

STATE REPRESENTATIVE  
**ROLAND LEMAR**

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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: [Roland.Lemar@cga.ct.gov](mailto:Roland.Lemar@cga.ct.gov) or by phone at 860-240-0378**

Take Care,



Roland Lemar  
State Representative

FOR MORE IMPORTANT COVID-19 UPDATES  
SIGN UP FOR MY E-BLASTS  
SIGN UP ONLINE AT:  
[www.housedems.ct.gov/Lemar](http://www.housedems.ct.gov/Lemar)

OR YOU CAN FOLLOW MY FACEBOOK PAGE AT:  
[www.facebook.com/StateRepRolandLemar](http://www.facebook.com/StateRepRolandLemar)

STATE REPRESENTATIVE

**ROLAND LEMAR**

PROUDLY SERVING NEW HAVEN, EAST HAVEN



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STATE REPRESENTATIVE  
**ROLAND LEMAR**



**COVID-19**  
Information  
and Resources



# STATE REPRESENTATIVE ROLAND LEMAR

FOR THE LATEST ON STATE RESPONSE EFFORTS, DIAL 2-1-1 OR VISIT [CT.GOV/CORONAVIRUS](http://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](http://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](http://www.ctlawhelp.org/coronavirus).

Visit [CDC.gov](http://CDC.gov) and [CT.gov/coronavirus](http://CT.gov/coronavirus) for national and statewide notices or dial 2-1-1. Visit [covid19.newhavenct.gov](http://covid19.newhavenct.gov) [townofeasthavenct.org/covid-19](http://townofeasthavenct.org/covid-19) for the latest on local issues



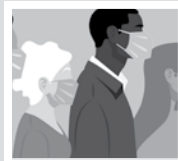
### STAY HOME

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 Governor is now requiring 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](http://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](http://ct.gov/decd).

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



### Food and Nutrition

Yale NH COVID Call Center 833-275-9644 (833-ASK-YNH)  
Yale NH Drive Through Testing. Call your doctor if you are experiencing symptoms

#### FOOD PANTRY

Downtown Evening Soup Kitchen, 311 Temple Street  
St Paul & St. James Episcopal Church  
57 Olive St & clothing for children every Saturday 9-10:30  
East Haven Food Pantry 39 Park Place  
Visit [CTfoodbank.org/get-help/pantry-locator/](http://CTfoodbank.org/get-help/pantry-locator/)

#### GRAB AND GO – NEW HAVEN

9-12 Monday - Friday

- HSC 175 Water St.
- East Rock 133 Nash St
- Wilbur Cross HS 181 Mitchell Dr.

#### EAST HAVEN

Breakfast and Lunch 9:30 – 10:30 Monday – Friday  
Momauguin School, Tuttle School and East Haven High School

#### SENIOR SHOPPING HOURS

6-7:30 AM Stop and Shop,

#### NEW HAVEN HOUSING AUTHORITY

203-498-8800