LISA BLUNT ROCHESTER

MEMBER OF CONGRESS

U.S. Congresswoman Lisa Blunt Rochester

COVID-19 Information Resource Guide

(Updated on 3/31/2020)

Dear Friend,

I have heard from many of you about the concerns you have regarding the spread of the COVID-19 virus. We know the spread of the virus has increased both around the world and here in the United States. In these difficult times, it is critical that everyone—federal and state officials, organizations, and communities—work together to get through it.

My priority is ensuring the well-being of Delawareans and the American people. As we continue to work in Congress to provide the appropriate resources to our state and local partners to fight the virus, I also want to provide my constituents with the resources they need to help stop the spread.

My office is following the guidance of the CDC and the stay-at-home order from Governor Carney and working remotely. However, I can assure you that we are still fully available to help during this time. You can reach us by phone at 202-225-4165 or 302-830-2330, or go to bluntrochester.house.gov/contact. When leaving a voicemail, please be sure to leave your first and last name, phone number, and email address. Please continue to watch my social media channels for more information.

I will continue to provide regular updates on the COVID-19 response, but for the latest information, visit CDC.gov/coronavirus or www.cdc.gov/coronavirus/2019-ncov/index-sp for Spanish. You can also visit de.gov/coronavirus, or call the Delaware Department of Health and Social Services hotline at 1-866-408-1899.

Below, I have compiled some practical, and I hope useful, resources for Delawareans. My goal is to help you stay up to date with the latest information and provide you with resources that can help answer questions you may have.

May you stay healthy and safe.

Prevention

We all have a responsibility to prevent COVID-19 from spreading as much as we can. Upon recommendations from the Centers for Disease Control and Prevention (CDC) and the Delaware Department of Health and Social Services (DHSS), Delawareans should take the commonsense measures listed below to protect themselves and their families:

- Wash your hands often with soap and water for at least 20 seconds.
- According to the CDC, you should cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Do not touch your face.
- Disinfect frequently used objects and surfaces using a regular household cleaning spray or wipe.
- If you are well, the CDC does not recommend that you wear a facemask. Facemasks should be used only when advised by a medical professional.
- Rely on trusted sources like the Delaware Division of Public Health, DHSS, and the CDC.
- Individuals who believe they have been exposed to COVID-19 should contact their health care provider. If you or a loved one is sick, please call your health care provider, or DHSS at 1-866-408-1899 if you do not have a health care provider, prior to going to the doctor's office, emergency room, or urgent care center.
- Practice social distancing, maintaining six feet of distance from other people, if it is necessary to leave your home.

Governor John Carney has issued a stay-at-home order, effective from March 24th to May 15th or when the public health threat is eliminated. In the previous link, you will also find a list of essential and non-essential businesses to determine if you should still be going to work. If your place of work has been determined non-essential, please stay at home. You can still go out for essential activities, such as grocery shopping, picking up prescriptions, or delivering essential supplies to elderly or disabled family members and friends, but please do so sparingly and only when necessary. It is also permitted to engage in outdoor activity as long as social distancing guidelines are maintained.

To learn more about what you can do to prevent the spread of COVID-19, please visit coronavirus.delaware.gov/what-delawareans-can-do.

Medical Care

If you or a loved one is sick, please call your health care provider or DHSS at 1 -866-408-1899, if you do not have a health care provider, prior to going to a doctor's office, emergency room, or urgent care center.

From the information we have to date, most COVID-19 cases are mild with symptoms similar to the common cold, such as a cough, fever, or shortness of breath. Severe symptoms are

possible, however. If you develop emergency warning signs—they include **difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion, inability to arouse and bluish lips or face** –call9-1-1 immediately.

Guidance issued by the CDC states that people are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms. According to the CDC's guidance, the virus that causes COVID-19 is spreading from person-to-person through respiratory droplets produced when an infected person coughs or sneezes.

Testing

Delaware Health and Social Services (DHSS) guidance maintains that symptomatic individuals who want or need a COVID-19 test and who have access to a health care provider will need to be evaluated by their provider. Teleconsultation is preferred unless the provider determines in-person consultation is needed. The Governor's Emergency Declaration has expanded Delaware's access to teleconsultations. If COVID-19 symptoms are present, the patient can be referred to a standing health facility test site. Importantly, testing is NOT recommended for those who do not have symptoms.

Individuals who do not have access to a health care provider can call the DPH Call Center at 1-866-408-1899 or if you have a hearing impairment, dial 7-1-1, or call centers run by Christiana Care or Bayhealth, and medical personnel will determine if the caller meets criteria for testing. You can also email dphcall@delaware.gov. Medical personnel will provide the appropriate documentation that will give the caller access to testing at a standing health facility test site.

Delaware health systems are operating standing health facility test sites, where health care staff will test individuals who have been evaluated by a medical provider and have symptoms consistent with COVID-19. A physician order or prescription is required.

Locations of Standing Health Facility Test Sites:

- New Castle County: Christiana Care is operating two testing sites, one in Newark, one in Wilmington; Saint Francis Healthcare is operating one site in Wilmington.
- Kent County: Bayhealth is operating one testing site in Dover.
- Sussex County: Beebe Healthcare is operating two testing sites, one in Millsboro and one in Frankford; Nanticoke is operating operate one testing site in Seaford.

Assistance for Workers

In Congress, my colleagues and I have passed, and the President has signed into law, three bills to assist Americans dealing with the economic consequences of COVID-19.

- *Unemployment Benefits*: The State of Delaware has expanded the eligibility for Unemployment Benefits, in addition to removing the waiting week to receive benefits. Delawareans can apply for Unemployment Insurance Benefits here and find an FAQ from the Delaware Department of Labor.
- *Economic Impact Payments:* The CARES Act created direct payments for the American people as they deal with the economic consequences of COVID-19. An FAQ on these rebates is available here (click here for Spanish). For an IRS fact sheet on the payments, please click here.
- *Food Assistance*: Delaware's Department of Health and Social Services can help those without the resources to purchase food. Click here to view locations for school children to receive free meals they would have received at school. Additionally, a number of non-profit organizations have committed to helping Delawareans maintain access to food during this time. Delaware Supplemental Nutrition Assistance Program (SNAP) will begin issuing emergency funds on April 1st, you can click here to learn more.
- *Mortgages and Evictions*: I signed onto a letter calling for a moratorium on all evictions and foreclosures on federally backed mortgages, which has since been adopted by President Trump's administration. You can read about this here. In Delaware, Governor Carney has suspended all residential foreclosures and evictions. Click here to read the order. Governor Carney also created a new program to provide emergency housing assistance to renters affected by COVID-19. Learn more here.
- *Paid Sick Leave*: The Families First Coronavirus Response Act creates emergency paid sick leave, as well as paid family leave in the case of school closures, for working families impacted by COVID-19. The bill requires employers with up to 500 employees to provide paid sick leave and paid family leave, while providing a refundable payroll tax credit to employers to cover 100 percent of the cost of wages. There is also a refundable income tax credit for self-employed individuals. Businesses with fewer than 50 employees can apply for an exemption from the US Department of Labor if providing these benefits would jeopardize the viability of the business. For more information, please visit www.dol.gov/newsroom/releases/osec/osec20200320. For an FAQ on Emergency Paid Sick Leave under the Families First Coronavirus Response Act and the CARES Act, please click here.

We will continue to work on legislation that addresses the ever-evolving health and economic repercussions of this virus.

Assistance for Small Businesses

During this uncertain time, small businesses are some of the most impacted economically. Below are resources specifically for small businesses. We will continue to address the economic impact of COVID-19 on small businesses.

- The Small Business Administration (SBA) has published an FAQ, and loan resources and guidance specifically for COVID-19 here. Delaware's SBA district office can be contacted at 302-573-6294, or visit their website at www.sba.gov/offices/district/de/wilmington.
- Apply here for a disaster loan from the Small Business Administration. Click here for a PDF of the application.
- A guide to the CARES Act for small business owners can be found here. A flow chart for utilizing the assistance established by the CARES Act can be found here.
- The U.S. Chamber of Commerce has prepared a small business owner's guide to the Paycheck Protection Program (PPP), click here to read more.

Education and Childcare

The State of Delaware guidance on childcare, schools, and universities can be found here. On March 30th, Governor Carney issued an order limiting child care sites to facilities designated as "Emergency Child Care Sites" by the Department of Services for Children, Youth and Their Families (DSCYF).

Governor Carney has called for the closure of Delaware schools until at least May 15th. The Delaware Department of Education has provided several resources to deal with the extended period of time students will not be attending school.

- *Child Nutrition Sites*: Click here to view locations for school children to receive free meals they would have received at school. For Spanish, click here. For Haitian Creole, click here.
- *Free Learning Activities*: Free learning activities for students can be accessed here.

Taxes

The federal tax filing deadline has been extended to July 15, 2020. While the date has been pushed back, if you expect to receive a refund, you are still encouraged to file as soon as possible to receive your tax return money. On March 25th, the IRS released their People First Initiative, which will assist taxpayers by providing relief on a variety of issues ranging from easing payment guidelines to postponing compliance actions. For more federal tax information, please visit irs.gov/coronavirus.

More resources:

- FAQ for Federal Filing and Payment Deadlines Questions and Answers
- IRS Tips for Taxpayers and Tax Pros

The Delaware Personal Income Tax Return filing deadline has also been extended until July 15, 2020. For more Delaware State tax information, please visit revenue.delaware.gov/tax-season-and-covid-19.

Social Security

All Social Security Administration (SSA) field offices are closed to the public for in-person visits, but will remain open for phone and online service. This may lead to delays in service, but benefits will not be affected. While SSA offices are closed to the public, you can still call 1-800-772-1213 (TTY 1-800-325-0778).

Please go to www.ssa.gov/coronavirus or www.socialsecurity.gov/ask for more information.

Travel

On March 29th, Governor Carney issued an order requiring all out-of-state travelers into Delaware to immediately self-quarantine for 14 days. The order can be read here.

The CDC has issued guidance on travel because cases of COVID-19 have been reported in many states, and some areas are experiencing community spread of the virus. Crowded travel settings, like airports, may increase chances of getting COVID-19 if individuals come into contact with infected travelers. There are several things you should consider when deciding whether it is safe for you to travel, such as:

- Is COVID-19 spreading in the area where you're going?
- Will you or your travel companion(s) be in close contact with others during your travel?
- Are you or your travel companion(s) more likely to get severe illness if you get COVID-19?
- Do you have a plan for taking time off from work or school, in case you are told to stay home for 14 days for self-monitoring or if you get sick with COVID-19?
- Do you live with someone who is older or has a serious, chronic medical condition?
- Is COVID-19 spreading where I live when I return from travel?

For international travel, the Department of State advises U.S. citizens to avoid all international travel due to the global impact of COVID-19. In countries where commercial departure options remain available, U.S. citizens who live in the United States should arrange for immediate return to the United States, unless they are prepared to remain abroad for an indefinite period. U.S. citizens who live abroad should avoid all international travel. To access the latest travel advisories from the State Department, go to the State Department's Website.

Mental Health

In what is an incredibly stressful time for many Americans, it is important to maintain and manage mental health. The CDC has published guidelines to help you ensure your mental health—as well as your physical health—is a priority.

General Information

It is important that we all stay informed about COVID-19. FEMA has compiled a list of COVID-19-related rumors here.

Recently, I held a telephone town hall with Dr. Karyl Rattay from the Delaware Division of Public Health. 16,000 Delawareans tuned in and we received over 300 questions. Because of the large response, I have compiled an FAQ from the questions we received. It is posted on my website and can be located here.

Updates from State of Delaware

- *March 30th:* Delaware's SNAP Program to Issue Emergency Benefits Available Starting April 1, click here to learn more.
- *March 30th:* Governor Carney Signs Order to Designate Emergency Child Care Sites for Essential Personnel, click here to learn more.
- *March 29th*: Governor Carney Orders Out-of-State Travelers to Immediately Self-Quarantine for 14 Days, click here to learn more.
- *March 29th*: Public Health Announces 1 Additional Death, 18 Additional Positive Cases in Delaware, click here to learn more.
- *March 28th*: DHSS Announces Multiple Coronavirus Cases at a Second Care Facility in Delaware, click here to learn more.
- *March 26th*: Governor Carney and DSHA Announce Housing Assistance Program, click here to learn more.
- *March 26th*: Governor Carney Expands Hospitality Emergency Loan Program (H.E.L.P.), click here to learn more.
- *March 26th*: Public Health Announces First Coronavirus-Related Death of Delaware Resident, click here to learn more.
- *March 26th*: DHSS Announces First Long-Term Care Facility Coronavirus-Related Death; More Cases Confirmed in Newark Nursing Home, click here to learn more.
- *March 25th*: Governor Carney Announces Request for Assistance from Vendors, click here to learn more.
- *March 24th:* Governor Carney Moves Presidential Primary Date to June 2, click here to learn more.
- *March 23rd*: Delaware Extends Personal Income Tax Return Filing Deadline to July 15, 2020, click here to learn more.
- *March 23rd*: Governor Carney closes Delaware public schools until at least May 15th, click here to learn more.
- *March 23rd*: Governor Carney declares Public Health Emergency, click here to learn more.
- *March 23rd*: DNREC Campgrounds and Playgrounds to Close March 24, click here to learn more.
- *March 22nd*: Governor Carney Issues Stay-at-Home Order for Delawareans, click here to learn more.

- *March 21st*: Governor Carney Issues Third Update to State of Emergency, click here to learn more.
- *March 19th*: Governor Carney Signs Executive Order on Child Care, click here to learn more.
- *March 18th*: Legislative Session Postponed Until Further Notice Due to Coronavirus Pandemic, click here to learn more.
- *March 18th*: Governor Carney Issues Second Update to Emergency Declaration, click here to learn more.
- *March 17th*: The Delaware Department of Labor Expands Unemployment Benefits to Workers Affected by the COVID-19 Pandemic, click here to learn more.
- *March 16th*: Governor Carney Limits Restaurants to Take-Out and Delivery, click here to learn more.
- *March 14th*: Governor Carney Authorizes Public Bodies to Meet Electronically, click here to learn more.
- *March 12th*: Governor Carney Declares State of Emergency to Prepare for Spread of Coronavirus (COVID-19), click here to learn more.

STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.
Avoid close contact with people who are sick.
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
Avoid touching your eyes, nose, and mouth.
Clean and disinfect frequently touched objects and surfaces.
Stay home when you are sick, except to get medical care.
Wash your hands often with soap and water for at least 20 seconds.
CDC
cdc.gov/COVID19

DETENGA LA PROPAGACIÓN DE LOS MICROBIOS
Ayude a prevenir la propagación de enfermedades respiratorias como el COVID-19
Evite el contacto cercano con las personas enfermas.
Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.
Evite tocarse los ojos, la nariz y la boca.
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.
Quédese en casa si está enfermo, excepto para buscar atención médica.
Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.
CDC
cdc.gov/COVID19-es

CORONAVIRUS (COVID-19)

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

QUARANTINE vs ISOLATION?

SOURCES:
CENTERS FOR DISEASE CONTROL & PREVENTION

QUARANTINE

Separates and restricts the movement of people who possibly have been exposed to coronavirus (COVID-19) to see if they become sick. People in self-quarantine do not have symptoms (asymptomatic).

Others living in the home, who are not under quarantine, can go to work, buy groceries, pick up prescriptions and monitor people being quarantined. They also will disinfect commonly used surfaces, do laundry and wash their hands frequently.

People under quarantine are asked to:

- Self-quarantine for 14 days, the presumed incubation period for the virus.
- Refrain from work, shopping, eating out, worship and other outside activities.
- Have no visitors and keep 3-6 feet away from family members.
- Monitor their health and call their doctor if they develop symptoms.
- Remain at home unless they need a doctor or emergency services. And then call ahead to alert the health care provider.

ISOLATION

Separates people who are ill with COVID-19 from people who are not sick. People in self-isolation are a danger to their family and visitors. Their health must be monitored carefully in case it deteriorates.

People in isolation MUST:

- Stay in a separate room from other people in their home.
- Use a separate bathroom.
- Have no visitors and keep 3-6 feet away from family members.
- Cough or sneeze into a tissue and dispose of the tissue in a lined trash can. Then, immediately wash their hands with soap and water for at least 20 seconds.
- Wash their hands frequently, even if they haven't coughed or sneezed.
- Avoid touching their eyes, nose and mouth with unwashed hands.
- Not share dishes, cups utensils, towels or bedding with anyone; wash these items after they are used.
- Disinfect commonly used surfaces such as countertops, desktops, phones, keyboards, TV remotes and more.
- Not take the bus, a ride-sharing service or taxi.
- Wear a face mask if they must be around people at home, or in a car on their way to a medical appointment (after calling ahead). If they don't have a face mask, use a scarf or other garment.

Questions?

For information contact us at 1-866-408-1899 or email dphcall@delaware.gov.
People with a hearing impairment can call 7-1-1

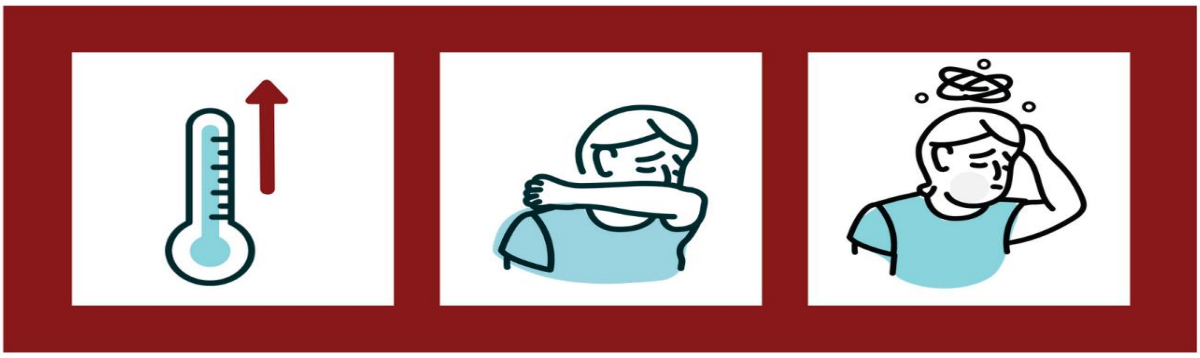
de.gov/coronavirus

Created 3/16/2020

STOP

DO NOT ENTER

If you have fever, shortness of breath, cough, sneeze, nasal congestion, runny nose, sore throat, nausea, vomiting and/or diarrhea or if you have been in contact with anyone with these symptoms.



DO NOT VISIT

Infections like flu and novel coronavirus (COVID-19) are especially dangerous to the residents.

CORONAVIRUS (COVID-19)

de.gov/coronavirus

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Questions?
For information contact us at **1-866-408-1899**, TTY at **1-800-232-5460** or email **dphcall@delaware.gov**

3/2020