

Old Saybrook

COVID 19 Community UPDATE #81 – November 25, 2020

COVID-19 Public Health Emergency – TOWN STATUS – RED

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 summary of preparedness, response,
Emergency Protective Measures 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.
- In the past week there have been 8 new CONFIRMED residential cases of COVID-19 in OS.
- Old Saybrook belongs to the Connecticut River Area Health District (CRAHD).
- This includes the Towns of Chester, Clinton, Deep River, Haddam, and Old Saybrook.
- There were also new CONFIRMED cases of COVID-19 in our District over the past week.
- These are the total reported Positive Residential Cases, since March, according to CRAHD:
 - Chester - 35 Confirmed Cases
 - Clinton - 203 Confirmed Cases
 - Deep River - 56 Confirmed Cases
 - Haddam - 116 Confirmed Cases
 - Old Saybrook - 121 Confirmed Cases

These numbers DO NOT include any Positive Cases at Convalescent Facilities.

- **Old Saybrook is still experiencing a high COVID-19 positivity rate.**
- **We NEED YOUR help to STOP Community Spread of COVID-19. This is serious!**
- Contact Tracing for Old Saybrook has determined that Community Spread **IS** happening at social gatherings. It is **NOT** happening in our schools or restaurants. YOU can make a difference!
- Only YOU can prevent the spread of COVID-19 – Wear a Mask!

Community COVID 19 Testing

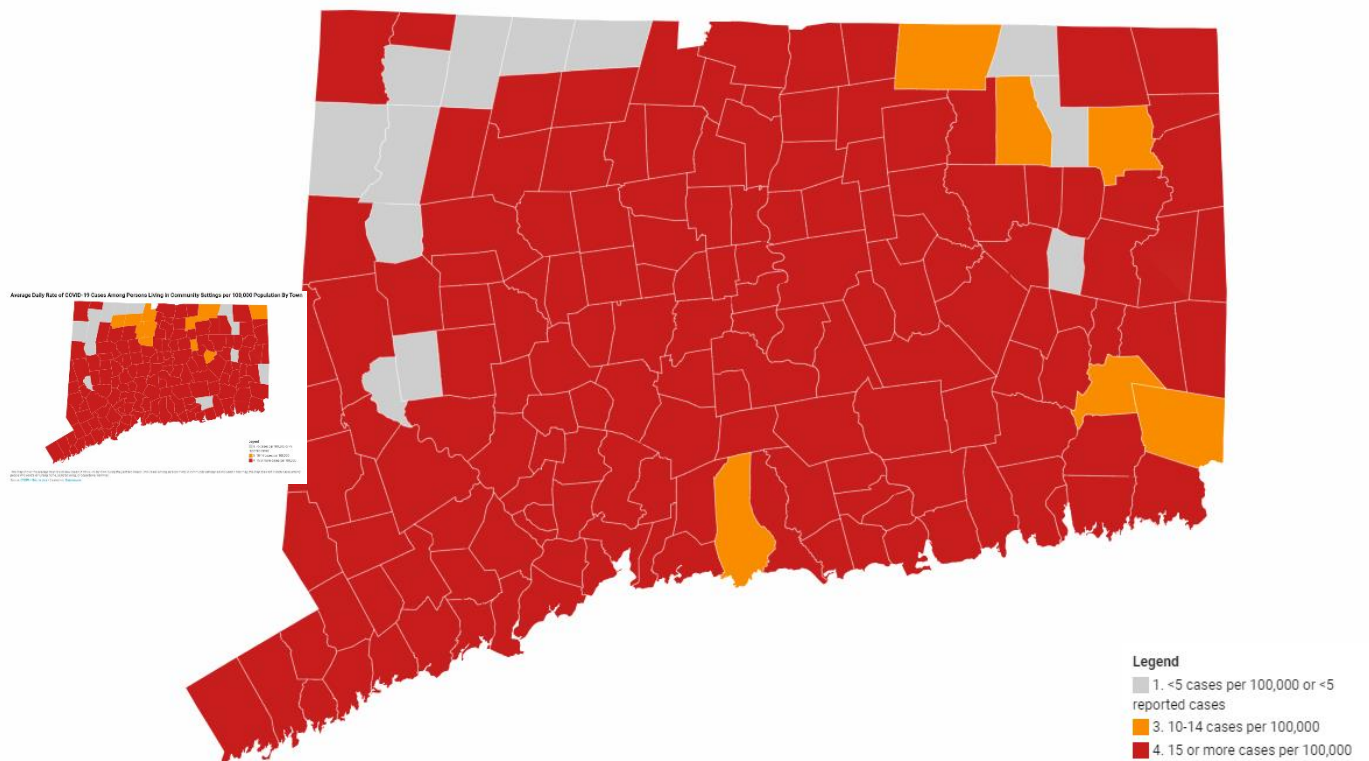
- There will be NO COVID-19 Testing On Thanksgiving. Testing will resume on Friday.
- FREE COVID-19 Testing will available from 8:30 AM – 4:00 PM at Saybrook Point by the Mini Golf Course. No appointments / No fees! Please get tested!
- Starting Friday, Testing will be available seven (7) days a week – including weekends!

- The COVID-19 PCR Test is the most reliable test and takes 2-3 days for results to be available.
- The average wait time at the Old Saybrook Testing Site is 2 hours – so please arrive early!
- Due to high demand, the number of cars in line will be assessed beginning at noon and throughout the early afternoon. Lines may close early if demand exceeds our ability to test everyone in line before closing. CHC staff will advise those already in line when capacity for the day has been reached. We appreciate your patience and flexibility.
- We are pleased to partner with The Community Health Center Inc. who provides this service!

State of Connecticut COVID-19 Community Rating System

- The system classifies towns and cities based on 1) population and 2) how many residents have tested positive for COVID-19 on a two week rolling average.
- Communities that have increased positive COVID-19 cases are designated as YELLOW, ORANGE, or RED. The State will make these designations each week at 5 PM.
- When a town or city is classified specific actions are taken.
- This new State rating system **does not** impact the status of our public schools.
- No matter what “color” a town or city is, a different rating scale is used by the ALL Superintendents of Schools to make decisions concerning in person learning activities.
- Here is the map of the State with the Yellow, Orange, and Red designations as of 5PM today.
- The smaller map on the left is what the state looked like last week.....
- **Today at 5 PM, Old Saybrook was placed in the RED Category.**
- This is the same as last week!
- More than 85 % of Connecticut’s population is in a RED Zone! (This is not good!)
- This chart shows US what WE need to do if Old Saybrook is classified by the State Department of Public Health as YELLOW, ORANGE, or RED.

Average Daily Rate of COVID-19 Cases Among Persons Living in Community Settings per 100,000 Population By Town



This map shows the average daily rate of new cases of COVID-19 by town during the past two weeks. Only cases among persons living in community settings are included in this map; the map does not include cases among...

- The State Department of Public Health maintains increased communication with local authorities.
- Remember the 3 W's - **W**ear your masks, **W**ash your hands, **W**atch your distance!
- Here is where we stand in Connecticut today:

COVID-19 Daily Summary		
Overall Summary	Total	Change Since Yesterday
COVID Cases	109,152	+1,872
Tests Reported	3,075,502	+31,232
Positivity Rate		5.99%
Currently Hospitalized	968	+77
Deaths	4,926	+45

What we NEED YOU to do!

- Wear your mask! Make your friends and family wear their masks!
- It prevents the spread of COVID-19. If we all wear masks, the virus cannot spread.
- Wash your hands! Proper hygiene really works on preventing the spread of the virus!
- DO NOT hold indoor social gatherings with people that do not live with you.
- PLEASE postpone your parties! Social gatherings promote the spread of COVID-19.
- DO NOT attend or host outdoor activities where mask wearing AND social distancing cannot be maintained.
- Think about grocery shopping for your elderly neighbor. Let's keep everyone safe!
- **Rethink your Thanksgiving Plans. DO NOT have large gatherings – keep it small this year!**
- Its time to take COVID-19 VERY again. WE MUST reverse the spread of COVID-19.
- WE can do this TOGETHER! Let's keep Old Saybrook Safe!

Local Government

- All indoor activities at Park and Recreation continued to be POSTPONED. Outdoor parks are open! Wear your MASK!
- Follow the Police Department on Instagram! @OldSaybrookPD For the latest news!
- The Public Safety Leadership Team continues to meet regularly with the First Selectman.
- PPE at Government Pricing! Now available for Old Saybrook residents!
- Your order will be delivered right to your door! Check out www.OldSaybrookPPE.com
- The Transfer Station is closed Thursday, but OPEN on Friday and Saturday 9AM-5PM.

Get Your Flu Shot!

- The Connecticut River Area Health District wants to give you a Flu Shot!
- Please contact their office at 860-661-3300 to schedule a convenient appointment.
- You may preregister at this link:

<https://docs.google.com/forms/d/e/1FAIpQLScDutf6yr5ylucuy1GS-VRTa3r8VHv7I7QOM1Y3IclopaZIOw/viewform>

Public School District

PUBLIC SCHOOL STATUS as of 11/25/2020

Old Saybrook Senior High School	-	On Campus / In Classroom Learning
Old Saybrook Middle School	-	On Campus / In Classroom Learning
Goodwin Elementary School	-	On Campus / In Classroom Learning

- The Superintendent makes the decision concerning On Campus / In Person Learning vs Distance Learning based on facts concerning positive COVID 19 Cases, Contact Tracing Reports, and Staff Availability.
- If there is a positive case of COVID-19 in one of our schools, it does not mean the entire school must close. Being in cohorts may allow for only one class or only one grade to be impacted.
- The “Red” Status or Phase 2.1 DOES NOT affect the Schools or alter a school schedule.
- The Superintendent continues to collaborate with Regional Public Health and Town Emergency Management when making these decisions.
- Schools have **NOT** been the source of Community Spread.
- Our schools are one of the only places in our community that model, mandate, and enforce mask wearing and proper hygiene. **If schools are open – they are safe.**

Connecticut NEW COVID-19 ALERT APP

- COVID Alert CT is completely free - Android users can download the app from the Google Play Store, and iPhone users can enable Exposure Notifications within the Settings app.
- COVID Alert CT is the voluntary, anonymous, exposure-notification smartphone app.
- The app keeps track of when people are close to another app-enabled smartphone using Bluetooth technology.
- The app alerts you if you were in close contact with a person who tests positive for COVID19.
- The app also alerts other app-enabled smartphones if you test positive for COVID19 and were in close contact with those individuals, based upon your consent to share close contact codes. To learn more click here: <https://portal.ct.gov/coronavirus/covidalertCT/homepage>

Give the Cops the Bird! – OSPD Annual Food Drive

- Thank you very much to everyone who donated this year.
- We collected 600 Turkeys, hundreds of pounds of food, & thousands of dollars in donations!
- The need this year, due to COVID-19, was the greatest it has ever been!
- Thurston Foods donated a refrigerated trailer & St. John's allowed us to "take over" their lot!
- Those in need picked up their food items on Monday and Tuesday.
- More than 1000 people will enjoy a warm Thanksgiving meal because of your donations!
- We also enjoyed assisting the local food pantry to ensure that EVERYONE received a Turkey!
- Special Thank You to Stop and Shop, Big Y, Wal-Mart, Funktion Fitness and MAR Floral!
- We enjoy the special relationship we have with the community that allows us to do great things together! Thank you Old Saybrook!

Make a Child's Wish Come True

- Our Annual Toy Drive starts on FRIDAY!!
- There are close to 200 hundred families that will need assistance ensuring there is something for their kids this holiday season.
- Pleased donate NEW – UNWRAPPED Toys by dropping them off at the Police Department or at the collection bin located at Wal-Mart.
- For contactless donation services, simply pull into the Police Department and call us!
- We will send someone out to remove you donations from your vehicle.
- The need this year, due to COVID-19, is the greatest it has ever been! **We need toys!**
- Shopping solely on line? Simply dropship your donation to OSPD, 36 Lynde Street!

Social Services / Youth and Family Services

- Youth and Family Services has transitioned to an all tele-counseling mode.
- For tele-counseling services, please call - 860-395-3190.
- Call 211 for additional resources, in an emergency/crisis call 911 for immediate assistance.
- Keep a positive mindset – We will get through this!! Smile every opportunity you can!

Old Saybrook C.A.R.E.S.

- Old Saybrook C.A.R.E.S. is the beneficiary of the Old Saybrook Gingerbread House Contest.
- Proceeds from your participation and votes will go directly to helping residents of Old Saybrook most affected by COVID-19. Help spread some holiday cheer!
- If you'd like to enter a Gingerbread House into the contest or for further information, please visit: <https://www.oldsaybrookct.gov/economic-development/pages/os-gingerbread-house-decorating-contest>).

- There is no cost to register for the contest.
- Gingerbread houses will be displayed at Pursuit of Pastry and voting begins December 5th.
- Care to donate? Donations can be mailed to: CARES Committee c/o Town Hall, 302 Main St. Old Saybrook, CT 06475 or via our Website: www.middlesexunitedway.org/oldsaybrookcares.
- The deadline for 2020 Grant Applications is November 30th. Grant application are available at town hall or on our website.

Helpful Holiday Advice from the State Department of Public Health

Why is it important to be cautious over the holidays? I'll only be around my family members who I trust.

- Connecticut has been a national leader in our COVID-19 response efforts. However, as the country heads into winter, flu season, and into holiday gatherings – the risk of spreading COVID-19 has become higher, and even Connecticut is seeing a spike in cases.
- Several factors contribute to the holidays being a high-risk time to spread the virus, including:
 - Traveling to communities with high concentration of COVID-19 cases;
 - Gathering (indoors or outdoors) with friends and family outside of your local area;
 - Participating in larger, longer gatherings;
 - Traveling for long periods of time in enclosed spaces like buses or airplanes; and,
 - Risky behavior like not wearing masks, or not social distancing around family & friends.
- No matter how you celebrate – it's critical to **make a plan** to ensure that you keep yourself, and your family as safe as possible.

What's the best way to stay safe over the holiday season?

- The best way to ensure your family gatherings are safe is to have your holiday gatherings virtually.
- But, if you have to travel, and visit family and friends for the holiday – follow some basic public health safety precautions.

Is there a limit on how many people I should have at a holiday gathering?

- Phase 2.1 (effective 11/6) limits private gatherings both indoors and outdoors to 10 people.
- This is to ensure that you, and your loved ones are as safe as possible this holiday season.
- Remember, even with a small gathering size, you should still make sure you wear a mask, keep a distance, wash your hands, and avoid leaving your home all together if you feel sick.

I have to host a holiday event – how can I do it safely?

- If you are hosting a holiday event that includes people outside your household, consider:
 - **Conduct pre-party screening:** Screen guests and ask them if they feel sick or are experiencing symptoms of COVID-19. Ask your guests to stay home if they feel sick.
 - **Limit attendance:** Fewer attendees will lower the risk of spreading virus.
 - **Invite only local attendees:** Guests from other regions, especially areas with high COVID-19 cases, can pose increased risks.
 - **Use outdoor spaces:** Hold activities, especially meals, outdoors if you can. If this is not possible, use an indoor space that is well ventilated and allows for physical distancing. If a

gathering is being held indoors, opening windows and doors or use of portable air cleaners can reduce the risk of spreading the virus.

- **Have personal protective equipment (PPE) available:** Provide masks, hand sanitizer, and tissues for guests who have not brought their own.
- **Use disposable items:** Single use plates, utensils, and to-go containers may limit the spread of COVID-19.
- **Ask for self-imposed pre-holiday social distancing:** Consider asking guests to adhere to safety principles by avoiding contact with people outside of their households for 14 days before the gathering to lower risks of virus spread.
- **Share safety guidelines:** Provide up-to-date [COVID-19 safety information](#) to guests and share all measures you have taken to limit risks.

How should I set up my home for an event?

- If you have decided to have a holiday gathering, consider using outdoor space.
- If that's not possible – make sure that you set up in a way that ensures your friends and family are spread out.
- Maybe instead of everyone eating at one large dining room table – you should consider smaller tables in multiple rooms.

I have to attend a holiday event – how can I do it safely?

- If you are attending holiday events that include people outside of your household, you may consider the following:
 - **Events that use outdoor venues:** Attending gatherings held outdoors will pose a lower risk than indoor gatherings.
 - **Local events:** Avoiding travel outside your community can lower infection risk.
 - **Bring PPE:** Bring your own mask, hand sanitizer, and tissues to help you and others stay healthy.
 - **Avoid shared items:** Consider bringing single use utensils and cups (or your own items).
 - **Prepare with social distancing:** Consider avoiding contact with people outside your household for 14 days before the gathering to lower the risk of virus spread.
 - **Safety protocols:** Ask the host about up-to-date COVID-19 safety information and protocols that have been taken to lower risks for the gathering in their area. You should also seek out this information yourself to ensure you're prepared to travel.

What should I do if family members come to my house without masks?

- If you're hosting or attending an event – you should consider having additional masks, and hand sanitizer available for those who may have forgotten.

I am concerned about everyone using the same plates and utensils, what can I do?

- If you're hosting, or attending an event – consider providing individual, disposable plates, bowls, utensils, and to-go containers.

I am traveling for the holidays – what's the best way to get to my destination?

- If you have to travel, the best way to make sure you stay safe is to avoid contact with others as much as possible, and continue to follow basic guidelines:

- Stay home if you feel sick;
- Wear a mask;
- Maintain social distancing; and,
- Wash your hands.

What can I do to prepare to travel safely?

- Monitor your health for [COVID-19 symptoms](#), and don't travel if you or anyone you're traveling with feel sick.
- Check [Connecticut Travel Advisory restrictions](#), and the [CDC travel recommendations](#) before your trip.
- If you are traveling from a non-alert area, consider obtaining a COVID-19 PCR test 72 hours prior to arrival. Consider limiting contact to people in your household once back in CT for 14 days after returning home.
- Safety principles are crucial regardless of where you are traveling from. Follow the requirements of testing, stay-at-home orders, and quarantine before and after arrival.
- Bring masks to wear in public places and on public transportation. Wear a mask in front of *anyone* who doesn't live in your household.
- Make sure to pack food, water, additional medication (if you take medication), tissues, hand sanitizer, or anything you require to stay healthy.

I have to travel by plane – how can I stay safe?

- Travel by air requires long periods of time to be spent indoors in terminals and on the flight.
- Options for physical distancing on the plane may be limited.
- A high frequency of air changes per hour on planes coupled with mandatory mask use help lower risks.
- Wear a mask and maintain physical distancing (6 ft minimum) in common areas.
- Wash your hands and use hand sanitizer. Avoid touching commonly used surfaces.
- If you plan to eat on your trip, safer option is to bring your own food.
- If this is not possible, use pick-up options.
- Avoid restaurants that are not careful about sanitation and physical distancing, and enforce mask use for employees and patrons who are not yet eating.

I'm thinking about traveling in an RV – is that safe?

- RV travel requires the fewest stops on-route. Food and gas stops will increase risk, especially in areas with higher COVID-19 cases; consider limiting the length and number of these stops.

Is it safe for me to stay in a hotel?

- If you have to stay in a hotel, check the COVID-19 safety protocols that have been implemented. Use options for online reservation and check-in, mobile room key, and contactless payment.
- Consider taking the stairs rather than using elevators, when possible.

Where do I learn about travel requirements?

- If you're visiting or returning to the State of Connecticut – keep an eye on our travel advisory requirements at ct.gov/coronavirus/travel.

Can I travel safely inside the State of Connecticut?

- If you're visiting anyone outside of your household, you should consider a 14 day quarantine before any holiday event.
- As we get closer to winter, we're seeing a rise in COVID-19 cases – and you can always check the status of a town you're visiting on [Connecticut's COVID-19 Data Tracker](#).
- Remember, if you feel sick, you should not travel – even within the State of Connecticut.

What quarantine requirements do I need to follow?

- If you're returning from a state affected by Connecticut's travel advisory, you are required to quarantine for 14 days upon arrival, or arrival with a negative test result received within 72 hours prior to returning to Connecticut.
- The quarantine requirement can also be lifted by a negative test upon return.
- If you plan to travel for the holiday, you should consider quarantining 14 days prior to your holiday gathering, and for 14 days upon return home – even with a negative test.

What quarantine requirements should my family follow?

- If you're visiting family for a holiday gathering, you should consider talking with them about quarantining for 14 days prior to your gathering.

What should university, college, and high school boarding students visiting Connecticut for the holidays consider?

- Check the status of COVID-19 cases in the campus area, your destination in Connecticut, any areas through you will travel through, and travel restrictions or requirements for testing, stay-at-home orders, or quarantine.
- Consider getting the flu (influenza) vaccination before traveling.
- Limit contact to people in your household, residence hall, or "pod" for 14 days before travelling.
- If you are traveling from a state that requires it under Connecticut's travel advisory, you must quarantine for 14 days upon arrival in Connecticut. You may test out this mandatory quarantine by obtaining a negative COVID-19 PCR test 72 hours prior to arrival or by having a negative test after arrival. *You must quarantine until the negative test result is received.*
- If you are traveling from an area not affected by Connecticut's travel advisory, consider taking a COVID-19 PCR test and only travel if the result is negative. Consider limiting contact to people in your household for 14 days once back in CT.
- Avoid contact with vulnerable family members for 14 days after arriving home prior to your holiday gathering.

What should university, college, and high school boarding students returning to Connecticut for the holidays consider?

- If you travel to a state covered under Connecticut's travel advisory, you are required to quarantine for 14 days or have a negative COVID-19 PCR test within 72 prior to arriving in Connecticut. You must quarantine until the negative test result is received.
- If you are traveling from a state not covered under Connecticut's travel advisory, consider taking a COVID-19 PCR test and only travel if the result is negative.

Turkey Emergency?

- Having a Turkey Emergency? In a Poultry Crisis? Only call us if something is on fire....
- For Turkey preparation advice contact the Butterball Hotline!
- Call 1-800-BUTTERBALL (1-800-288-8372) or text 844-877-3456.
- Keep smiling Old Saybrook - Happy Thanksgiving!

What WE are Thankful For.....

- We are thankful to live and work in a community as amazing as Old Saybrook!
- We are thankful for the positive relationships we share with members of the public & the business community and the privilege to serve them every day.
- We are thankful for our Public Safety Leadership Team that continues to lead us through these difficult times with a “people first – safety first” mindset.
- We are thankful for all our Public Safety Professionals who answer the call to duty and take risks every day to keep us healthy and safe.
- We are thankful for all essential workers who keep our stores and restaurants open, our hospital and doctors’ offices staffed, and our schools open & safe for our children to learn!
- We are thankful for our public elected officials, our Town volunteers, and all those who lend a helping hand to make someone else’s day a little bit easier and a little bit brighter.
- We are most thankful for all of you, our Old Saybrook Residents! We truly care about you!

We will get this this together!

- Happy Thanksgiving Old Saybrook!

We are Here for YOU!

- Questions? Email us at eoc@oldsaybrookpolice.com
- We will be more than happy to answer them for you.
- Stay Healthy, Stay Safe, Keep Smiling. We will get through this TOGETHER!



**ONE COMMUNITY.
ONE TEAM.**