

TORRINGTON COVID-19 COMMUNITY UPDATE

APRIL
3
2020

**The following Community Update is being provided to you from the
City of Torrington Emergency Operations Center.**

**The intent of this document is to provide a summary of preparedness, response and
other government activities.**



PUBLIC HEALTH



*PUBLIC SAFETY &
COMMUNITY
INFORMATION*



*MUNICIPAL
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PUBLIC HEALTH

A message from Hartford HealthCare: COVID-19, the new coronavirus, has affected the lives of all of us. During this unprecedented time, Hartford HealthCare is doing everything possible to protect the people and communities we serve. Our 30,000 colleagues have one goal: to be ready and prepared for whatever is ahead. We know you have questions and concerns, and we are investing expertise and resources to make sure you have the information you need when you need to know it. **(Attached to the bottom of this newsletter are steps you can take to prevent the spread of COVID-19 if you are sick)**

Hotline:

860.972.8100 OR TOLL-FREE 833.621.0600

Hartford HealthCare provides an around-the-clock hotline where callers may speak with HHC clinical experts for answers to questions. Feel free to reach out to them with your questions, and we will provide the answers we have, using the latest information. Thousands have done so already.

Text Message

Text COVID19 to 31996

Get real-time text alerts from Hartford HealthCare about the latest developments. You can always text STOP to cancel. Message and data rates may apply.

Torrington Area Health District: IMPORTANT THINGS TO REMEMBER

■ It is extremely important that EVERYONE takes this Public Health Emergency seriously!

■ DO NOT go out into the public if you have a fever or flu like symptoms.

■ COVID-19 is HIGHLY Contagious

■ **Practice social distancing. Maintain six (6) feet from other people. IT WORKS!**

BE SMART WHEN OUTDOORS, PRACTICE SOCIAL DISTANCING

AVOID CROWDED PLACES

USE PARKS AND OPEN SPACES WHEN FEWER PEOPLE ARE PRESENT

■ Cover your cough

■ Stay home whenever possible, if you must go out for food, medication or an item vital to you or your family:

Maintain social distancing of at least 6 feet wherever you are

Abide by store distancing and occupancy guidelines

- Disinfect surfaces that have frequent hand contact
- Wash your hands with soap and water frequently for twenty (20) seconds or use at least 60% alcohol based sanitizer.
- The Nation, State, and Town remain under Declared States of Emergency.
- Sadly, the City of Torrington has lost a resident to COVID-19. Our condolences to the family.
- The City of Torrington has 24 confirmed positive cases of COVID-19.
- We are expecting and are prepared for further confirmed cases of COVID-19 in Torrington.
- Public Health Concept: **LESS CONTACT = LESS VIRAL INFECTIONS = LESS DEATH**
- You can go to the grocery store, get takeout, get gas for your car, visit the park, go for a walk,
Just Use Common Sense - Social Distancing Really Works - It SAVES LIVES!!
- The Town nor the Health Department will release the names of those who have sadly contracted the virus. Personal health information is private. When appropriate, we contact those that may have been exposed and provide direction.
- For the most current up to date information from the Torrington Area Health District (TAHD), the Centers for Disease and Control (CDC) and the Connecticut Department of Public Health (DPH) please visit our website at <http://www.tahd.org/>

PUBLIC SAFETY & **COMMUNITY INFORMATION**

- Torrington's First Responders have personal protective equipment, adjusted response guidelines, and open/clear communication - all of which will keep them as safe as possible.
- If you do not need to be out in public - don't be!
- There is NOT a travel ban! You are still able to drive on the public roadways, and move from state to state freely.
- We ask all residents, summer residents, and visitors to be safe and respectful of others by following CDC recommendations.
- Banning people travelling to Torrington is currently against Federal and State Law.
- The City's Emergency Operation Center (EOC) is operational.
- The Public Safety Leadership Team continues to meet with Mayor Carbone to coordinate preparedness and response activities for the City of Torrington.

- All non-essential businesses are closed to the public as ordered by The Governor. There is NO curfew. No Curfew has been imposed.
- There is NO food or supply shortage in Torrington / Litchfield County. There are however updated protective measures put in place to the retail and grocery stores. A summary of those changes can be found here:
<https://news.yahoo.com/ct-coronavirus-lamont-orders-changes-110340233.html>
- The Emergency Operations Center is in full virtual operations (We are practicing like we preach, and using social distancing by using teleconferences, etc.)
- If you find yourself in need of emergency services please be open and honest with our Litchfield County Dispatchers about any COVID symptoms you may be experiencing, we're all in this together.
- As we (public safety) move forward with handling calls for service, please meet us outside your residence if possible, it decreases the chances of a possible COVID exposure.
- If you happen to have contact with public safety personnel and experience COVID symptoms up to 72 hours later, please contact Litchfield County Dispatch (860-489-2007) and ask to speak to a supervisor, so we can alert our personnel who you may have come into contact with.
- The Police Department lobby is still open to make complaints, however we prefer you call in complaints for everyone's safety. Please note that our records division is on modified hours Monday through Thursday and out on Friday. Many of the common record requests are available on our website <http://www.Torringtonpd.org/files>
- The Torrington Police Department is not currently conducting fingerprinting for pistol permits, this service will begin when it is safe to do so.
- Are you an essential employee, who has been sick and has questions about your ability to return to work? If so please follow the link for guidelines and recommendations:
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- COVID-19 scams are on the rise, requests from the IRS, Treasury, and other agencies should be scrutinized and assessed for their authenticity.
- Torrington Superior Court is currently closed, for more information pertaining to your hearing or any questions you may have please refer to the Connecticut Judicial Website:
<https://jud.ct.gov/COVID19.htm>
- Most area restaurants are still open for delivery and take-out, we are compiling a list of all restaurants that offer these options so be on the lookout in the next newsletter.

MUNICIPAL GOVERNMENT OPERATIONS

- City Hall will be open Monday through Thursday, and closed on Friday. There will be no extended hours. If you have business at City Hall please call the specific department and schedule an appointment, walk-ins will not be permitted.
- Access to City Hall will only be granted through the City Hall Ave. handicap accessible ramp / doorway with a prescheduled appointment.
- The doors of Town Hall are locked. They will let you in the building to conduct business.
- Federal and State Income Taxes are now due July 15.
- GOVERNOR LAMONT ANNOUNCES MORTGAGE PAYMENT RELIEF DURING COVID-19 CRISIS
Connecticut residents economically impacted by COVID-19 may receive 90-Day grace periods to make mortgage payments; financial institutions agree to not negatively impact credit reports as a result of accepting payment relief.

For more information please follow the following link:

<https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2020/03-2020/Governor-Lamont-Announces-Mortgage-Payment-Relief-During-COVID19-Crisis>

Parks and Recreation

- All programs and activities, operation of the Teen Center, bus trips, and walking at the Armory, have been suspended until further notice.
- The Annual Easter Egg Hunt and Adult Ping Pong Tournament have been cancelled.
- All City athletic fields and recreation facilities will remain closed until further notice for any organized team/league activities and groups of greater than 5 people.
- All playgrounds, basketball courts, outdoor fitness equipment, and the Skate Park in the City of Torrington will also remain closed until further notice.
- City Parks remain open currently, however the public is reminded to follow the guidelines outlined by the CDC and Governor Lamont's Office.
- The Parks and Recreation Offices are closed to the public. Staff are available via phone and email with all contact information located at <https://torringtonct.myrec.com/info/default.aspx>
- Connecticut DEEP reserves the right to limit access / close state parks at their discretion (Burr Pond, etc.)

Economic Development

- Rista Malanca, Economic Development Director is here to help. Please email her with any questions or assistance you may need at ***Rista_Malanca@Torringtonct.org***
- Sign up for Torrington's E-News for Business here:
<https://www.torringtonct.org/administration-mayors-office/pages/e-news-torrington-businesses>
- Resources to assist Businesses during the COVID-19 Pandemic are listed on the City's website here <https://www.torringtonct.org/economic-development/pages/corona-virus-resource>

Land Use

- The Zoning Enforcement officer has temporarily suspended enforcement of all A-Frame and Banner signs. Please follow the link for additional details:
https://www.torringtonct.org/sites/torringtonct/files/uploads/covid19_-_sign_enforcement_letter.pdf
- Planning and Zoning Commission, Inland Wetlands and Watercourse Commission and the Zoning Board of Appeals, will meet remotely to process any applications submitted, as required by CT General Statutes. Details on how to access these public meetings, will be released as they become available in the coming days

SOCIAL SERVICES

YOUTH AND FAMILY SERVICES

- In case of job loss caused by COVID-19 please visit the State's Department of Labor Page at:
<http://www.ctdol.state.ct.us/UI-online/index.htm>
- The United Way has established the COVID-19 Community Response and Recovery Fund. The fund is designed to assist people impacted by the COVID-19 Public Health Emergency. Additional information can be found at: <https://www.unitedway.Org/#>
- Other services are available by contacting 211

TORRINGTON PUBLIC SCHOOL DISTRICT

- The district website is www.torrington.org.
- Please check out COVID-19 Resources on the district website.
- Distance learning for students continues to work well! We will continue to post more lessons during the closures.
- Scheduling a designated "school time" will provide stability for your children.
- Email is the most efficient way to contact the schools and district at this time. School and district emails are listed on the district website.
- There have been an increased volume of requests at help@torrington.org. Our technicians are responding as quickly as possible. Thank you for your patience.
- EdAdvance will continue to provide free meals for all children Monday through Friday from 11:30 am to 1:00 pm at Vogel Wetmore School. This is a drive through service in the bus loop offering a lunch for that day and a breakfast for the next morning. Additional distribution options are being explored.
- Laptop distribution dates will be posted on the district website as they are scheduled. A phone and email announcement will also notify families of the distribution.

COMMUNITY OUTREACH AND DONATIONS

- The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations in response to the coronavirus outbreak. Healthy individuals are needed now to donate to help patients counting on lifesaving blood.

Those interested in making a contribution can visit the link below :

<https://www.redcrossblood.org/give.html/drive-results>

[city=&ed=04%2F15%2F2020&order=DATE&range=10&sd=04%2F11%2F2020&state=CT&zipSponsor=06790](https://www.redcrossblood.org/give.html/drive-results?city=&ed=04%2F15%2F2020&order=DATE&range=10&sd=04%2F11%2F2020&state=CT&zipSponsor=06790)

■ "Food For The Front Lines" allows the Connecticut community to raise \$ for local restaurants to DELIVER MEALS TO FIRST RESPONDERS. The outreach has already raised \$15K to feed CT's EMS workers, ER & ICU staff in Fairfield County, and those on the front lines of the COVID-19 crisis. The program has been introduced to Litchfield County by Diana McIntosh to accomplish the same goal of supporting our local restaurants and the people working selflessly to keep your community well. Please help. We need the funds to purchase and deliver the meals. These donations for this site will directly help the first responders of Litchfield County. #weovermect

Those interested in making a contribution to "Food For the Front Lines" should visit:
<https://www.gofundme.com/f/food-for-the-front-line-litchfield-county>

■ Governor Lamont Announces Creation of 4-CT Charitable Organization Uniting Donors With Connecticut Programs Responding to COVID-19, known as The Connecticut COVID-19 Charity Connection or 4-CT is an independent, 501(c)3 organization with the mission of bolstering the resources available to support the state's front line providers who are serving all areas impacted by the crisis. 4-CT will provide financial support to ensure their services can meet increased demand and have a positive impact.

Those interested in making a contribution to 4-CT should visit:
www.4-ct.org

■ To members of our community - thank you for your generosity and offers to donate personal protective equipment (PPE), or to provide charitable donations. Keeping colleagues, patients and families safe is critical during these unprecedented times. We, at Hartford HealthCare, are overwhelmed with gratitude for the outpouring of support we have received to date. We are accepting donations, including the following items:

- | | |
|----------------------------|---------------------------------|
| *Disposable head covers | *Face-shields/goggles |
| *Disposable Gowns | *Coveralls/scrubs |
| *Disposable Gloves | *Shoe-covers |
| *N95 respirator face masks | *Disinfection wipes and liquids |
| *Disposable face masks | *General-purpose hand cleaners |

Please bring donated items in original, unopened packaging. Please contact Joyce Germano our CHH staff representative at P#860-496-6719 to coordinate drop off times.

Good News

- With the stress and anxiety effecting us all daily, we are looking for photos that show Torrington neighbors helping / supporting their neighbors. We will post them on our Torrington Police Department Facebook page on Thursdays. Please submit them to **BJohnson@Torringtonpd.org** and include your names, so we can recognize every submission properly.
- Do you have good news you'd like to share? Send it to us, we'd love to share!!!



**Together we are strong.
Together we are resilient.
Together we are Torrington.**

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor:** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs. See “When to Seek Medical Attention” on page 2.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home. This is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed,** call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



Wear a facemask in the following situations, if available

- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** See the information below.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. [Watch this 30-second video.](#)
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



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HartfordHealthCare.org/Coronavirus

Clean all “high-touch” surfaces every day

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- **High-touch surfaces** include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Additional symptoms, including trouble breathing and severe new onset diarrhea are more serious symptoms that indicate the need for medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can’t put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** If you don’t have a primary care provider, visit Hartford HealthCare at <https://hartfordhealthcare.org/find-a-doctor> and we can connect you with one of our physicians. Your local health authorities may also give instructions on checking your symptoms and reporting information.



When to seek medical attention

If you develop **emergency warning signs** for COVID-19 **get medical attention immediately**. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency:

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:



If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

- at least 7 days have passed since your symptoms first appeared

If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

- you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC Guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.