



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

[Town Website](#)

Dear Friends and Neighbors,

Prior to Governor Lamont's March 20th "Stay Home, Stay Safe" initiative, and after hearing that a large St. Patrick's Day party was held in town, a notification went out from this office discouraging any social gatherings with more than 10 people. In the meantime, the Governor's executive order, in effect on Monday, calls for cancelling or postponing non-essential social gatherings of any size for any reason. We all need to take this health crisis seriously and do our part to help flatten the curve if possible. Doing so will save lives and keep the health care system operating.

If you have been exposed to the COVID-19 virus through friends, family, or others, or think you may be exhibiting signs of the infection, please self identify to the Health Director, Lisa Fasulo. Call 860-767-4340 x118 or lfasulo@essexct.gov so she can alert the police, fire and EMS to be properly prepared in the event you need to call 9-1-1 for assistance. The response will be with the same professionalism that you have always come to expect from our responders, but it will give them more information to help them remain safe and continue to respond to our Town's emergency needs.

The Essex Town Hall, although closed to the public, remains open Monday - Friday, 9-4. Please call 860-767-4340 x 145 for an appointment.

To sign up for Safer Essex Alerts / Reverse 9-1-1:

- **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 x 112. The list gets updated

periodically. If you no longer have a landline then you need to update/register your cell phone.

Here are the highlights of Governor Lamont's "Stay Safe, Stay Home" initiative:

1. Effective at 8PM on Monday, March 23, all non-essential businesses statewide should close;
2. Non-essential public community gatherings of individuals of any size for any reason should be canceled (e.g. parties, celebrations or other social events) are canceled or postponed at this time;
3. If you must leave your home, do not travel in groups - groups must be limited to workers providing essential services;
4. Everyone should keep at least six feet away from each other whenever possible;
5. Businesses and entities that provide other essential services should implement rules that help facilitate social distancing of at least six feet;
6. Individuals should limit outdoor recreational activities to non-contact and avoid activities where they come in close contact with other people;
7. Individuals should limit use of public transportation to when absolutely necessary and should limit potential exposure by spacing out at least six feet from other riders;
8. Sick individuals should not leave their home unless tending to a critical medical need or to receive medical care, and only after a telehealth visit to determine if leaving the home is in the best interest of their health. Most people will ride this out;
9. Young people should also practice social distancing and avoid contact with vulnerable populations; and
10. Use precautionary sanitizer practices such as using soap and water, hand sanitizer, or isopropyl alcohol wipes. Washing hands with soap and water for at least 20 seconds works best.

Helpful Links:

- [COVID-19 Information & Resources](#)
- [Governor Lamont's FAQ's](#)
- [Practice Safe Grocery Shopping](#)

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.

Town of Essex