

STATE REPRESENTATIVE JANE GARIBAY



Legislative Office Building, Hartford, CT 06106-1591

Phone: 860-240-8585 | 1-800-842-8267

Email: Jane.Garibay@cga.ct.gov

www.housedems.ct.gov/Garibay

[Facebook.com/RepJaneGaribay](https://www.facebook.com/RepJaneGaribay)

Important: Covid-19 Information

In these difficult times, I understand how important it is that you get the most current, factual information to protect yourself, your family and our community. Follow the instructions below to get more information and updates relating to COVID-19. I will continue to work to keep you informed, connected, and protected. Thank you to our frontline medical workers risking their lives to fight this disease, other essential workers and everyone staying home to slow its spread. We are ready to help one another through this winter and stay safe until a vaccine is distributed.

A handwritten signature in black ink that reads 'Jane Garibay'.

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STATE REPRESENTATIVE JANE GARIBAY, 60TH DISTRICT

For More COVID-19 Information

ONLINE:

Go to CT.GOV/CORONAVIRUS for up to date response and public information on the virus and related matters like unemployment. I also share daily updates from the state at FACEBOOK.COM/RepJaneGaribay and through daily ENewsletters you can join by emailing me at Jane.Garibay@CGA.CT.GOV

PHONE:

Call 2-1-1 for general questions and assistance 24 hours a day. The line also has multilingual assistance and TDD/TTY access for hearing impaired. You can also text **CTCOVID** to **898211**.

Winter and COVID-19

While the latest news on vaccine development has been uplifting for all of us, it is important that we don't let our guard down during the final stretch of the pandemic this winter. Indoors is where the virus spreads most efficiently, so please limit indoor gatherings this year, and wear a mask at all times when interacting with others who are outside of your household. By working together we can flatten the curve and save lives.

Go to CT.GOV/CORONAVIRUS for more information about COVID-19.



RE-OPENING PHASE 2.1

Currently most businesses in Connecticut are open with capacity limits. Try to shop for groceries and essentials once per week, and stay home as much as possible to help reduce 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 and that people who have the virus without symptoms are contagious.



WEAR A MASK AT ALL TIMES IN PUBLIC

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



WASH HANDS AND SANITIZE SURFACES FREQUENTLY