

**Piglet:** "Where are we going Pooh?"

**Pooh** "Home Piglet. We're going home,  
because that is the best place to be right now."

*A. A. Milne*

## ***STAY SAFE...STAY AT HOME***

That's the essence of Governor Ned Lamont's *Executive Order 7-H*, which he signed Friday afternoon (*you will find the Governor's press release regarding Executive Order 7-H together with further explanation and additional details here:*

<https://bit.ly/2vDBP4h>

I just wish the phrase didn't sound so didactic, like those Puritan-esque slogans (*a penny saved is a penny earned or better three hours too early than one minute too late*). Yes, these maxims are true enough, but aside from their lack of subtlety, they sound so smug.

I much prefer THE FIVE:

1. HANDS: wash them often--**with soap**--for at least 20 seconds;
2. ELBOW: **cough into it**. A tissue is better—unlike your elbow, it can be tossed after use;
3. FACE: **don't touch it**. You may be surprised at the frequency with which you find your hand reaching up to.....STOP. Try pretending that your chin - eyes - nose - forehead are electrified;
4. SPACE: if you have only two feet at your immediate disposal, multiply by three—**six feet (or more) is optimal**. That's not too hard outdoors. Depending on the number of people you share your space with, maintaining a full six feet between occupants may be tricky. The young and limber may be called to exhibit some extra moves when confronted with the less-bendable members of your tribe;
5. HOME: **stay in as much as you can**. We more mature citizens may recall a time, long, long ago, when we happily occupied ourselves with board games

(the ones with *real* boards and *real* pieces *we* moved with our hands). If the board is two feet across, participants should be able to roll the dice without impinging on their opponents' space.

**THERE'S NOTHING WRONG WITH BEING OUTSIDE**—jogging or walking, skipping, hobbling—fresh air and exercise act as a remedy for the housebound blues (*words and music available upon request*).

My prediction is that learning to avoid warm-blooded objects will soon become habit. We will learn to raise our voices enough to bridge the unaccustomed distances between us. The increase in volume may result in secret information passing into the public domain—discussions that center on the weather will likely become more prevalent.

My concern is not our ability to adapt to our new world. We will not know for a while (*some number of months seems a safe guess*) just how long our state of crisis will last. But it **will end**—of that I am certain. As to the details...we can only rely on our collective imagination. We are well versed in the physical destruction left by storms and other natural disasters, but that knowledge is of little use in coping with the aftermath of this viral onslaught. Our world will look the same. It is our psyches that will suffer from Corona's visit.

Our normal, our instinct, is to gather, to circle the wagons. Contrary to everything we feel, we know that the defense against this pandemic is distance. We must delay our need for company and utilize whatever technology provides to connect with one another. Just last night I enjoyed an after dinner recital performed by my friend's children, broadcast over facebook. Of course in person would have been a better experience, but this was fun, and a temporary relief from the barrage of numbers, blame, and news. In fact, a tenth Executive Order has been issued as this is being written.

My original intent was to strike an upbeat (but realistic) note. But although my imagination has led me astray, it has also provided me an "Ah-Ha" moment. Whenever it is that we pronounce that an ugly era has ended. Whenever we find ourselves walking down the middle of the sidewalk, engaged in cheerful conversation, moving aside only as much as absolutely necessary to avoid colliding with oncoming pedestrians. When that time arrives, our first task will be to start planning an assembly. It must be a huge gathering, in a venue as large as is necessary to safely accommodate our crowd.

Though beyond our ability to conjure, **that time will come**. Until then, we will support one another (*at an appropriate distance*). We have chosen to live in this small town for myriad reasons. Corona has given us a new reason, one we never knew existed.

Check out the town website at [www.deepriverct.us](http://www.deepriverct.us) for updates on how to conduct business with the town and soon to come instructions on how to participate in remote meetings.

The Governor described 7 H as "Tough medicine, but the right medicine..." Tough medicine for sure. It is certain that many, if not all of our community, citizens and businesses alike, will be impacted by this. For workers who have been laid off or furloughed please see the guidance at the following link: <http://bit.ly/CTDOLCOVID>

For both workers and employers a good source of information can be found here: [State of Connecticut Department of Labor](http://www.ct.gov/labor)

Businesses can research available disaster relief in the form of low interest loans here: [www.sba.gov/disaster](http://www.sba.gov/disaster), or call the SBA at (800) 659-2955.

Governor Lamont's office has compiled a detailed 30-page document, [available here](#), that covers a significant number of matters related to COVID-19. It provides information regarding the following topics:

- COVID-19, its symptoms and what to do if you believe you have the virus;
- how to obtain prescription medications during this time
- protection guidelines for hospitals, medical settings and homes
- school closures and ripple effects of that action including standardized testing, graduations and student meals
- business closures
- visitation guidelines for medical locations
- childcare
- public meetings
- the Department of Motor Vehicles
- license certification deadlines
- travel guidelines
- unemployment guidelines
- paid sick leave
- temporary family assistance
- health insurance
- court closures
- small business assistance

***Stay safe everyone!***