



Dear Residents,

Yesterday I held a press conference to announce steps the town is taking in response to the COVID-19 pandemic. I also signed a local declaration of emergency in order to be consistent with actions taken by both the State and Federal governments.

I closed all Town offices to the public effective today, Tuesday, March 17 through Thursday, March 19. I have been working diligently with department heads and employees to develop protocols and a plan to deliver town services in a safe way that protects both employees and our residents. I will share how our town offices will operate under this crisis on Thursday afternoon.

We also made the decision to close all public parks, beaches, and facilities including Lake Mohegan Trails, Cascades, all public recreational spaces, and the public golf courses.



*Click above to watch the March 16 Press Conference*

The decision to close these spaces was not made lightly. It was a matter of health and safety in accordance with CDC guidance. Despite public health warnings to maintain social distancing to slow the spread of the virus, the town received numerous reports of large gatherings taking place in public spaces such as parks, trails, and beaches. These actions put the community at greater risk for spreading the virus and happened despite public health warnings not to do so. I myself witnessed this on Sunday at Lake Mohegan.

You can walk in your neighborhood and if you live near a park or the beach, you can certainly walk through those spaces. We encourage our residents to get fresh air and exercise but we are restricting areas where mass gatherings can happen and are in direct violation of CDC guidelines. This was happening in our public spaces this weekend.

We are facing a public health crisis that our country has not experienced in over a century. I am asking the community to come together and share in this civic responsibility to keep a safe distance from one another per CDC guidelines.

If we as a community do not take these measures very seriously, many of

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flatten the curve) of the virus.

**I can't stress this enough, we are in a pandemic situation and we all must take steps to mitigate it through strict SOCIAL DISTANCING.**

That means closing our schools, working remotely when possible, avoiding group gatherings, and canceling public events, but also making responsible choices to **Flatten the Curve.**

This is not a matter of enforcement; it's a matter of encouragement. We encourage all of you to find ways to spend time with your family either outside and in your home while we are trying to navigate this pandemic.

Sincerely,



Brenda L. Kupchick  
First Selectwoman

[P.S. Here is a good article on social distancing](#)

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**Know the facts.  
Protect yourself.  
Stay well.**

## COVID-19 Prevention

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Wash hands with  
soap and water for  
20 seconds



Use hand  
sanitizer



Avoid touching  
eyes, nose and  
mouth



## How COVID-19 Spreads

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Respiratory  
droplets



Contaminated  
surfaces



People in close  
contact (6 feet)



People are thought to be at their most contagious when they are at their most symptomatic. Some spread might be possible before people show symptoms, but this is not thought to be the main way the virus is spread.

**If you come into close contact with someone  
with COVID-19 for a prolonged period:**

- Monitor your health. If you develop symptoms

instructions.

Fairfield Health Department: 203-256-3020

## COVID-19 Symptoms

Fever



Cough



Shortness of  
breath



Symptoms may appear 2-14 days after exposure.

## If you develop COVID-19 Symptoms

- Self-quarantine
- Call ahead to your doctor
- Cover your cough and sneeze
- Notify your local health department
- Wear a facemask
- Avoid others
- Avoid contact with those in your home including pets

## Information compiled from:



us updated if they have any interruptions with their deliveries.

As of 3/16/2020, Governor Lamont [ordered](#) restaurants and bars to close for dine-in. However, you can still support local establishments by ordering for delivery, take out, or curb side if offered. **We are compiling a list which will be up on the website soon.** Additionally, you can buy gift cards to your favorite eating establishment or store to use at a future date.

At this time, most retail stores are open however, if you choose not to visit a store, you can shop online.

Grocery store delivery options: (click on the chart below to view it bigger)

Food Store	Hours	Food Delivery Options	Curbside
BJs	Monday - Saturday 9 AM - 10 PM	<a href="#">Instacart</a>	N/A
	Sunday 9 AM - 8 PM		
Fresh Direct	On-line	<a href="#">Fresh Direct</a>	N/A
			N/A
Shop Rite	Only customers over the age of 60 years	<a href="#">Shop Rite from Home</a>	
	6 AM - 7:30 AM	<a href="#">Instacart</a>	
	Normal hours:		
	7:30 AM - 11 PM		
Stop & Shop	Customers over the age of 60 years:	<a href="#">Peapod</a>	Temporarily unavailable, check Peapod for when available.
	6 AM - 7:30 AM		
	Normal hours:		
	7:30 AM - 8 PM		
The Pantry	Monday - Friday 7 AM - 7 PM	<a href="#">The Pantry</a>	Call 203-259-0400 to place an order before 1 PM to pick up in the afternoon
	Saturday 8 AM - 6 PM		
	Sunday 9 AM - 5 PM		
Trader Joe's	9 AM - 7 PM	<a href="#">Instacart</a>	N/A
Whole Foods	7 AM - 10 PM	<a href="#">Amazon Prime</a>	N/A



## For Businesses:

**SBA assistance:** The U.S. Small Business Administration (SBA) has issued a disaster declaration for the entire State of Connecticut which enables it to begin offering disaster-relief loans to Connecticut small businesses and non-profits. Companies can now apply for loans of up to \$2 million through a special page [on the SBA website](#). SBA also has posted more [information and guidance for businesses](#) on the coronavirus response.

**Filing extensions:** The State Department of Revenue Services has extended deadlines for filing and payments associated with certain state business tax returns. Details are on the [DRS website](#).

**Unemployment assistance:** Workers directly impacted by the coronavirus pandemic no longer must be actively searching for work. Employers who are furloughing workers can use the Department of Labor's shared work program, which allows businesses to reduce working hours and have those wages supplemented with unemployment insurance. The CT Department of Labor has posted additional information about these and other changes [here](#).

The State has established a [website](#) with up-to-date information on the virus, its impact and how to keep yourself and others safe. As always, please do not hesitate to contact me if you have any questions or if I may be of any assistance.

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## Social Distancing - #FairfieldFlattensTheCurve

Fairfield's stance on social distancing: **The Town is recommending all individuals, both adults and children, stay home and not interact with individuals outside of the household.**

desire to be decisive now and that is why we are asking this of you. But, for these actions to be successful in reducing the impact on our community, which at its core means reducing the number of COVID-19 associated deaths among Fairfield residents, these actions must be adhered to by all. We ask you now to put your family, your friends, your colleagues and your community above your personal desires and freedoms and to serve others by setting the example and staying home.

## **COVID-19 Prevention Measures:**

- Practice social distancing
- Avoid close contact with those who are sick
- Wash your hands often for 20 seconds with warm soap and water. Hand washing is preferred but if not available, use a hand sanitizer with at least 60% alcohol content
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue immediately away
- Clean and disinfect frequently touched objects (including your cell phone and computer keyboard) and surfaces using regular household cleaning spray or wipe
- Face masks are recommended for use for only people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

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**Latest Message from the Superintendent:** [Click to read it here.](#)



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## Current Data:

For the latest numbers of cases, deaths and those recovered [click here](#)

For additional data and graphs of activity [click here](#)

For guidance and updates on Connecticut's coronavirus preparedness efforts, visit: [ct.gov/coronavirus](http://ct.gov/coronavirus)

Fairfield Health Department coronavirus website: [fairfieldct.org/covid19](http://fairfieldct.org/covid19)

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## Contact Information:

For general questions you can call [211](#)

[Hartford HealthCare's](#) COVID-19 Clinical Command Center hotline, staffed by healthcare professionals, is now available to the community. To reach the 24-hour hotline, call [860.972.8100](tel:860.972.8100) or (toll-free) [833.621.0600](tel:833.621.0600).

YNHH has a call center number it's 1-833-ASK YNHH that's open from 7 am - 7 pm

For additional information and prevention tips, refer to the Health Department website at: [www.fairfieldct.org/health](http://www.fairfieldct.org/health) or the Fairfield homepage under news at [www.fairfieldct.org](http://www.fairfieldct.org).

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[March 12](#)[March 10](#)

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