

STATE REPRESENTATIVE MATT BLUMENTHAL

Dear Neighbor,

Our state has declared a public health emergency to combat COVID-19, a respiratory disease that has dramatically impacted our city, state, country, and world. Public-health and elected officials have been doing their best to flatten the curve and contain the spread of the virus through social distancing and other measures.

It's important to recognize and thank the true heroes of this pandemic: the healthcare workers, first responders, and other essential workers who have been on the front lines, keeping us safe and allowing society to function. But we all play a role: our cooperation with public-health measures and kindness to each other are essential in this time of need.

This mailer provides you some information to help keep you up to date on some of the assistance available as we continue to fight this pandemic.

As always, please reach out to me if I can be of help or if you have any questions or concerns. You can reach me by email at Matt.Blumenthal@cga.ct.gov or by phone at **860-240-8568**.

I hope you and your family are staying safe and in good health.



State Representative Matt Blumenthal
147th District

One of the best ways to stay up-to-date
is by signing up for my e-blasts. Sign up online at
www.housedems.ct.gov/Blumenthal
to get my legislative updates!

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COVID-19 UPDATE



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WHAT IS CORONAVIRUS/COVID-19?

COVID-19 (Coronavirus Disease 2019) is a respiratory illness spread by person-to-person contact. Symptoms may include cough, fever, and difficulty breathing and may appear 2–14 days after exposure.

STAY HOME



The Governor signed an Executive Order that encourages people to stay in their homes unless running essential errands and closes all businesses not deemed essential until further notice to slow the spread of COVID-19.

STAY 6+ FEET FROM OTHERS



The CDC says that COVID-19 can be spread to people within at least six feet of one another and that people who have the virus without symptoms are contagious.

WEAR A MASK IN PUBLIC



The Governor has issued an executive order that requires people to wear a cloth face mask or covering in public when six feet of distance can't be maintained.

To read the full Executive Order visit this site: bit.ly/FaceMaskExecutiveOrder. To learn how to make your own face mask from the U.S. Surgeon General visit this page: bit.ly/USSurgeonGeneralFaceMaskVideo.



WASH HANDS AND SANITIZE SURFACES FREQUENTLY

HOW CAN I HELP?

“Stamford Together” is recruiting volunteers to help those in need during this critical time. There are five areas where volunteers are needed: Senior Outreach Program, Stamford Public School Lunch Grab and Go Program, Testing Site Volunteer Program, Resident Delivery Program and Medical Reserve Corps. Please call 203-977-5850 or visit www.stamfordct.gov/stamfordtogether for more information.

COVID-19 RESOURCES AND INFORMATION

FILING FOR UNEMPLOYMENT

Please visit www.ctdol.state.ct.us to get the latest information to file for unemployment. Under the CARES Act passed by Congress, the new Pandemic Unemployment Insurance (PUI) will include an extra \$600 per week that starts to go out the week of April 27th and lasts until the end of July. Those benefits are retroactive to March 27th. The Act also makes unemployment benefits eligible to those who are self-employed, independent contractors, and gig-economy workers. They should submit applications starting April 30.

Those without access to the internet can call 860-263-6975 or 203-455-2653 and a DOL customer service representative will take your information to help process the unemployment claim over the phone.

BUSINESS ASSISTANCE

The state and federal government offer a number of programs to support small businesses. To learn more, call the DECD hotline at 860-500-2333 or visit www.ct.gov/decd

Businesses in Stamford can also call 203-977-5168 or e-mail Tmadden@stamfordct.gov with questions.

TAX EXTENSIONS

The Connecticut Department of Revenue Services has extended filing and payment deadlines for personal income tax returns to July 15, 2020. This includes quarterly estimated income tax payments. There are also extensions until May 31st for sales and use tax payments made by businesses for March and April. The City of Stamford will also allow residents facing a reduction of 20 percent or more of their income to defer property tax payments for 90 days, until October 1st, with appropriate documentation.

HEALTH SERVICES

Think you have COVID-19? Visit [CDC.gov](https://www.cdc.gov) for a list of symptoms. If you think you need to be tested for coronavirus, consult your doctor. It is recommended that you call or go online first to schedule an appointment with any testing center you visit. The City of Stamford has also set up its own testing hotline number at 833-508-8378. There also is a Stamford COVID-19 information hotline at 203-977-8840 and a Stamford Hospital hotline at 203-276-4111 (available 7 days a week from 7:00 a.m. to 7:00p.m.).

HUSKY members can receive medical and behavioral health services from their health care providers by audio-only telephone or video conferencing.

If you are a senior who needs outreach or assistance, please call 203-977-7919.

Visit [CDC.gov](https://www.cdc.gov) and [CT.gov/coronavirus](https://www.ct.gov/coronavirus) for national and statewide notices or dial 2-1-1. Visit [Stamfordct.gov/covid19](https://www.stamfordct.gov/covid19) for the latest on local resource information.

HOUSING ASSISTANCE

Please Dial 2-1-1 and press #3 then #4 if you are in a housing emergency. Participating financial institutions are now offering mortgage payment forbearances of up to 90 days, allowing homeowners to reduce or delay mortgage payments.

The Governor has also prohibited eviction notices and late fees for non-payment of rent until July 1st and granted a 60-day grace period for April and May rent.

FOOD AND NUTRITION

Soup Kitchen and Food Pantry Services:

For a list of Food Pantries in Stamford please call 2-1-1 or visit www.211ct.org.

Stamford Public Schools (SPS) continues to provide free Grab-and-Go meals from 10:00 a.m. to 12:00 p.m. on Mondays, Wednesdays and Fridays at various locations. For a full list please visit www.stamfordpublicschools.org.

Any food distribution or insecurity questions can also be referred to 203-977-4112 or Ebromley@stamfordct.gov.