

STATE REPRESENTATIVE
CHRISTINE CONLEY

Dear Neighbor,

The state has declared a public health emergency to combat COVID-19, a respiratory disease that has impacted communities across the state, country, and world. Public health and elected officials have begun managing containment and limiting the spread.

This mailer provides information to help keep you up-to-date as experts learn more and officials act to fight the pandemic.

I want you to know that I am here for you and together we will get through this. Please reach out to my office if you have any questions or concerns. Wishing you and your family safety and good health. You can reach me by **email at: Christine.Conley@cga.ct.gov** or by phone at **860-240-8554**.

Take Care,



Christine Conley
State Representative, 40th District

FOR MORE IMPORTANT COVID-19 UPDATES
SIGN UP FOR MY E-BLASTS
SIGN UP ONLINE AT:
www.housedems.ct.gov/Conley

OR FOLLOW YOU CAN FOLLOW MY FACEBOOK PAGE AT:
www.facebook.com/RepConley

PRSRST STD
U.S. POSTAGE
PAID
HARTFORD, CT
Permit No. 3937

STATE REPRESENTATIVE

CHRISTINE CONLEY

PROUDLY SERVING GROTON AND LEDYARD



Phone: 860-240-8585
e-mail: Christine.Conley@cga.ct.gov
Legislative Office Building, 300 Capitol Avenue
Hartford, CT 06106
www.housedems.ct.gov/Conley

STATE REPRESENTATIVE
CHRISTINE CONLEY



COVID-19
Information
and Resources



STATE REPRESENTATIVE CHRISTINE CONLEY

FOR THE LATEST ON STATE RESPONSE EFFORTS, DIAL 2-1-1 OR VISIT CT.GOV/CORONAVIRUS

What Is Coronavirus/COVID-19?

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



Health Services

Think you have COVID-19? Visit CDC.gov for a list of symptoms.

If you think you need to be tested for coronavirus, consult your doctor. At this time, you cannot receive a test without a doctor's prescription. The state is working with our hospitals to establish testing sites. To find a site, call 2-1-1.

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



Housing and Legal Assistance

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.

Get legal information about court access, work, benefits, housing, and more during the COVID-19 crisis. Visit www.ctlawhelp.org/coronavirus.

Visit CDC.gov and CT.gov/coronavirus for national and statewide notices or dial 2-1-1. Visit town.ledyard.ct.us or cityofgroton.com for the latest on local issues



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**.



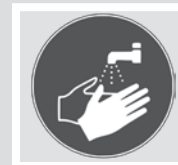
STAY 6 + FEET FROM OTHERS

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

If you have to leave the house, the federal government recommends that you wear a non-medical face mask to reduce the risk of getting infected or infecting others with COVID-19.



WASH HANDS AND SANITIZE SURFACES FREQUENTLY



Economic Relief

Visit ct.dol.state.us to access an FAQ sheet on the rights of employees and employers as well as the form to file for unemployment.

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 ct.gov/decd.

The DRS has extended filing and payment deadlines for personal income tax returns to July 15, 2020.

The Soldiers, Sailors, and Marines Fund provides needs based funding to veterans for food, shelter, and clothing: 860-296-0719



Food and Nutrition

For Meals on Wheels call 860-889-1365.

To apply for SNAP benefits visit ct.gov/DSS.

For hours and locations of "Grab and Go" lunches for youth:

Groton: Monday-Thursday 9-9:30 am, Friday 9-10am
West Side Middle School, Groton Public Library,
Mary Morrison School

Ledyard High School: Monday-Friday 8am-12pm

Grocery stores are reserving daily shopping hours for seniors and those with compromised immune systems. Big Y: 7am - 8am.
Stop & Shop: 6am - 7:30am.

Visit uwsect.org/foodbank/ for information on food banks.