



Region 4 Schools Returning to Full In-Person Learning Five Days a Week on Oct 13th

[Town Website](#)

[CLICK HERE](#) for letter from Superintendent Brian White.

Governor Lamont Announces Connecticut Moves Toward Phase 3 Reopening on October 8

Governor Ned Lamont today announced details for his plans to move Connecticut into Phase 3 of the state's reopening amid the ongoing COVID-19 pandemic. The plan, which is targeted to take effect on Thursday, October 8, 2020, will ease some of the restrictions that were put into place on businesses and gatherings, while ensuring that the state continues taking a safe approach to limit spread of the virus.

"The reason why we are able to have a discussion about even entering into Phase 3 is because of Connecticut residents' collective actions to fight the spread of COVID-19," Governor Lamont said. "By taking the sector rules seriously, wearing masks, physically distancing, and washing your hands regularly, I believe that we can continue to keep these rates low while also easing some of the restrictions that were enacted earlier this year. I applaud the residents of our state for what they've been doing, and urge them to keep it up."

Business changes in Phase 3 will include:

- Increase from 50 percent to 75 percent capacity indoors - subject to COVID-19 safety requirements - for restaurants, personal services, hair salons, barber shops, and libraries;
- Outdoor event venues (e.g. amphitheaters, race tracks, etc.) will increase from 25 percent to 50 percent capacity with masks and social distancing requirements;
- Indoor performing arts venues will be able to open at 50 percent capacity with masks and social distancing requirements; and
- Bars and nightclubs will continue to remain closed.

Department of Public Health Announces Start of Influenza Vaccination Clinics in Connecticut

The Connecticut Department of Public Health is announcing today the state of influenza vaccination clinics in Connecticut for the coming flu season and is encouraging people in the state to get vaccinated for the flu as soon as possible.

This is coupled with a message from the federal Centers for Disease Control (CDC) that residents "mask up, lather up and sleeve up" this fall. Wearing a mask, cleaning hands often, and getting a flu shot early are key to staying protected from the flu and COVID-19 in the coming months. Flu vaccination contains no direct protection against COVID-19, but can significantly lessen flu symptoms. Severe influenza illness can leave the immune system vulnerable to dangerous viral infections such as COVID-19.

The Department of Public Health strongly encourages all Connecticut residents to make plans to get a flu vaccine before flu viruses begin spreading in communities. The CDC recommends that both adults and children get vaccinated against influenza. It is also important to vaccinate children as part of keeping schools safe and healthy and preventing spread of flu to adults. It takes about two weeks after vaccination to develop protection in the body against the flu.

For a listing of local health department clinics, [click here](#). If the local health department in your area does not have flu vaccine, check with health care providers or pharmacies to see if the flu vaccine is available. To find a nearby pharmacy, visit the HealthMap Vaccine

Finder at [vaccinefinder.org](#) or visit Medfinder at [medfinder.org](#).

Department of Public Health Releases Guidance for All Organized Sports

Hartford -The Department of Public Health (DPH) today released comprehensive guidance and recommendations for organized sports, including youth and adult club and private league play. DPH had previously released guidance to scholastic athletic leagues in Connecticut concerning fall sports. The guidance is intended to guide local health departments, municipalities and league organizers in assessing the risk of play, and will be re-visited later in the Fall or early Winter as the COVID-19 pandemic progresses. This guidance is based on a risk assessment for COVID-19 conducted by the National Federation of High School Associations, a national organization governing high school athletics. The guidance includes a description of the risk categories for sports, breaks down the risks of different activity associated with those sports, and makes recommendations for each of those activities.

[CLICK HERE](#) to view.

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Town of Essex