



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

[Town Website](#)

Dear Friends and Neighbors,

The number of confirmed cases of Coronavirus in Connecticut has increased as a result of expanded testing. Currently, Middlesex County only has a few cases but that could change quickly. In order to stop the spread of COVID-19, private events, such as dinner parties and/or any social gatherings greater than 10 people, are strongly discouraged. Remember to continue to wash your hands and/or use hand sanitizer, clean and sanitize common-contact surfaces, cover your cough, and most importantly, stay home if you are sick.

Please try to support local restaurants and businesses.

- Supporttheshoreline.com has a listing of local restaurants. Thank you to Kathleen Lowe, an Essex resident, for setting this up.
- [GoogledocsTakeOut&DeliveryOptions](#) is a compilation of Chester, Deep River and Essex restaurant Take-out/Delivery options. Thank you to Lon Seidman, an Essex resident, for your efforts.

The Estuary is offering grab and go with pickup sites in Clinton, Old Lyme and Old Saybrook for anyone over age 60.

ESTUARY GRAB & GO SERVICE

Due to the COVID 19 virus, the Estuary is offering a **Grab and Go** lunch option with pick up sites in Clinton, Old Lyme, and Old Saybrook for **anyone age 60 and better**. If you have not dined with us before we will help you complete the required paperwork for this service without leaving your car.

Reservations are required for this service. Call 860-388-1611 no later than 11 am the day before pick up. Dial Zero to speak to a staff member. If leaving a message, please leave your FULL NAME, PHONE #, CAFÉ SITE, and DATES of pick up to complete your reservation.

Due to food supply limitations, meal choices can be made at time of pick up from available chef selections at the Old Saybrook site only.

PICK UP LOCATIONS AND DAYS - BY RESERVATION

This is a **drive through service**, please stay in your car and follow instructions.

Clinton: Town Hall Annex, 48 East Main St

Tuesdays from 10:30 to 11:00 am.

Clients will pick up **2 meals** per reservation.

Old Lyme: Lymes' Senior Center, 26 Town Woods Rd

Tuesdays from 11:30 am to 12:30 pm.

Clients will pick up **5 meals** per reservation.

Old Saybrook: Estuary Senior Center, 220 Main St (in back of 210 Plaza)

Mondays, Wednesdays, and Fridays from 11:30 am to 12:30 pm

Mondays - Clients will pick up **2 meals** per reservation.

Wednesdays – Clients will pick up **2 meals** per reservation.

Friday - Clients will pick up **1 meal** per reservation.

DONATIONS are accepted. Suggested donation is \$3 per meal.

Please note the number of meals you are receiving when considering a donation. Exact change is appreciated.

Here are the highlights from Governor Lamont's **Executive Order 7G** on March 19th:

- The presidential primary has been rescheduled to June 2, 2020.
- Certain restaurants and other eating establishments are permitted to sell alcohol with take-out food orders.
- Temporary closure of barbershops, hair and nail salons, spas, tattoo parlors and related businesses effective 8pm Friday.
- Expands the ability of patients and doctors to use telehealth for healthcare services.

Governor Ned Lamont has issued multiple Executive Orders since March 10, 2020. Residents and business owners are reminded that violation of the Governor's Executive Order is a Class D Felony and enforceable by State and Local Law Enforcement Agencies. The Governors Executive Orders are on the State of Connecticut website at **Governor-Lamont-Executive-Orders**

For the most up-to-date information from the State of CT on COVID-19 please visit **ct.gov/coronavirus**.

Stay safe and stay healthy,

COVID-19 Symptom Tracking Sheet

Community transmission of Coronavirus is occurring, and people are becoming ill. Most people can manage their symptoms AT HOME with fever reducing medications, cough medicine, and lots of rest. Tracking your symptoms helps you gauge illness progression and resolution, potential severity, and also helps track illness among household members. Print the symptom tracking sheet for each member of your household and if needed, give your symptom tracking sheet to your physician or first responder. [Click here](#) for the Tracking Sheet.

Economic Relief for Businesses and Workers

Please see the following information regarding small business relief and SBA Working Capital Loans due to COVID-19. Please share with businesses, friends and employees that are effected by COVID-19: [SBA Disaster Assistance](#)

New Instructions have been issued for workers who have been laid off or furloughed: [Layoffs and Furloughs](#)

Tri-Town Youth Services

For information and links to COVID-19 information, Food Pantry locations, counseling services, distance learning site for Region 4 Grades K-12 and more click on the link below.

<http://tritownys.org/>

- **Register for Essex News**
Encourage your friends and neighbors to receive this newsletter. Simply send an email request to the First Selectman's office at essexnews@essexct.gov to be added to our distribution list.
- **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 860-767-4340 x112.

