

Killingworth Copes 3: Coronavirus update

Hello, Killingworth-

On a sunny weekend, it's hard to remember that we need to remain vigilant--for the sake of the whole community. Thankfully, Killingworth and Middlesex County saw no increases in confirmed cases since yesterday, but the number of cases in the state jumped by 104 since yesterday, to 327.

Governor Lamont has ordered the suspension of in-person operations of all nonessential functions in the state beginning Monday, March 23, at 8:00 p.m. Note that this order *does not apply* to restaurants offering take-out food, liquor stores, hardware stores, plumbers, electricians, or auto repair and supply. Business such as these may continue to operate.

Governor Lamont said today, "70 years or older? Stay home." Many Killingworthies have offered to do shopping for those who cannot or should not be going to the store. Please call Town Hall at 860-663-1765, x201 and leave your name and number if you need assistance.

Our great town has so many people who want to help. Here's one way: If you have a sewing machine and some fabric, you can make face masks! No, they are not as effective as NIOSH-approved N95 respirators, but they are better than nothing, and there is still a serious shortage of N95's. Here's a pattern posted by Kate Novick:

[Deaconess Hospital System: How to Make a Face Mask](#)

And here's another:

[Freesewing face mask pattern](#)

Other patterns are on line. Cotton T-shirts, shrunk as much as possible, are actually one of the more effective fabrics that can be used.

If you would like some homemade masks--say, you are at home with a person who is sick--please leave a message at 860-663-1765, x201.

Health insurance. Access Health CT has announced a new special enrollment period until Thursday, April 2 for uninsured Connecticut residents. Call Access Health at 855-365-2428. The coverage for those who enroll during this plan will start on April 1, 2020.

Parks. We have not closed Killingworth parks, but we urge you to exercise social distancing if you use them. Stay at least 6 feet away from others, even if you are just passing someone on a pathway.

Counseling. HK Youth & Family Services is offering remote counseling services for children, adults, and families. Leave a message at 860-345-7498. In an emergency, though, call 911.

Food. Many of our local restaurants are offering take-out food. Here's a clear, useful article I found on food safety and coronavirus: [Serious Eats Food Safety and Coronavirus guide](#). You *can* get take-out food safely. Be sure to keep your distance from others when you pick up your order or get it delivered.

Stay home, stay safe--

Cathy