	(860)388-5750	Mon-Fri: 10am-4pm/Sat: 9am-4pm Closed Sunday	Yes	No
Golden Garden	210 Main Street	(860)395-0888	CLOSED	CLOSED	CLOSED

Himalaya Café	1456 Boston Post Road	(860)577-5300	Mon,Wed, Thurs 430-8pm/Tues Closed Fri,Sat 5-9pm/Sun 430pm-8pm	Yes	No
Jack Rabbits	254 Main Street	(860)510-0048	11am-8pm	Yes	Local Delivery
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	Wed-Sat 4pm-7:30pm	Yes	No
Little Pub	1231 Boston Post Road	(860)339-5591	3pm-8pm Closed Monday & Tuesday	Yes	Door Dash
Liv's Oyster Bar	166 Main Street	(860)395-5577	4pm-8pm Closed Sunday & Monday	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	8am-10pm Daily	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-2pm/Sun 7am-1pm	Yes	Local Delivery/ Shoreline Menus
Monkey Farm	571 Boston Post Road	(860)388-4866	11:30am-8:00pm	Yes	To Essential Busnissess Only

Mystic Market	70 Mill Rock Road	(860)661-5910	9am-6pm/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	(860)395-5111	Open 12-8pm Everyday	Yes	Door Dash
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	Sun-Thurs 12pm-7pm/Fri-Sat 12pm-8pm	Yes	Shoreline Menu Delivery through Website
Pizza Palace	1283 Boston Post Road	(860)388-4090	10am-8pm Sun-Thurs/10am-9pm Fri & Sat	Yes	Shoreline Menu Delivery through Website
Pizza Works	455 Boston Post Road	(860)388-2218	Mon - Thurs 330pm-730pm Fri & Sat 1130am-8pm/Sun 1130am-730pm	Yes	Door Dash
Pursit of Pastry	709 Boston Post Road	(860)391-8687	Sun: 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	12pm-8pm/Closed Mondays	Yes	No
Sals Pizza	29 Spencer Plain Road	(860)399-8331	11am-8pm Tues-Sun/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	Sun-Thurs 1030am-930pm/ Fri & Sat 1030am-1030pm	Yes	Local Delivery
Saybrook Seafood	843 Boston Post Road	(860)388-4600	9am-6pm	Yes	No
Saybrook Soup & Sandwich Co.	745 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED
Shakahari	1458 Boston Post Road	CLOSED	CLOSED	CLOSED	CLOSED
Shayna B's By The Sea	247 Main Street	(860)339-3144	Thurs - Sun 10am-3pm	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-5pm Mon-Fri/Sat & Sun 10am-3pm	Yes	No
Sweet Luna's	139 Main Street	(860)391-8194	Mon-Sun 2pm-9pm	Yes	Yes
Tequila's Authentic Mexican Food	1333 Boston Post Road	(860)391-8091	12pm-8pm	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	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	Door Dash Shoreline Menu

Walt's Market	178 Main Street	(860)388-3308	Mon-Fri 10am-5pm/Sat 9am-5pm Sun 9am-1pm	Yes	No
Zhangs	455 Boston Post Road	(860)388-3999	Wednesday- Sunday 4pm-8:30pm	Yes	Online Ordering



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.¹ 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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