



# COVID-19

## INFORMATION & RESOURCES

COronaVirus Disease of 2019 (COVID-19) is a respiratory virus that spreads through respiratory droplets. These droplets are released when an infected person coughs or sneezes; they are inhaled or ingested by non-infected individuals who then become infected with the virus. There is no existing vaccine against COVID-19. The best way to not get sick is to practice prevention.

### WHY IS HANDWASHING IMPORTANT?

Soap protects you by not only washing the virus on your hands down the drain but actually breaks down the virus. Experts recommend washing your hands with soap and warm water for at least 20 seconds (sing the Alphabet song) after you sneeze, cough, touch your face or go out in public.



### WHY IS SOCIAL DISTANCING NECESSARY?

Social distancing means avoiding close contact with other individuals to prevent catching or transmitting the virus. Because some infected individuals present no symptoms, it is difficult to identify who is potentially carrying the virus. We can look after one another by staying at home and keeping at least 6 feet away from one another if we must go outside.



### WHO ARE THE MOST VULNERABLE AND WHY?

Precautions not only protect ourselves but also older adults, pregnant women, and others living with serious underlying medical conditions. These individuals have weakened immune systems which may be unable to fight the virus well. Different types of people can be immunocompromised, and it does NOT only affect the elderly. Therefore, it is best we protect everyone in our society as much as we can.



### WHO DOES COVID-19 IMPACT?

Every one of us.

The fight against COVID-19 is just beginning. In the coming weeks and months, we will work together to take care of one another. We will uphold each other, metaphorically, being mindful of the widespread impacts of our decisions. We will see our collective society grow stronger because of today's efforts..



STAY UP TO DATE ON THE STATE OF THE FIGHT AGAINST COVID-19 HERE:  
[HTTPS://PORTAL.CT.GOV/CORONAVIRUS](https://portal.ct.gov/coronavirus)

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# SPECIAL INTEREST POPULATIONS

## CHILDREN

### FAST FACTS

- Children do not appear to be at higher risk for COVID-19 compared to adults.
- It is unknown whether children with underlying medical conditions or disabilities are at higher risk.
- However, children with asthma are at higher risk for getting COVID-19.
- Symptoms have been mild in children, often resembling the flu or cold, such as fever, cough, and runny nose.

### RESOURCES

- Children may respond more strongly to stress.  
  
Click [HERE](#) for more information on stress and coping
- Most school districts in Connecticut have set up emergency food centers for children to get breakfast and lunch.  
  
Click [HERE](#) to find your school district and times of operation

## SENIORS

### FAST FACTS

- Those 60 years of age and older are particularly vulnerable to COVID-19.
- Be sure to wash hands often, disinfect surfaces that are touched daily, avoid crowds, and stay at home as much as possible. Call your healthcare provider if you become sick.
- Take care of your body, take a break from the news, talk with others about your concerns, do activities you enjoy.

### RESOURCES

- Seniors are more at risk for high stress.  
  
Click [HERE](#) for more information on coping with stress
- Shop at stores that offer senior-only hours to prevent exposure.  
  
Participating stores include: Stop and Shop, Big Lots, Dollar General, Whole Foods, Walmart and Target

## PEOPLE EXPERIENCING HOMELESSNESS

### FAST FACTS

- Current estimates project a little over 3,000 people to experience homelessness in Connecticut.
- With poor access to food, shelter, and basic hygiene, COVID-19 poses a specific threat to our fellow Connecticut residents experiencing homelessness.

### RESOURCES

- To ensure people experiencing homelessness are less vulnerable in terms of their safety, health, and economic well-being.
  - Do not hoard products beyond what you need for 2-3 weeks
  - Call 2-1-1 to learn how you can support outreach efforts
  - Refrain from calling the police in non-violent situations

## INCARCERATED PEOPLE

### FAST FACTS

- Social visits to incarcerated people have been temporarily suspended due to risk of spreading COVID-19.

This measure risks decreased psychological well-being of incarcerated people who must pay to talk on the phone with visitors; have no access to web-based social communication; and now can no longer receive in-person visits.

- Crowding within prisons and lack of access to hygiene products (exacerbated by hoarding) pose further risks.

### RESOURCES

- Do not hoard essential products beyond what you need for 2-3 weeks.
- Click [HERE](#) to write to an incarcerated person
- Click [HERE](#) to write to an incarcerated person in CT



# ADDITIONAL RESOURCES

## FOOD

- Click [HERE](#) to find a food pantry near you
- Click [HERE](#) to be directed to the Supplemental Nutrition Assistance Program (SNAP)
- Click [HERE](#) to be directed to the Department of Social Services

## HEALTHCARE

- Click [HERE](#) to see if you qualify for Medicaid
- HUSKY Health Program
  - Encompasses Medicaid and the Children's Health Insurance Program (CHIP)
  - Click [HERE](#) to fill out an application
- Access Health CT
  - Click [HERE](#) for the marketplace for health insurance plans
  - NOTE: Enrollment has been extended until April 2nd

## INTERNET

The internet can be a great resource for parents and children as they practice physical distancing while maintaining social and educational networks.

- Click [HERE](#) for a resource on keeping your kids safe online.
- Click [HERE](#) for a resource on gaming safety while online.

## UTILITIES

- NOTE: Connecticut state regulators have announced that utilities will no longer be able to shut off the water, electricity or natural gas of residential customers if they don't pay their bills.
- Regional Water Authority instated no water shut-offs until at least April 30.

## MENTAL HEALTH

- Call 1-800-273-8255 for the National Suicide Prevention Lifeline
- Text HOME to 741-741 for Crisis Text Line
- Call 1-800-985-5990 or text TalkWithUs to 66-746 for the Disaster Distress Hotline
- Call 1-866-488-7386, text START to 678-678 or click here to chat with The Trevor Project (for LGBTQ youth)
- Call 1-800-799-7233 or text LOVEIS to 22-522 to connect with The National Domestic Violence

## HOUSING

- Click [HERE](#) for information about affordable rental housing
- Click [HERE](#) to access the Local Public Housing Agency in CT
  - This agency determines if you are eligible for Housing Choice Vouchers or Public Housing
  - Low-income families, seniors and those with disabilities are encouraged to visit the site
- Call 2-1-1 to be connected to homeless shelters in your area

## PHYSICAL EXERCISE

- If you have an existing membership at a particular gym, check if your gym has offered online resources for all members — e.g. Orange Theory Fitness
- Click [HERE](#) for tips on how to stay active at home
- Click [HERE](#) for exercises you can do in your home

## UNEMPLOYMENT

- Click [HERE](#) for information about CT Unemployment Insurance (UI)
- Click [HERE](#) to file a UI claim online
- Click [HERE](#) to read about changes to UI related to COVID-19

**CLICK [HERE](#) FOR INFORMATION REGARDING DISABILITY BENEFITS**



# SAFE PRACTICES FOR INFECTION CONTROL

- Avoid large gatherings and crowded or enclosed areas
- Keep a distance of 6 feet or more between yourself and others
- Wash your hands often for 20 seconds with soap and water or use alcohol-based sanitizer that contains at least 60% alcohol, particularly after blowing your nose, coughing or sneezing
- Do not shake hands, high-five or elbow bump
- Cough into a tissue and discard
- Clean high-touch surfaces (door knobs, countertops, etc.) frequently
- Wipe down cellphones with alcohol-based sanitizer that contains at least 60% alcohol
- Avoid touching railings, door knobs, faucets, etc. in public areas. Use a tissue if necessary
- Avoid touching your face, eyes, and nose
- Do not share food or beverages
- Avoid sick individuals
- Monitor yourself at home with the following:
  - Take your temperature with a thermometer twice a day, once in the morning and once in the evening, to monitor for low-grade temperature elevation (>99.9 F)
    - Note that the Centers for Disease Control and Prevention (CDC) continues to list a temperature of 100.4°F (38°C) as a criterion for suspected COVID-19 infection, but low-grade fevers are frequent in the early stages of illness.
  - Watch for the following symptoms to increase detection of possible COVID-19 infection:
    - Cough OR
    - Trouble breathing OR
    - Fatigue or malaise OR
    - Muscle aches (myalgia)

If you have any of these symptoms, you should stay home and avoid interactions with others. Be sure to call your healthcare provider before going in.

