

STATE REPRESENTATIVE
LUCY DATHAN

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

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 are working tirelessly to manage containment and limit the spread.

I have included pertinent information in this mailer to help keep you up-to-date as experts learn more and officials take action to fight the pandemic.

Please know I am here for you. Together we will get through this. Contact my office if you have any questions or concerns. Wishing you and your family safety and good health. You can reach me by email via **Lucy.Dathan@cga.ct.gov** or by phone at **860-240-1479**.

Take Care,

Lucy Dathan
State Representative

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

OR FOLLOW MY FACEBOOK PAGE:
www.facebook.com/RepresentativeLucyDathan

STATE REPRESENTATIVE
LUCY DATHAN

PROUDLY SERVING NORWALK AND NEW CANAAN

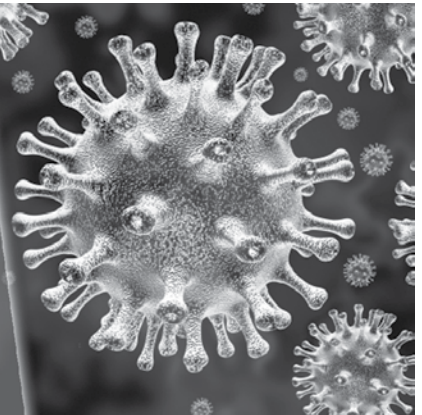


Phone: 860-240-1479
e-mail: Lucy.Dathan@cga.ct.gov
Legislative Office Building, 300 Capitol Avenue
Hartford, CT 06106
www.housedems.ct.gov/Dathan

STATE REPRESENTATIVE
LUCY DATHAN



COVID-19
Information
and Resources



STATE REPRESENTATIVE LUCY DATHAN

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



SIGN UP FOR ALERTS

Sign up for local Emergency Alerts at www.norwalkct.org or www.newcanaan.info. Get CT Emergency Alerts by **texting COVIDCT to 888-777**.



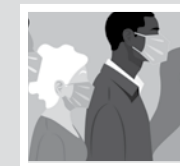
STAY HOME

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**.



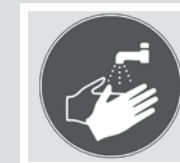
STAY 6 + FEET FROM OTHERS

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 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.



Food and Nutrition

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

Call 2-1-1 to connect to the most up to date information about food pantries, or visit www.norwalkct.org/1834/Food-Access.

Check www.norwalkps.org for updates to the Norwalk School Lunch program.



Domestic Violence Services

CTSafeConnect

Unfortunately during this pandemic where we are cooped up in our homes we are seeing a rise in domestic abuse and violence.

To connect with a certified domestic violence advocate whether you need services or just someone to talk to, please visit www.CTSafeConnect.org or call 888-774-2900. An advocate can talk with you about your needs and help you identify shelters, programs and other resources. All services are confidential, safe, free and voluntary.