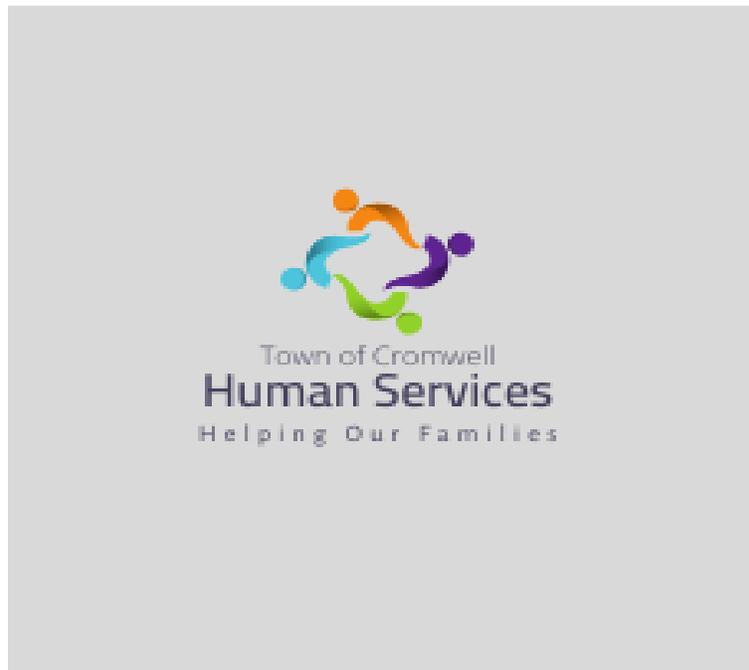


# COVID 19 Resource Guide for Town of Cromwell Residents



The Cromwell Human Services Department has put together this guide as a resource for our Human Service Clients and Seniors, but thought it would be useful for all town residents who may be looking for resources all in one place.

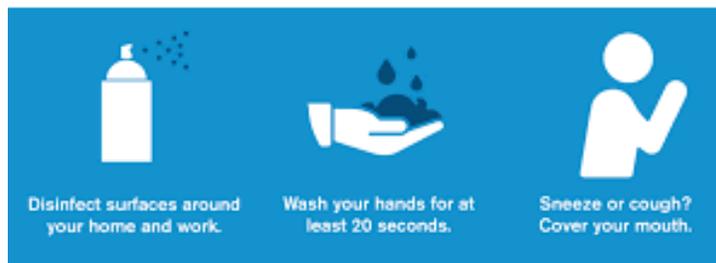
This resource guide was compiled using information from a wide variety of sources. The COVID 19 Outbreak is an evolving situation and changes are occurring constantly. We suggest you use this guide as a reference, but use the links and phone numbers to call for the most current updates.

## TABLE OF CONTENTS

<b>Town Closures and Information Updates</b>	<b>pg. 3</b>
<b>Human Services Dept. Contacts</b>	<b>pg. 3</b>
<b>COVID-19 Resources</b>	<b>pg. 4</b>
<b>Nutrition</b>	<b>pg. 5</b>
<b>Grocery Stores-Senior Specific Hours</b>	<b>pg. 6</b>
<b>Pharmacy/Prescriptions</b>	<b>pg. 6</b>
<b>Prevention information from CDC</b>	<b>pg. 7-9</b>
<b>Restaurant and Take Out Options</b>	<b>pg. 10</b>
<b>Scams/Price Gouging</b>	<b>pg. 10</b>
<b>State Social Services</b>	<b>pg. 11</b>
<b>Access CT Health Insurance</b>	<b>pg. 11</b>
<b>Stress and Coping</b>	<b>pg. 12</b>
<b>Tax Preparation</b>	<b>pg. 12</b>
<b>Transportation</b>	<b>pg. 12</b>
<b>Unemployment</b>	<b>pg. 12</b>
<b>Youth Services Resources</b>	<b>pg. 13-17</b>

### **CORONAVIRUS SAFETY**

Follow these easy steps to help prevent the spread of COVID-19.



## TOWN CLOSURES AND INFORMATION UPDATES



Town Website <https://www.cromwellct.com/>  
Town Facebook Page <https://www.facebook.com/townofcromwell/>  
Mayors Facebook <https://www.facebook.com/MayorEnzoFaienza/>  
Health Department Website <https://www.cromwellct.com/health-department>

### Human Services Department Contacts:

Human Services: 860-632-3449

Human Services Facebook <https://www.facebook.com/cromwellhumanservices/>

Senior Center: 860-632-3447

Senior Center Facebook <https://www.facebook.com/cromwellseniorcenter/>

Youth Services: 860-632-3448

Youth Services Facebook <https://www.facebook.com/CromwellYouthServices/>

**Senior Center:** The Senior Center is closed for all activities and programs. Staff is available for phone calls and emails. We are posting activities on our Facebook page for seniors to keep busy and making calls to the seniors to “check-in”. Transportation is running on very limited scale for only essential needs. For those needing Meals on Wheels, please call CRT at 860-560-5742. We are doing check in calls, but we certainly want you to call us with ANY needs and we will try and help as best we can.

**Social Services:** The office is closed to the public, staff is available by phone or email. Food Bank is by appointment only. Please call 860-632-3449 to request food and we will deliver it or you can drive by the front entrance of the Town Hall to pick up. Please call us with your needs and we can help as best we can!

**Youth Services:** Youth Services is closed for all programming and events. Staff is working in the office responding to calls and emails. Staff is also posting on Facebook and Instagram daily providing activities to keep the children busy and engaged. If children need meals, the Cromwell Schools are providing meals to ALL children regardless of income. Breakfast and Lunch Grab and Go Meals are available for pick up at Edna. C. Stevens (ECS) on Mondays, Wednesdays and Fridays from 9:00am-12:00pm.



## **COVID-19 RESOURCES**

### **Center for Disease Control:**

[www.cdc.gov](http://www.cdc.gov)

### **National Institutes of Health:**

<https://www.nih.gov/health-information/coronavirus>

### **Town of Cromwell Health Department:**

860-632-3426 or <https://www.cromwellct.com/health-department>

### **Hartford Healthcare 24 Hour Hotline:**

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

### **State of Connecticut Coronavirus Website:**

<https://portal.ct.gov/coronavirus>

### **United Way 211:**

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

## **NUTRITION:**

### **Cromwell Food Pantry**

41 West Street, Cromwell

860-632-3449

BY APPOINTMENT ONLY- we can deliver or arrange a time for you to pick up.

### **Meals on Wheels**

Community Renewal Team (CRT)

555 Windsor Street, Hartford

860-560-5848

For Homebound Residents Only (not just for homebound during COVID19)

### **Cromwell Schools Free Breakfast and Lunch**

All school children can receive breakfast and lunch meals to go, regardless of income. Meals are available for pick up at Edna C. Stevens (ECS) on Mondays, Wednesdays and Fridays from 9:00am-12:00pm. Just drive up and you can receive meals.

### **SNAP (Supplemental Nutrition Assistance Program)**

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers' markets.

To APPLY: Call 855-626-6632 or visit: <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP>





## Prevention Information from the CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - 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.

## 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.**

Products with [EPA-approved emerging viral pathogens pdf icon\[7 pages\]external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

## **RESTAURANT AND TAKE OUT DELIVERY OPTIONS**

Below is a list of local restaurants currently open and offering take out or delivery service. This list is not all inclusive. The list was derived from a search on Facebook responding to take out service. We recommend you call your favorite restaurant to see if they are still offering take out options.

Whenever possible you should ask about non-contact deliveries meaning 'leaving it outside your door' to minimize contact with people. Many restaurants are offering curbside pickup where you don't go in the restaurant to pick up the food, rather they come out and put in your car for you without contact.

In addition to the options listed below, there are delivery services that can deliver food from local restaurants. Orders using these particular places requires you to place you order online:

Grubhub: [www.grubhub.com](http://www.grubhub.com)

DoorDash: [www.doordash.com](http://www.doordash.com)

UberEats: [www.ubereats.com](http://www.ubereats.com)

ABC Pizza	(860) 635-4338
Café Luna	(860) 788-2653
Cromwell Pizza & Pasta	(860) 635-4655
Freddy's Pizza	(860) 635-9677
Jefferson Fry Co.	(860) 740-4117
Kuyi Sushi	(860) 788-2801
Luen Hop	(860) 635-4108
Mitchell's on Main	(860) 631-0770
The Well	(860) 632-8682
Zerio's	(860) 632-8555
99 Restaurant	(860) 632-2099

## **SCAMS/PRICE GOUGING**

It's unfortunate, but whenever something as serious as this Coronavirus outbreak, along come the scammers and con artists. The Department of Justice is remaining vigilant in detecting, investigating, and prosecuting wrongdoing related to the crisis. In a memo to U.S. Attorneys, Attorney General Barr said, "The pandemic is dangerous enough without wrongdoers seeking to profit from public panic and this sort of conduct cannot be tolerated."

Be aware that criminals are attempting to exploit COVID-19 worldwide through a variety of scams. There have been reports of:

Individuals and businesses selling fake cures for COVID-19 online and engaging in other forms of fraud.

Phishing emails from entities posing as the World Health Organization or the Centers for Disease Control and Prevention.

Malicious websites and apps that appear to share virus-related information to gain and lock access to your devices until payment is received.

Seeking donations fraudulently for illegitimate or non-existent charitable organizations.

Criminals will likely continue to use new methods to exploit COVID-19 worldwide. If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home through a number of platforms.

Go to:

Contact the National Center for Disaster Fraud Hotline at 866-720-5721 or via email at [disaster@leo.gov](mailto:disaster@leo.gov)

If it's a cyber scam, submit your complaint through <https://www.ic3.gov/default.aspx>

## **STATE SOCIAL SERVICES**

**NOTICE:** The Department of Social Services has suspended in-person visits to their field offices as a protective measure for customers and staff. They are continuing to provide services. Customers can access benefit and application information, 24/7, at [www.connect.ct.gov](http://www.connect.ct.gov) and [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply); or 1-855-6-CONNECT. Full information on ways to contact DSS online, by phone, by mail, and at office dropboxes is at [www.ct.gov/dss/fieldoffices](http://www.ct.gov/dss/fieldoffices). Thank you, and please also visit [www.ct.gov/coronavirus](http://www.ct.gov/coronavirus) for latest State of Connecticut updates.

## **ACCESS CT Health Insurance**

**Coronavirus (COVID-19):** Due to exceptional circumstances, qualified UNINSURED CT residents can enroll during a NEW SPECIAL ENROLLMENT PERIOD until April 2, 2020. Call 855-365-2428 (Monday – Friday, 8 am – 5 pm).

## STRESS AND COPING

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

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

- Dial 211 in Connecticut for crisis response and/or area resources.
- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

For more information and resources on handling stress, please visit the CDC's website with more information.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

## TAX PREPARATION

We have received many calls in regards to the AARP tax program. Federal and State tax deadlines have been extended until July 15, 2020. AARP tax aides had suspended all of their tax programs and we do not have any tax preparation scheduled at this time. You may call AARP in a few weeks to get updates at 1-888-227-7669. You can prepare your taxes for FREE online at [www.myfreetaxes.com](http://www.myfreetaxes.com)

## TRANSPORTATION

Our senior and disabled transportation is running on a limited scale. We will provide rides to essential medical and prescription pickup as well as food shopping, but we encourage you to utilize the free prescription delivery through your pharmacy and consider ordering delivery for groceries. The number for the Town of Cromwell Senior and Transportation is **(860) 632-3447**.

## UNEMPLOYMENT

If you become unemployed due to coronavirus (COVID-19), you should file for unemployment benefits. <http://www.ctdol.state.ct.us/UI-online/index.htm>

## YOUTH SERVICES

Cromwell Youth Services is dedicated to promoting positive development by empowering youth to make healthy decisions while strengthening and supporting resilient families. We strive to create a network of resources and services that enrich and meet the needs of our community.

While school is out, Cromwell Youth Services will be highlighting daily at-home activities for youth on our Facebook page at [www.Facebook.com/CromwellYouthServices](http://www.Facebook.com/CromwellYouthServices). You can also follow us on Instagram @Cromwell\_YouthServices where you can find a link to our Facebook page for daily highlights.

### TIPS FOR TALKING TO YOUTH ABOUT COVID-19

We'd like to emphasize that it is totally normal (and human) for children to be confused, anxious, sad, scared, and/or angry-it's what we do with those feelings and how we respond to them that's most important. Be honest with your children and reassure them that you're doing all you can to keep them safe. Talk about the good deeds others in your Cromwell Community are engaging in, and the across the country and world at large. Children are naturally curious, but are also inundated by a 24-hour news cycle. Limit sensationalized news and social media time and stick to credible, valid sources that you review as a family. Preparedness can help curb anxiety, so review CDC guidelines together about staying safe and healthy. **Engage in calming practices as a family; journaling, meditation, yoga, mindfulness, and other forms of physical activity.** Don't stress children on their schoolwork, review guidelines below about how much direct instruction is appropriate at different school levels. Engage in creative outlets *WITH* your kids, and try teaching essential life skills while at home. Don't hesitate to reach out to us for more support. We're here for you!

- Staying proactive, prepared, and informed helps everyone to curb anxiety.
  - Include all family members in reviewing and following the CDC guidelines beginning on page 7.
- Stay informed, but monitor television, Internet and social media use.
  - The 24-hour news cycle can be overwhelming to anyone. Know when it's time to take a break.
  - News and social media can be flooded with sensationalized content, opinions, inaccuracies and rumors not based upon factual information. Fact-check information before sharing and seek valid, credible sources of information. We recommend the CDC, World Health Organization (WHO), and your state and local health departments and officials. Stick to need-to-know facts and avoid information that becomes too upsetting.

- Be aware of and use developmentally, age-appropriate information when sharing with youth.
- Remain calm and reassuring, you set the tone for your children.
  - Children will react to and follow your behavior, verbal and nonverbal. What you say and do, including prevention efforts, can increase or decrease your child's anxiety.
  - When true, emphasize to your children the measures your family is taking to remain safe and healthy.
- Make yourself available and present.
  - Youth may need extra attention from you, including affection and talking about their concerns, worries, and questions.
  - Let your children talk about their feelings and help reframe their concerns to the appropriate perspective. It is important that they know they have someone who will listen to them, make time for them, and validate and reassure them.
- Avoid excessive blaming and negative social behaviors.
  - When tensions are high we sometimes try to find someone to blame. It is important to avoid stereotyping others. Bullying and negative comments should not be tolerated. Explain why negative comments made by others or through the media do not align with your family's values.
  - Emphasize the role of community and its value in reference to everyone doing their part to keep each other safe and support one another.
- Maintain as much of a normal routine as possible.
  - Disruptions to routines and schedules can be problematic or stressful for anyone. Outline a schedule and try to stick to it, structure is proven to be beneficial and important for youth (more guidelines on this in our "Homeschooling" section below).

## **HOMESCHOOLING AND AT-HOME ACTIVITIES**

- Encourage your children to keep up with schoolwork, but don't push if they feel overwhelmed. **Tackle schoolwork in intervals with breaks for other activities in between.**
  - Research suggests a simple rule for figuring out how long children can stay focused: Multiply the child's age by 2-5 minutes. So, if a child is 4 years old, he or she will be able to focus for 8 to 20 minutes, maximum.

- Also consider other factors of attention such as your child’s cognitive, language, and motor skills level.
- **Elementary age students can tolerate from 1-2 total hours of instruction per day.**
  - Children this age need help staying on task and organizing their work. Developing a predictable routine can help. Do not punish kinetic learners for not being able to stay in their seats; instead try scheduling in breaks for movement. Work on reading skills. Read with your child and then have them read to you.
- **Middle school age student can tolerate between 2-3 total hours of instruction per day.**
  - Children in this age group are learning how to be independent and have a more robust social life than their elementary age peers. Using video conferencing platforms will be helpful keep them engaged with their assignments and with their peers.
- **High School students can tolerate between 3-4 total hours of instruction per day.**
  - Adolescents in these grades should participate in the planning of their schedules. They may need encouragement as well. Remember that teens are also prone to changes in their mood and sleep patterns, so do not take their temperament changes personally.
- **Promote physical activity at home. When it’s rainy or cold outside, look to youth yoga, exercise, and movement videos on web-based platforms.**
- **Engage your child in games, learning, and constructive activities between schoolwork. Arts & crafts, outdoor play, reading, science experiments, and web-based & streaming activities are good ideas. We’ll be sharing ideas daily on our Facebook page.**
- **Time at home is a great opportunity to teach kids the essential life skills they need to be more independent.**

- Cooking, deep cleaning, housekeeping, using appliances, laundry, yard work, pet care, home repairs, handy work, banking basics, automotive care, sewing & mending clothing, resumes & cover letters & job applications, budgeting, credit cards, thank you card writing, and emergency preparedness are all examples of at-home life skills learning.
  - If you're unsure of how to tackle any of these life skills, YouTube it! Bond over shared learning with your child.

## **STRESS TIPS**

### **Stress is a normal part of life:**

- It's healthy and normal to feel some stress. Stress can help you concentrate and perform better. Stress can produce a burst of energy that helps guide you on what to do and give you some advantages. For instance, stress can help you meet daily challenges and motivate you to reach your goals, accomplishing tasks more efficiently. It can even boost memory. Stress is also vital to our internal warning system, producing the fight-or-flight response. However, too much stress can affect your health, work and life.

### **Signs of harmful stress:**

- Persistent headaches or stomachaches with no other causes.
- Shoulder, neck, or back pain and other body aches.
- Fatigue, trouble sleeping, and poor concentration.
- Frequent illnesses, like repeated instances of a cold or the flu.
- Heightened anxiety, irritability, clumsiness, or anger.
- Racing heartbeat, sudden sweating, skin rashes.
- Changes in appetite.

### **When stress becomes problematic:**

If you're feeling overwhelmed or like you can't cope with or manage stress seek help. A few counseling sessions can make a big difference. In Connecticut you can call 211 for services anywhere in the state. Mobile Crisis Teams are free and

available to talk 24/7. Call 211 and press 1 for child crisis or ask for the adult crisis team nearest you.

**Manage your stress:**

Be realistic about what you can do and learn to say no to what you can't. When you take on too many things and become overwhelmed, you can't do any of them to your best ability. Practice time management. Take things one at a time. Prioritize tasks, moving through each step, and dealing with things separately. Be sure to make real time to relax and have fun breaks each day. That means no screens and no planning tasks in your head. Go for a walk, meditate, practice mindfulness or yoga, exercise, journal, color, play or listen to music, etc. Tap into your senses. Make a snack, cuddle your pet, light a candle, tidy up, get musical!

**Live a healthy lifestyle:**

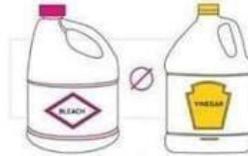
Spend time outdoors every day, especially when the sun is shining. Avoid screens for at least 30 minutes before bed. Get at least 7-8 hours of good, uninterrupted sleep each night. Move your body, go for a walk, or exercise for 20-30 minutes each day. Social time is still important, connections are actually proven to be good for your health. Video chat and phone calls are a great way to accomplish this during social distancing! Avoid too much caffeine, sugar, fast food, or processed foods. They can increase anxiety and the body's stress response. Be sure to eat healthy, real, whole foods including fruits and vegetables. Avoid alcohol and drugs.

And Lastly,

## DO NOT MIX THESE CLEANING PRODUCTS

### **BLEACH + VINEGAR**

Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.



### **BLEACH + AMMONIA**

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.



### **BLEACH + RUBBING ALCOHOL**

Bleach and rubbing alcohol makes chloroform, which is highly toxic.



### **HYDROGEN PEROXIDE + VINEGAR**

This combination makes peracetic/peroxyacetic acid, which can be highly corrosive



**ANY QUESTIONS, PLEASE CALL TOWN OF CROMWELL HUMAN SERVICES**

**860-632-3449**