



COVID-19 Resource Guide for Middletown Residents 60+ Current as of March 20, 2020

This resource guide was compiled using information from a wide range of sources. Every effort was made to ensure that the information presented was accurate as of March 20th. The COVID-19 outbreak is an evolving situation and changes are occurring constantly. Please use the links and phone numbers provided to obtain the most up to date information.

MIDDLETOWN SENIOR SERVICES (860) 638-4540

Contents

CITY CLOSURES AND INFORMATION UPDATES.....	3
City Updates – Social Media and Websites	3
City Website.....	3
City Facebook.....	3
Mayor Florsheim’s Facebook	3
Senior Services Facebook	3
Channel 19 – Public Access	3
Closures	3
Senior Center.....	3
Russell Library	3
Schools	3
City Hall	4
Recreational Activities.....	4
COVID-19 CORONAVIRUS QUESTIONS	5
Center for Disease Control and Prevention	5
City of Middletown COVID-19 Hotline	5
Hartford Healthcare.....	5
24 Hour Hotline	5
State Coronavirus Website	5
United Way 2-1-1	5
IF YOU ARE SICK.....	6
NUTRITION	7
Food Pantry/Soup Kitchen.....	7
Amazing Grace Food Pantry.....	7
Soup Kitchen	7
St. Vincent de Paul	7
Grocery Stores Offering Specific Senior/Vulnerable Hours or Delivery	7
Aldi of Middletown.....	7
Amazon Whole Foods Grocery Delivery for Prime Customers	7
Price Chopper	7
Shop Rite of Cromwell	7
Stop & Shop of Middletown.....	7

Stop & Shop of Cromwell	8
Walmart of Cromwell.....	8
Meals on Wheels.....	8
Supplemental Nutrition Assistance Program (SNAP).....	8
PHARMACIES/PRESCRIPTIONS.....	8
PRESIDENTIAL PRIMARY	8
PREVENTION.....	9
RESTAURANT MEALS (TAKEOUT & DELIVERY)	10
SCAMS/PRICE GOUGING	11
State Agency Contact Information to file a complaint:	12
SOCIAL SERVICES	12
Medical.....	12
Access Health CT (855) 365-2428	12
Medicare Savings Programs (MSP)	12
HUSKY C.....	13
HUSKY D.....	13
Long Term Care Services	13
Supplemental Nutrition Assistance Program (SNAP).....	13
SOCIAL WELL-BEING CHECK INS	13
SUPPLIES	14
TAX PREPARATION.....	14
TRANSPORTATION.....	15
Middletown Area Transit	15
UNEMPLOYMENT	15
Filing for Unemployment	15
UPDATES FROM GOVERNOR NED LAMONT	15
WARMING SHELTER	16
WHAT YOU CAN DO TO HELP	16

CITY CLOSURES AND INFORMATION UPDATES

City Updates – Social Media and Websites

City Website	www.middletonct.gov
City Facebook	www.facebook.com/CityofMiddletown
Mayor Florsheim’s Facebook	www.facebook.com/BenForMiddletown
Senior Services Facebook	www.facebook.com/middletownseniors

Channel 19 – Public Access

The City will be putting out information on Channel 19 as it is received.

Closures

Senior Center	The Middletown Senior & Community Center is closed to the public; however, emails and voicemails are being checked during regular business hours.
Russell Library	The library is closed to the public, but you can apply online for a library card to get access to electronic media on their website: russelllibrary.org
Schools	The Middletown schools are closed. The Middletown Public Schools are offering “Grab and Go” breakfasts and lunch for their families. This is available Monday through Friday from March 16 th until schools re-open. Parents and students can visit any of these five sites throughout the city between 9am-1pm.

- Bielefield Elementary School @ Front Office Entrance
- Macdonough Elementary School @ Café Entrance across from parking lot
- Snow Elementary School @ Front Office
- Spencer Elementary School @ Front Office
- Woodrow Wilson Middle School @ Front Office Entrance

Families will be able to “grab” the meals as well as the next day’s breakfast and lunch, to eliminate the need for multiple pickups. The pick-up process will be safe and adhere to the social distancing guidelines when distributing meals. If your family has special needs or you are in need to assistance obtaining meals, please email mealassist@mpsct.org to make arrangements.

City Hall

Services that are essential to the health and wellbeing of our city and our residents – like police, fire, trash collection, and essential maintenance will continue without interruption. There will be a temporary halt of all non-essential, non-statutorily mandated inspections, permits, and the like.

We ask that residents utilize mail-in and online services for paying taxes, registering for summer programs, parking tickets, and other payments. Services requiring in-person appearance, such as obtaining certain vital records, may be scheduled by appointment by contacting the Mayor's Office at (860) 638-4801. City Commission and Committees are canceled until further notice.

Recreational Activities

While all City recreational activities are closed, the Parks remain open. The playgrounds, basketball courts, tennis courts, etc. are closed. The multi-use trail and the many hiking trails maintained by Connecticut Forest & Park Association and the Middlesex Land Trust are open.



Follow our Recreation Division on Facebook for ideas on activities or exercise to keep you busy while you are at home: <https://www.facebook.com/Middletown-CT-Rec-1557105651208620>

COVID-19 CORONAVIRUS QUESTIONS

**Center for Disease Control
and Prevention**

[Cdc.gov](https://www.cdc.gov)

**City of Middletown COVID-19
Hotline**

(860) 638-4965

Answered by a Middletown Health Department Staff Member. They are available to answer any general questions about COVID-19.

Available Monday-Friday 8:30am-4:30pm and Weekends 8:30am-8:30pm

**Hartford Healthcare
24 Hour Hotline**

860-972-8100 or [Hartfordhealthcare.org/coronavirus](https://www.hartfordhealthcare.org/coronavirus)

State Coronavirus Website

[Portal.ct.gov/coronavirus](https://portal.ct.gov/coronavirus)

United Way 2-1-1

Call 2-1-1 or text CTCOVID to 898211 for updates



IF YOU ARE SICK

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



CS 314937-D 03/16/2020

www.cdc.gov/COVID19

NUTRITION

Food Pantry/Soup Kitchen

Amazing Grace Food Pantry

16 Stack Street
(860) 347-3222

Amazing Grace is our strongest community partner for nutrition needs during this emergency. They have a saying, "Everyone is welcome at our table, and that means you." During this emergency, needing food isn't just a financial need. Please don't hesitate to reach out to them for assistance. If you have the financial means and want to provide a donation, you can make a monetary donation online or send a check.

Open from 11am-4pm on Wednesdays and Fridays. Food will be in prepackaged boxes for shoppers to take home based on family size. Shopping in the pantry has been suspended.

Soup Kitchen St. Vincent de Paul

617 Main Street
(860) 344-0097

Offering take-out meals to walk-ups from 11am-12:30pm daily. The dining room is closed.

Grocery Stores Offering Specific Senior/Vulnerable Hours or Delivery

Aldi of Middletown

671 Washington St
(855) 955-2534,

9am-7pm – No Special Shopping Period. Delivery available from 3rd Party – Instacart (a premium paid service company that delivers for additional fees and surcharges).

Amazon Whole Foods Grocery Delivery for Prime Customers

Must have a Prime Account. Can use Prime now app, Amazon app, or Amazon.com. No contact deliveries available. The food comes from West Hartford.

Price Chopper

855 Washington St
(860) 740-7700

6-7am Special Shopping Hours. Delivery available from 3rd Party – Instacart (a premium paid service company that delivers for additional fees and surcharges).

Shop Rite of Cromwell

45 Shunpike Rd
(860) 613-2063

6:30-7:30am Special Shopping Hours. Limiting Paper Products Offering Shoprite from Home Delivery or Curbside Pickup with several days' notice. Shop.shoprite.com

Stop & Shop of Middletown

416 East Main St
(860) 346-0160

6-7:30am Special Shopping Hours. Limiting some products. Offering Peapod Home Delivery or Curbside Pickup. Peapod.com

Stop & Shop of Cromwell
35 Shunpike Rd
(860) 635-6303

6-7:30am Special Shopping Hours. Limiting some products. Offering Peapod Home Delivery or Curbside Pickup. [Peapod.com](https://www.peapod.com)

Walmart of Cromwell
161 Berlin Rd
(860) 635-1507

6am-7am on Tuesdays for Special Shopping Period (beginning 3/24) otherwise 7am-8:30pm regular hours. Home Delivery or Curbside Pickup. [Grocery.walmart.com](https://www.grocery.walmart.com)

Meals on Wheels

All Senior meals on wheels requests should be directed to Community Renewal Team (CRT) @ (860) 560-5848.

Supplemental Nutrition Assistance Program (SNAP)

SNAP (formerly known as the Food Stamp Program) is a nutrition program that helps low-income individuals and families buy food. The Federal government created the program to help people with low income eat well to stay healthy.

In order to find out if you are eligible for any type of assistance, you will need to give information about your household, income, assets, and the bills you have to pay each month. You can request the forms be mailed to you by calling 1-(855) 626-6632 or apply online at connect.ct.gov.

PHARMACIES/PRESCRIPTIONS

The CDC recommends you contact your healthcare provider to ask about obtaining extra necessary medications to have on hand during the outbreak of COVID-19 in your community. If you cannot get extra medications, consider using mail-order for medications.

CVS, Walgreens and Hancock Pharmacy are offering free delivery of prescriptions. There may be delays due to high demand. Please contact your pharmacy directly.

PRESIDENTIAL PRIMARY

The presidential primary originally scheduled for April 28, 2020 has been [rescheduled to Tuesday, June 2, 2020](#) due to the ongoing public health crisis caused by COVID-19. Governor Lamont issued this executive order on March 19th.

PREVENTION

Per the CDC, the best way to prevent illness is to avoid being exposed to the virus. The virus is spread mainly person to person between people who are in close contact with one another (within 6 ft) and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Please consult with your healthcare provider about additional steps you may be able to take to protect yourself.

Take steps to protect yourself



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Take steps to protect others



Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

- **Other common EPA-registered household disinfectants.**

RESTAURANT MEALS (TAKEOUT & DELIVERY)

Our staff created this list of local restaurants that were open for business and offering takeout or delivery services. This list is not all inclusive. It was created using information from Facebook posts put out by the restaurants. We encourage you to check with your favorite restaurant to see if they are offering delivery or takeout services.

Whenever possible, we should try and ask for non-contact deliveries (leaving it outside of our door) to minimize our contact with people. Many restaurants are offering curbside pickup where you call when you arrive so you don't go in the restaurant, they come out and either hand you the food OR they put it in your car without contact.

In addition to the options listed here, there are several food delivery services that can deliver food from local restaurants. Orders using these particular services must be placed online using either the delivery service website or their smartphone/tablet app. These services are GrubHub (www.grubhub.com), DoorDash (www.doordash.com), and Uber Eats (www.ubereats.com).

Name	Address	Phone #	Advertising
Amici Italian Grill	280 Main St	860-346-0075	Curbside Pickup
Athenian Diner	864 Washington St	860-346-2272	Take Out
Carmela's on the Extension	139 Main St Ext	860-788-7922	Takeout and Delivery
Conspiracy	350 Main St	860-236-0211	Takeout and Delivery
Denny's	655 S Main St	860-346-2763	Take Out, Free Delivery through the app or website
Empire Pizza	324 Main St	860-616-1697	Takeout and Delivery
Esca Restaurant	437 Main St	860-316-2552	Curbside Pickup
Illiano's Restaurant	534 Washington St	860-343-9244	Parking Lot Pickup – Indicate when ordering
Illiano's Restaurant	404 S Main St	860-346-5656	Parking Lot Pickup – Indicate when ordering
It's Only Natural	606 Main St	860-346-9210	Takeout, Delivery for orders over \$50
Jerry's Pizza	635 S Main St	860-346-5335	Takeout and Delivery
La Boca	337 Main St	860-347-4777	Takeout
Luce	98 Washington St	860-344-0222	Takeout and Delivery
Mondo Pizza	10 Main St	860-343-3300	Curbside Pickup – Indicate when ordering
Nardelli's Grinder Shoppe	396 Washington St	860-346-6666	Curbside Pickup
Nino's Restaurant	825 Saybrook Rd	860-346-8686	Takeout and Delivery
Our Place Restaurant	2100 S Main St	860-788-2477	Takeout
Red Fox	218 Smith St	860-632-0267	Delivery
Sliders Grill	1265 S Main St	860-788-7337	Takeout
Vero Cucino Rustico	749 Saybrook Rd	860-343-9413	Curbside Pickup
Whey Stationary	544 Main St	860-740-2403	Curbside Pickup

SCAMS/PRICE GOUGING

Whenever something as serious as coronavirus is on residents' minds across the country, bad actors, including scam artists often take advantage of consumers. The Department of Consumer Protection and the Office of the Attorney General have already received complaints and issued warnings to consumers.

Anyone who notices a marketplace issue or feels they have been the victim of a scam, should please contact the state.

Connecticut U.S. Attorney John H. Durham said suspected fraud schemes related to COVID-19 should be reported to the National Center for Disaster Fraud at (866) 720-5721 or by email: disaster@leo.gov.

State Agency Contact Information to file a complaint:

Connecticut Attorney General	860-808-5318
Department of Consumer Protection:	860-713-6300
Complaint Forms and Procedures Insurance Department <i>(The Insurance Department should be contacted about issues with travel insurance.)</i>	800-203-3447 or 860-297-3900

SOCIAL SERVICES

Phone	Website
1-855-626-6632	Connect.ct.gov

In order to find out if you are eligible for any type of assistance, you will need to give information about your household, income, assets, and the bills you have to pay each month. You can request the forms be mailed to you by calling (855) 626-6632 or apply online at connect.ct.gov.

Medical

Access Health CT (855) 365-2428

As the Coronavirus (COVID-19) continues to threaten public health, Access Health CT announced a new special enrollment period for these exceptional circumstances available from March 19 through April 2, 2020 for qualified uninsured Connecticut residents.

To see if you qualify, call between 8am-5pm, Monday-Friday. More information can be found on their website, www.accesshealthct.com

In order to enroll, you will need the following information:

- Social Security Numbers for all family members who need coverage
- Citizenship or immigration status and certificate of naturalization or immigration document number, if applicable.
- Tax returns for previous years, to estimate annual Modified Adjusted Gross Income.
- Employer information and recent paychecks or profit and loss statement (if self-employed).
- Healthcare coverage information like policy numbers for any current health insurance plans covering members of your household, and information about employer-sponsored health plans for which you or anyone in your household may be eligible.

Medicare Savings Programs (MSP)

There are three Medicare Savings Programs (MSP) that help you pay for your Medicare Part B premiums. They are the Qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB) and the Additional Low Income Medicare Beneficiary program (ALMB). A household's income determines which category they qualify for.

All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare-covered services. It does not cost anything to apply for or receive benefits from this program.

HUSKY C

HUSKY C (for people who are 65 or older, blind, or disabled) - - Connecticut residents aged 65 or older, or who are aged 18 through 64 and who are blind, or who have another disability, may qualify for coverage under HUSKY C (also known as Medicaid for the Aged/Blind/Disabled, or Title 19).

HUSKY D

HUSKY D (for low-income adults ages 19-64) - Connecticut residents aged 19 through 64, who do not qualify for HUSKY A; who do not receive federal Supplemental Security Income or Medicare; and who are not pregnant, may qualify for HUSKY D (also known as Medicaid for Low-Income Adults).

Long Term Care Services

Long term services and supports' is also referred to as 'long-term care.' Many people thought it exclusively meant nursing home care. It includes a variety of care and services over an extended period of time that can be provided in many settings including:

- In your home;
- At other sites in your community;
- In a managed residential setting; or
- In an institutional setting.

Your choice of provider care and services can make it possible for you to continue to live at home rather than in a nursing home or other type of residence. Residential options are sometimes appropriate, however. It really depends on your needs and circumstances.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a nutrition program that helps low-income individuals and families buy food. The Federal governments created the program to help people with low income eat well to stay healthy.

SOCIAL WELL-BEING CHECK INS

Social isolation can take its toll on anyone. Now is a great time to call, email, or text family, friends, neighbors, etc.

The Senior Center is working on developing a Social Wellbeing Check-in system for its members. Phone calls will be placed by city staff and/or volunteers to help limit the feeling of isolation. This system is currently in the development phase. If you are a Middletown resident 60 or older and wish to be added to the call list, you can either email your full name, address, and

phone number to seniors@middletownct.gov OR leave a voicemail at (860) 638-4540 with the same information.

Everyone reacts differently to stressful situations like COVID-19. You may feel anxiousness, anger, sadness, or overwhelmed. Find ways to reduce your stress to help yourself and the people you care about. The CDC is recommending that if you or a loved one is feeling overwhelmed, get support 24/7 by calling 1-800-985-5990 or text TalkWithUs to 66746. Learn more about stress and coping during the COVID-19 outbreak: <https://bit.ly/39UVoEj>

SUPPLIES

The demand is high for certain supplies such as cleaning products, paper towel, toilet paper, hand sanitizer, etc. The local stores have been restocking as quickly as possible and some stores have issued limits on the amount you can buy of certain items. Please check back with local stores to see if they have the certain items available. In the nutrition section of this resource guide, you can find specific grocery store information. Additional stores or resources include: (you could also check with your local gas station or convenience store)

Big Lots

820 Washington St
(860) 344-1905

CVS

675 Washington St
(860) 344-1320

CVS

308 Main St Ext
(860)-344-1857

Dollar General

750 Newfield St
(860) 740-2693

Dollar Tree

416 E Main St
(860) 807-2242

Home Depot

909 Washington St
(860) 346-3007

Ocean State Job Lot in Meriden

1231 East Main St
(203) 630-2095

Walgreens

633 Washington St
(860) 346-7628

Walgreens

311 East Main St
(860) 704-0135

TAX PREPARATION

AARP Foundation Tax Aide sites were closed beginning March 16th until further notice. They will continue to assess when they can open again. You can call **1-(888)-227-7669** for updates about the status of AARP Tax Aide. Many VITA sites across the state have closed. Check

back in with 2-1-1 in a couple of weeks to see if sites are reopening. You can prepare your taxes online for FREE at www.myfreetaxes.com .

The Federal & State Income Tax filing and payment deadlines have been moved to July 15th instead of the traditional April 15th deadline.

TRANSPORTATION

Middletown Area Transit
(860) 346-0212

Regular routes may be reduced or suspended, always check with them for the latest information or check their Facebook: [Middletown Area Transit](https://www.facebook.com/middletownareatransit) or website middletownareatransit.org

UNEMPLOYMENT

Filing for Unemployment

Department of Labor
(860) 263-6000

If you become unemployed due to coronavirus (COVID-19), you should file for unemployment benefits.

This can only be done online at <http://www.ctdol.state.ct.us/UI-OnLine/index.htm>

Click [here](#) for more information. For frequently asked questions about coronavirus (COVID-19) for workers and employers, click [here](#).

UPDATES FROM GOVERNOR NED LAMONT

Click the link below for the most up to date press releases from Governor Lamont

<https://portal.ct.gov/Coronavirus/Pages/Governors-Press-Releases>

This list provides a summary of press releases issued by Governor Lamont as of 3/20/2020.

- Access Health CT special enrollment period was created for those who are uninsured (please see the Social Services section of this document)
- All barbershops, hair salons, tattoo or piercing parlors are closed
- All non-critical court operations are suspended
- All restaurants are closed for dine-in, they may still offer drive-thru, curbside, and delivery services
- All schools are closed
- Department of Labor is closed to in-person visits, encouraging the use of online services
- Expanded ability of patients and doctors to use telehealth for healthcare services
- Indoor malls and places of amusement are closed
- Local hospitals are implementing visitor restrictions
- Movie theaters, gyms, bowling alleys, and casinos are closed

- No large gatherings over 25 people including religious gatherings
- Postponed the presidential primary until June 2, 2020
- PURA has ordered a moratorium on all utility shut-offs
- The Department of Motor Vehicles suspended all in-person visits. They have instituted a 90-day extension for expiring DMV credentials. The extension includes all Connecticut driver's licenses, learner's permits, identity cards, emissions testing and registrations.
- The Department of Social Services suspended in-person visits at all their facilities
- Visitation restrictions are in place to protect Nursing Home residents
- The **Stay Home, Stay Safe** Policy: All non-essential businesses are to stay closed and non-essential workers are to stay home during the ongoing COVID 19 outbreak to mitigate the spread of the disease. This policy is in effect until further notice. This order excludes any essential business or entity providing essential services or functions, such as healthcare, food service, law enforcement, and similar critical services.

WARMING SHELTER

Middletown's Warming Center is open at the Green Street Arts Center from 9pm to 7am daily. The Center is located at 51 Green St in Middletown. There are no meals served.

WHAT YOU CAN DO TO HELP

- Call and check-in on neighbors and friends
- Heed the warnings issued by the Government and Social Distance yourself from others
- Make a Financial Donation to St. Vincent de Paul Middletown Amazing Grace Food Pantry or the Soup Kitchen. Donations can be made online here: <http://www.svdmiddletown.org/donate-to-svd/> OR you can mail a check to: St. Vincent de Paul Middletown, P.O. Box 398, 617 Main St, Middletown, CT 06457
- Make a food donation to St. Vincent de Paul Soup Kitchen or Amazing Grace Food Pantry.:

The soup kitchen needs: Soap, deodorant, shampoo, and body wash. Sliced bread to make sandwiches, lunch meats, canned tuna & cheese. Also, protein and granola bars, individual beverages or juice boxes, bottled water, individual yogurts, cheese sticks, fruit cups and bagged individual serving snacks (like pretzels). Bring donations to 617 Main Street, Middletown from 7:00 AM – 1:00 PM Monday through Saturday, or call for after-hours donations.

The Amazing Grace Food Pantry needs: Pasta, pasta sauce, baked beans, peanut butter, canned tuna, boxed cereal and mac-'n-cheese. If you have other non-perishable canned or boxed foods, they are also welcome! Donations can be accepted on Wednesday and Friday, every week between 9:00 AM and 4:00 PM at 16 Stack Street, Middletown.

- Volunteer for the Middletown Medical Reserve Corp (MRC)

A functionally well-trained MRC is an important asset to Middlesex County. Working with other community partners will strengthen the ability to respond to natural or made-made disasters as well as other public health emergencies. Whether you have medical skills or simply want to assist public health and safety, the Middletown Medical Reserve Corps needs a variety of volunteers!

You need not be a Middletown resident or have a medical background to be an MRC Volunteer! More information can be found on this link: <http://middletownct.gov/CivicAlerts.aspx?AID=68>

- Donations of Personal Protective Equipment (PPE)

The State of Connecticut has activated a framework for donations of PPEs. [Members of the public, businesses, and philanthropic organizations that wish to donate these vital materials are asked to fill out the online form at 211ct.org/DonationsCOVID19.](http://211ct.org/DonationsCOVID19)

United Way 2-1-1 of Connecticut will be working with the state to collect the input of donation requests and will ensure that donated items are appropriate for the needs of hospitals and long-term care facilities. The specific items being requested by the state at this time include:

- N95 Respirators
- Face Masks/Surgical Masks
- Face Shields
- Surgical Gowns
- Gloves (nitrile, or non-latex)
- Thermometers
- Thermometer Covers (if applicable to type of thermometer)
- Hand Sanitizer
- Other Medical Items

- Donations of Blood to American Red Cross

There is a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood. Right now, eligible and healthy donors are strongly urged to make an appointment to give soon. But please postpone your donation for 28 days following travel to China and its special administrative regions, Hong Kong and Macau, as well as Iran, Italy and South Korea, or if you've been diagnosed with or have had contact with anyone with a suspected or confirmed case of COVID-19. Call 1-(800)-733-2767 or visit redcross.org to make an appointment or for more information.

- Write letters and/or send cards to those who are isolated especially in assisted living and nursing home facilities.
- Buy gift cards online to help support local restaurants.