

Old Saybrook

COVID 19 Community UPDATE #22 – April 6, 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 two (2) 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 - 9 Confirmed Cases
 - Clinton - 8 Confirmed Cases 1 Death
 - Deep River - 5 Confirmed Cases
 - Haddam - 3 Confirmed Cases
 - Old Saybrook - 9 Confirmed Cases
- We believe there are many additional 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 are very concerned about EVERYONE’s Health over the next two (2) – three (3) weeks.
- 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!

- Old Saybrook Residents continued to be tested for COVID-19 and we 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.
- 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!!**
- 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 Governors 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.

- 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 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>

- **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!
- Want to make a homemade face mask for your family members? See instructions attached!

Public School District

- Week three (3) of Distance Learning began today! (*Normal school bedtime kids!*)
- The Public School District has revised its Academic Calendar. The details have been communicated to all parents by the Superintendent.
- At this time all scheduled “school days” refer to online / distance learning days.
- Thanks to the amazing efforts of administrators, teachers, students & parents, Old Saybrook Students will complete 179 of 180- school days by June 16, 2020 – the last day of school!
- 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. It is expected that the State will provide guidance this week.
- Food distribution for children enrolled in the Old Saybrook Public School District continued today. Pick up is available from 9-10 AM, each weekday at the Goodwin School and the High School. Meals are free! 346 students were served today. (Breakfast and lunch)
- 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.
- The Building Official reminds all that building permits are required for many projects.
- Please contact the Building Official’s Office at 860-395-3130 with any questions.
- 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 to register.
- Connecticut Public Television is releasing Episode 1 of Season 5 – Marty Stuart- early - today at 8pm. It will be able to be streamed at www.thekate.tv
- 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
- 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.
- If you are Veteran in need of services please call 1-800-273-8255, Press 1 and THANK YOU for your service!
- Other services are available by contacting 211.

Good News!!

FINAL OPPORTUNITY TO PARTICIPATE IN OUR CONTEST!

- 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
- 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 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
- 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.**

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

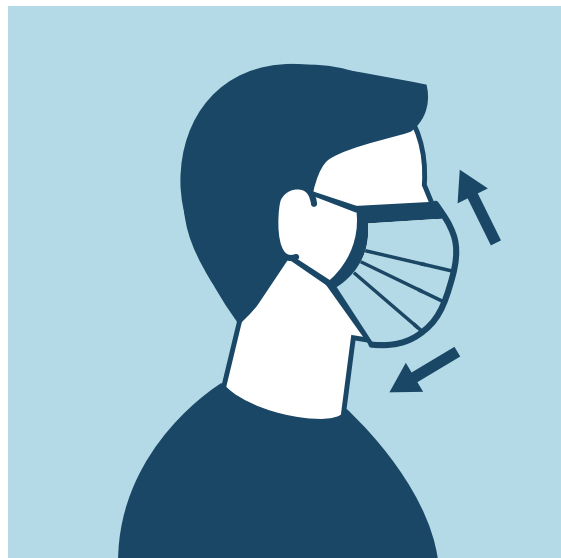
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

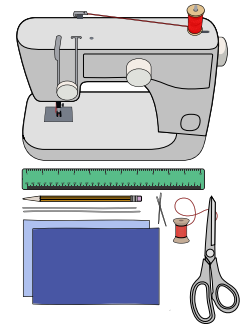
Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Sewn Cloth Face Covering

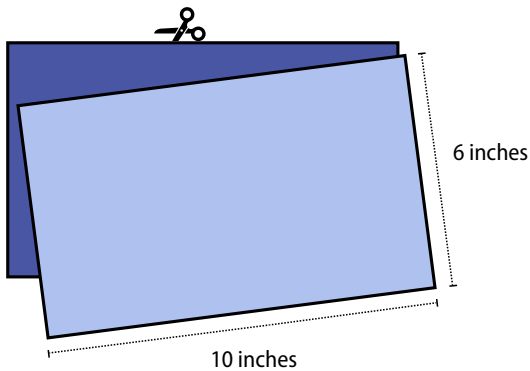
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

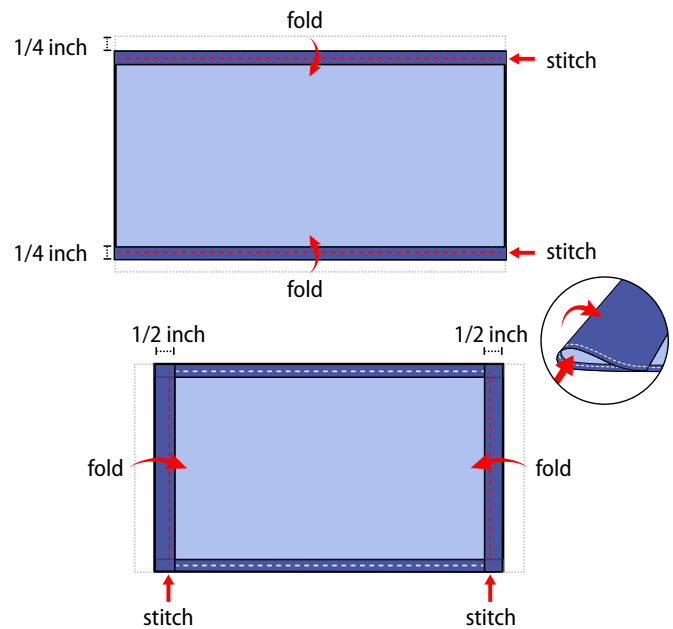


Tutorial

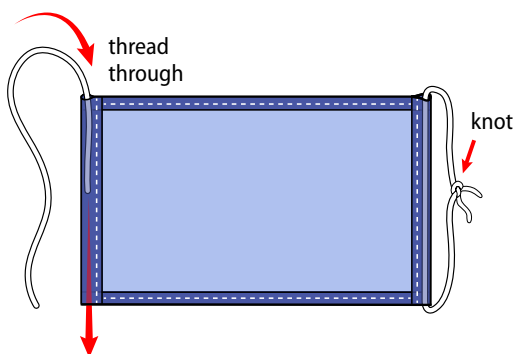
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



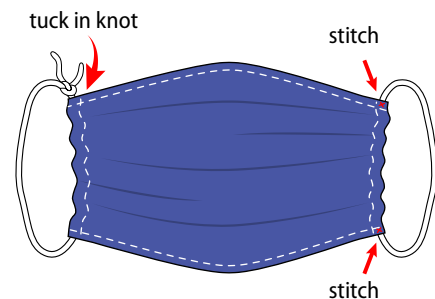
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

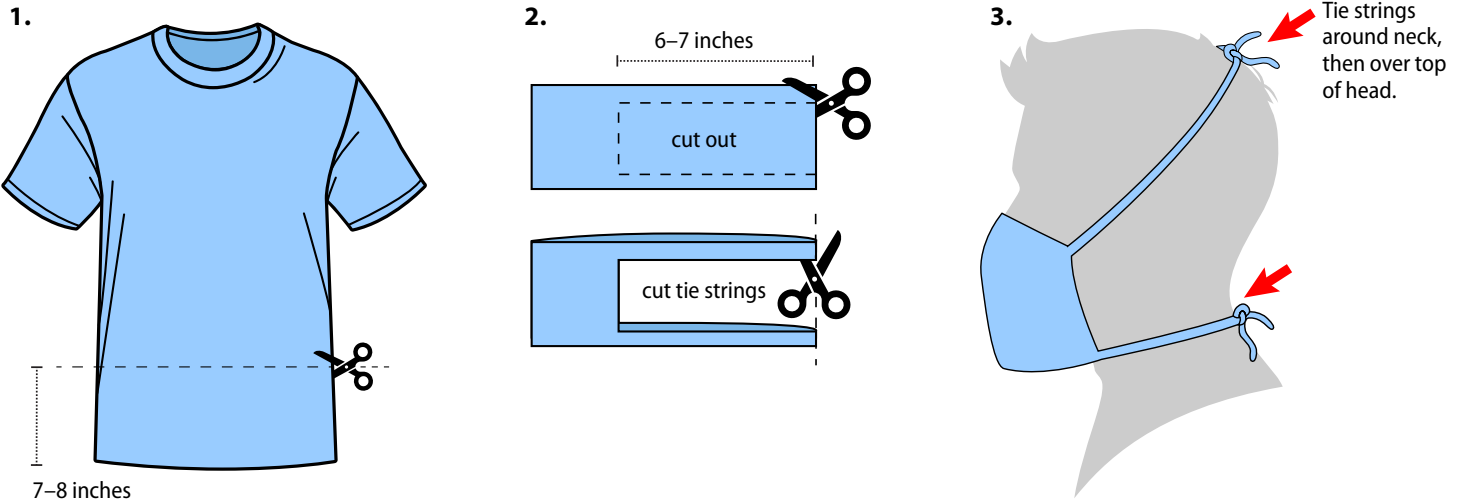


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

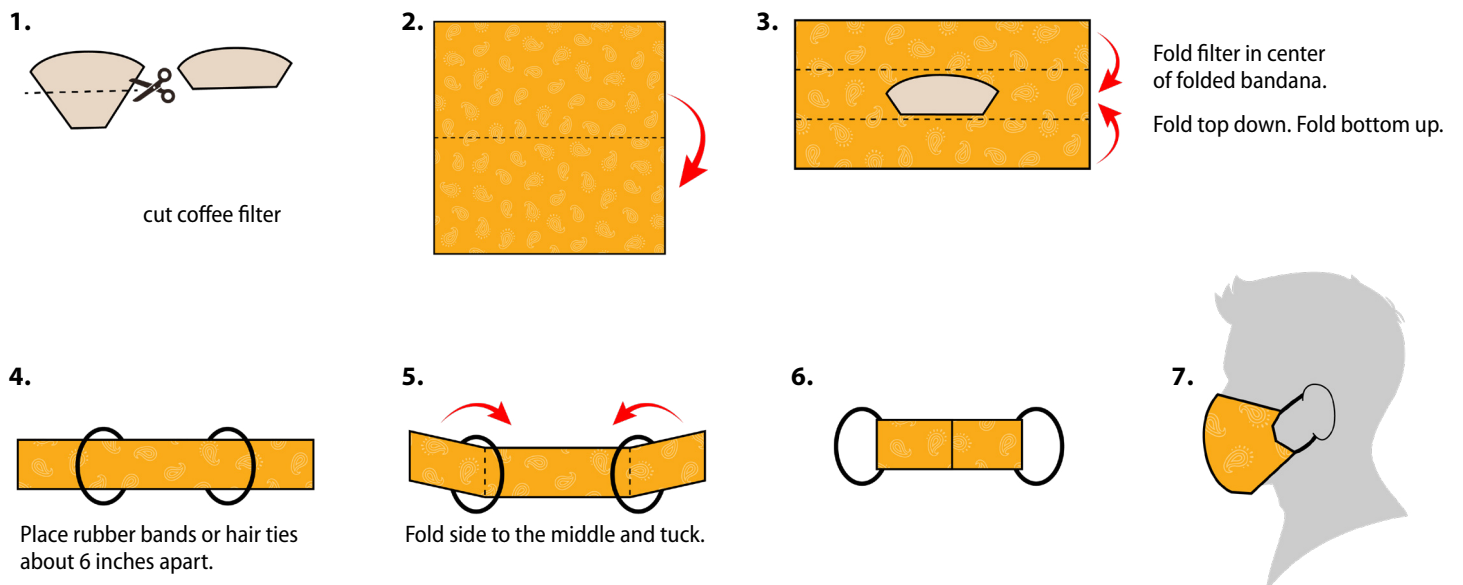


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



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!!

Entries are due by Wednesday, April 8, 2020 at noon!

Prizes will be awarded - to pets and humans!

Send your Pictures to:

Fun@OldSaybrookPolice.com

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

Please visit our social media sites by searching COVID19OS