

STATE REPRESENTATIVE  
**ROBYN A. PORTER**

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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 know that this is a very challenging time for many of us and I want you to know that I am here for you. We will get through this together. 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 [Robyn.Porter@cga.ct.gov](mailto:Robyn.Porter@cga.ct.gov) or by phone at 860-240-0540.**

Take Care,



Robyn A. Porter  
State Representative

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

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

STATE REPRESENTATIVE

**ROBYN A. PORTER**

PROUDLY SERVING HAMDEN AND NEW HAVEN



Phone: 860-240-0540  
E-mail: [Robyn.Porter@cga.ct.gov](mailto:Robyn.Porter@cga.ct.gov)  
Legislative Office Building, 300 Capitol Avenue  
Hartford, CT 06106  
[www.housedems.ct.gov/Porter](http://www.housedems.ct.gov/Porter)

STATE REPRESENTATIVE  
**ROBYN A. PORTER**



**COVID-19**  
Information  
and Resources



# STATE REPRESENTATIVE ROBYN A. PORTER

## I AM HERE FOR YOU

### 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 can appear 2-14 days after exposure.



### 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. 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](https://www.ctlawhelp.org/coronavirus).

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 [NewHaven.gov](https://www.newhaven.gov) or [Hamden.com](https://www.hamden.com) for the latest on local issues



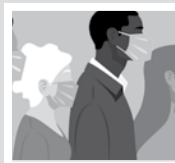
### STAY HOME

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, cloth face coverings or a higher level of protection are required in public wherever close contact is unavoidable.



### WASH HANDS AND SANITIZE SURFACES FREQUENTLY



### Economic Relief

Visit [www.ctdol.state.ct.us](https://www.ctdol.state.ct.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](https://ct.gov/decd).

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



### Food and Nutrition

**For Meals on Wheels**  
call 860-560-5848.

**To apply for SNAP benefits**  
visit [ct.gov/DSS](https://ct.gov/DSS).

#### **Soup Kitchen and Food Pantry Services:**

Breakthrough Church, 481 Shelton Avenue. Open every Saturday from 12 to 2 p.m.

Keefe Community Center, 11 Pine St. Call for schedule at 203-562-5129 ext. 1110.

Downtown Pantry, 311 Temple St. Open Wed, 1:45 to 3 p.m.

Salvation Army, 450 George St. Open Mon, Wed, Fri, 9:30 to 11:30 a.m.

Downtown Soup Kitchen, 311 Temple St. Open Mon thru Thurs, 5:30 p.m., Sun, 4:30 p.m.

Community Soup Kitchen, 84 Broadway. Open Mon, Tue, Thurs, Fri, 11 a.m. to 1:30 p.m. Sat, 8 to 9:45 a.m.

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

NEW HAVEN: [nhps.net/food](https://nhps.net/food)

HAMDEN: [hamden.org/coronavirus](https://hamden.org/coronavirus)

**For seniors living at home, some grocery stores have begun offering hours of operation specifically for those over the age of 60.**