



FOR INFO ON COVID-19 CALL 2-1-1

CDC COVID-19 [Self Checker](#)

Sign up for Safer Essex Emergency Alerts

Receive alerts about critical community information directly to your cell phone or email. Go to www.essexct.gov and search "Safer Essex " or call 860-760-4340 x112.

Sign up for Essex News

Encourage your friends and neighbors to receive this newsletter. Simply send an email request to essexnews@essexct.gov to be added to our distribution list.

Sign up for Weekly Check-In Call

Residents age 62+ are encouraged to sign up for a weekly check-in call from a volunteer. Please call Essex Social Services Department at 860-767-4340 x 201.

COVID-19 UPDATE:

There are [7](#) confirmed cases of COVID-19 in Essex. Please continue to protect yourselves by following the guidelines of washing hands, staying home when possible, social distancing and wearing masks in public locations. We are headed toward the peak period so it's important that the guidelines are taken seriously. We will get through this together. Your actions can save lives!

While we are all doing our part to get through this situation as best we can, coping with stress, fear, depression and anxiety can be a very real challenge. Please [click on this link](#) to the CDC that offers advice on mental health and coping during this health crisis.

If you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression, anxiety, or feel like you want to harm yourself or others:

- Call 911
- Call the Disaster Distress Hotline at 1-800-985-5990,

[Town Website](#)

or text TalkWithUs to 66746

- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233

A bright spot.



Thanks to the Essex Foundation with additional support provided by The Paul Foundation, Centerbrook Properties and individual donations.

Today Governor Lamont submitted a request for enhanced federal support in response to the COVID-19 pandemic. He is also requesting that the federal government authorize FEMA to cover 100 percent of the costs Connecticut has incurred.

[Click Here](#) for details.

The federal government has launched "Get My Payment" - a tracking tool via the IRS to help Americans find out when they'll get their stimulus check. To check the status [Click Here](#)

The governors of Connecticut, Massachusetts, New York, New Jersey, Rhode Island, Pennsylvania, and Delaware's Multi-State Council have joined together to develop a regional framework to get people back to work and restore the economy.

The coordinating group - comprised of one health expert, one economic development expert and the respective chief of staff from each state - will work together to develop a fully integrated regional framework to gradually lift the states' stay at home orders while minimizing the risk of increased spread of the virus.

Governor Lamont announced the formation of a panel of medical and business experts that will consult with and advise his administration with respect to reopening Connecticut's economy as the nation emerges from this unprecedented public health emergency. The panel will be known as the Reopen Connecticut Advisory Group and will examine issues concerning how best to allow commerce to

begin, while ensuring the state's public health and well-being are protected.

Stay safe,

Norm

Health Department



CDC continues to encourage the [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#). Wearing a cloth face covering will be especially important when businesses are allowed to re-open and warmer weather entices more people to get outside. **CT Governor's "STAY SAFE. STAY HOME." message is still in effect** however wearing a cloth face covering shields both you and others in public settings where social distancing is difficult. Refer to the CDC website for information on making your own face covering at home and for wearing a face covering in public settings. As the Governor's team formulates plans to re-open businesses and activities in CT, [social distancing](#), [wearing cloth face covers](#), & [washing hands](#) are still the best things you can do to limit the spread of COVID-19.

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HELP FOR SMALL BUSINESSES

- [Paycheck Protection Program Webinar](#): Offers forgivable loans to small businesses hit hard by the pandemic.
- [Business Resources](#): Information on tax filing extension, SBA loans, Cares Act, paycheck protection, unemployment assistance, etc.

HOW YOU CAN HELP

- Many local businesses are now selling merchandise online for pickup and/or delivery. If you have the means, please try to support them through this difficult time.
 - [Supporttheshoreline.com](https://www.supporttheshoreline.com)
 - [Board of Trade Facebook page.](#)
 - [Essex Shops](#) online and phone numbers
- Town of Essex Emergency Assistance Fund. Donate today to help residents in need. Donations should be mailed to the Town of Essex Social Services Department, 29 West Avenue, Essex, CT 06426.

LATEST COVID-19 FACTS

- [Center for Disease Control](#)
- [State of CT Coronavirus Information](#)
- [Governor Lamont Frequently Asked Questions](#)
- [Emergency Orders Issued by Governor Lamont](#)

STAY HOME. STOP THE SPREAD. SAVE LIVES.

Town of Essex