CITY OF PORTSMOUTH

UPDATE from the City Manager for Thursday, April 2, 2020

Governor Sununu's Stay At Home order is in effect, through May 4, 2020.

Sign up for this Daily Advisory, here.

***Stay-At-Home** is working! Keep looking out for each other! Our physical-separation efforts seem to be helping, so far. PLEASE continue as we do our part to flatten the curve.*

City Health Department Reminds Returning "Snow Birds" to Self-Quarantine

Residents with seasonal winter homes who are returning to New Hampshire may not be aware that the state is under a "Stay At Home" order issued by the Governor. They may also not be aware of the advisories issued by the CDC, NH Department of Health and Human Services and the City of Portsmouth Health Department **that *require all returning travelers* to self-quarantine for 14 days.** Several popular winter residence locations, including Florida, adopted their Stay At Home guidelines only very recently, if at all; so it is likely that returning travelers from those places have had greater exposure to COVID-19 and may be unwitting sources of community transmission of the disease back home in New Hampshire. **The City Health Officer asks returning travelers to recognize the urgency of this directive and offers the following guidelines for those returning travelers to follow as they self-quarantine:**

1. **Do not go out in public.**
2. Take your temperature with a thermometer in the morning and at night, and watch for cough or difficulty breathing.
3. Employees: Discuss your work situation with your employer *before* returning to work.
4. Do not take public transportation, taxis, or ride-shares.
5. Do not have any visitors to your house during this time.
6. Tell home health care/necessary in-home services, that you are under self-quarantine.
7. Keep your distance from others (about 6 feet).
8. If you get sick with fever, cough, shortness of breath or gastrointestinal symptoms call your primary care physician.
9. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel.
10. If you have a medical emergency, call 911. BE SURE to tell them your symptoms and that you are being monitored for COVID-19.

For more information on COVID-19 visit the City website with links to the Center for Disease Control and NH Department of Health and Human Services, as well as resources available in the City to assist.
http://www.CityofPortsmouth.com/health/coronavirus-preparedness

REMINDER: PLEASE tell first responders **if anyone in your household is quarantined due to COVID-19 if you need contact with the Fire Department, Police Department or other emergency services.** If they are not wearing personal protective equipment when they are exposed, they must self-quarantine for 14 days. No exceptions. That reduces the force available to respond to emergencies.

NEW:

REGISTER FREE FOR CHAMBER CHAT LIVE!
Chamber Collaborative of Greater Portsmouth presents Chamber Chat Live, Friday April 3 at 1 pm. Participate via Zoom Video Conferencing in the new interactive meetings with Chamber Collaborative President Valerie Rochon, each Friday at 1 pm. Local, state, and regional guests will join weekly to provide updates, answer questions, and hear concerns. This week's special guests are City Manager Karen Conard and City Health Officer Kim McNamara to give an overview of the City's response to the COVID-19 emergency and to answer your questions. Register here for the ZOOM meeting.
http://portsmouthcollaborative.org/events/details/chamber-chat-live-51055?calendarMonth=2020-04-01 (you can still call in, if you don't have ZOOM video capabilities) City Manager Karen Conard and City Health Officer Kim McNamara to give an overview of the City's response to the COVID-19 emergency and to answer your questions. Register here for the ZOOM meeting (you can still call in, if you don't have ZOOM video capabilities).
https://portsmouthchamber.chambermaster.com/eventregistration/register/51055

Clap – or Ring Bells/Blow Horns -- Because We Care – Friday, April 3, 2020 at 7 pm -- The #ClapBecauseWeCare is inviting people in Portsmouth and throughout New England to open their windows and doors at 7pm on Friday, April 3, to publicly cheer for "health care workers, first responders, nurses, grocery store employees, truck drivers & many more who are stepping up to keep us safe during these unprecedented times." So far, 10 local churches plan to ring their bells, to show their support. #ClapBecauseWeCare

City Board Meetings Rescheduled as ZOOM Meetings:

- Economic Development Commission – April 3, 2020 at 8 am
  Click here for Agenda and ZOOM access info. http://files.cityofportsmouth.com/agendas/2020/misc/edc4-3-20ag.pdf

- Site Review Technical Advisory Committee – April 7, 2020 at 2 pm
  Click here for Agenda, Packet and ZOOM access info.
  https://www.cityofportsmouth.com/planportsmouth/events/site-review-technical-advisory-committee-meeting-2

- Zoning Board of Adjustment – April 7, 2020 at 7 pm (rescheduled from March 17)
  Click here for Agenda, Packet and ZOOM access info.
  https://www.cityofportsmouth.com/planportsmouth/events/zoning-board-adjustment-meeting-rescheduled-march-17

- Planning Board Meeting – April 9, 2020 at 7 pm (rescheduled from March 19)
  Click here for Agenda, Packet and ZOOM access info.
  https://www.cityofportsmouth.com/planportsmouth/events/planning-board-meeting-rescheduled-march-19

New Online Learning Posts from the Support Seacoast Arts group:
https://www.cityofportsmouth.com/sites/default/files/2020-04/VirtualLessons040220.pdf

- Tour the Strawbery Banke Museum greenhouse, click here. https://youtu.be/17OYMhZJszI

- Seacoast Rep craft, movement, theatre classes, click here.
  https://www.crowdcast.io/theseacoastrepertorytheatre

- The Gundalow Company, click here. Updated weekly with video, activity sheets, maps and more. https://www.gundalow.org/education/youth/educator-resources/

CARES Act Rebates for those who do not typically file tax returns

The Free File Alliance of members including TurboTax and H&R Block are saying, "Theoretically, any low-income household should be able to file its taxes online for free (here is the IRS.gov page with links to approved free services). But new filers trying to get rebate payments through the free online process may have some problems." New advice from the Treasury Department says: The benefit is available not only to those who have filed taxes, but also to those who receive Social Security benefits as long as they've received their SSA-1099 form. Advocates including the NH Congressional Delegation are urging the Treasury Department to make sure non-filers don't have a hard time getting their pandemic rebates.

SBA Small Business Guide to Loans/Resources

https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2

COAST Senior Transportation – Although COAST has ceased normal operations, the Senior Transportation Program continues with the following updates:

- Effective immediately, Portsmouth Senior Transportation riders **are not restricted to the days or hours of the group shopping trips**. Senior Transportation riders can schedule a shopping trip to any of the locations currently served, at any time Senior Transportation is operating (Monday – Friday, 6:00 am to 6:00 pm).
- COAST is also able to schedule pick up at 5:30 am so Senior Transportation riders can take advantage of senior shopping hours.
- COAST is still accepting new customers. This service is a door to door pick up, so people must be registered for COAST to know the address for pick-up.
- COAST offers free medical appointment rides and $4 roundtrip shopping trips. https://coastbus.org/pst People should confirm with their medical providers before making a trip to a medical appointment.

Families Seeking Child Care Referrals: Families seeking child care referrals to open license and license exempt early childhood and afterschool programs should call 603- 578-1386, ext. 31 or toll free 855-393-1731, ext. 31 or email: ccrr@snhs.org For more information, click here. http://nh.childcareaware.org/wp-content/uploads/2020/03/Emergency-Child-Care-Flyer-FINAL.pdf The NH Dept of Health and Human Services and Child Care Aware of NH have formed the **Emergency Child Care Collaborative** and will create a hotline and website that will provide information about the child care centers that remain open and their capacity. https://nh.childcareaware.org/the-child-care-workforce-is-essential/

As Stay At Home continues and you look for new edu-tainment ideas, Portsmouth Public Library reminds you to use your library card (or get one as a Portsmouth resident!) to download ebooks, audiobooks, movies, TV, and music from Hoopla and Overdrive, take classes on arts, crafts, and computer topics with Creativebug and Lynda Learning, learn a new language with Mango, access free unlimited New York Times articles, and so much more. The library is also offering several events and programs online through the Zoom platform, including meditation, book groups, and a world affairs discussion group. Contact the library if you need help with your library account, or anything else. Visit the **library's website** or call 603-427-1540 to learn more.

NEW Small Business Administration Guide to Loans and Resources, click here.
https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2

A few slices of "life goes on" from the Department of Public Works:

- Construction resumes on the Islington Street Corridor and Maplewood Avenue projects on April 6. For more information on current DPW projects, click here. https://www.cityofportsmouth.com/publicworks/islington-street-corridor-project
- Seasonal mosquito control monitoring by the City's consultant Dragon Mosquito starts on April 13, 2020.

- Residents who do not want their property treated should use the No-Spray Registry www.DragonMosquito.com/No-Spray-Registry or write to Dragon Mosquito Control, Inc., PO Box 46, Stratham, NH 03885. Be sure to include your name, physical address, phone number, the color of your house and acreage or road frontage.
- Residents with wetlands on their property who would like Dragon Mosquito to check it for mosquito activity, should email Help@DragonMosquito.com, call 603-734-4144 or request a survey through the contact link. DragonMosquito.com There is no charge for this service.

NEW INFORMATION DAILY

- Volunteer opportunities and needs
- Online resources from the Veterans Administration
- CARES Act Guide for Small Business Owners
- To sign up for this newsletter, click here.

You'll find this link to COVID-19 INFORMATION at the top of the homepage. The links include:

- Gov Sununu's Stay-At-Home Order
- Gov. Sununu's detailed definition of "Essential Businesses"
- All of Gov. Sununu's Emergency Orders https://www.governor.nh.gov/news-media/emergency-orders/
- Health-related information
- Food aid, grocery resources and restaurant takeout options
- Business and employee resources
- Archive of all City Manager Daily Advisories

VOLUNTEERS & DONATIONS

For those who need volunteers and those who want to volunteer, sign up with VolunteerNH.org which is focusing on COVID-19 related relief right now.

The NH Charitable Foundation COVID-19 "Community Crisis" response grant program
United Way of the Greater Seacoast
New England Grassroots Environmental Fund.
Direct donations to nonprofits are also critical right now. Please continue to give to organizations you regularly support, and those that need additional help**.**

Portsmouth Police Department reminds citizens to be vigilant about phone calls and emails requesting donations. Scams are popping up nationwide, asking for donations for doctors, medical supplies and other emergency resources. Be very careful. Make sure you are dealing with a trust-worthy charity.

Operation Blessings asks those who are interested in volunteering to use this online system. Please click here then click on Medical Reserve Corps and then Seacoast MRC.

"Adopt-A-Senior" – Check on your senior and/or disabled neighbors who live alone -- by phone, a wave through the window as you are walking by, or a note. DO NOT go inside or speak face-to-face in close proximity. If you are concerned about people living alone, please contact the Health Department in Portsmouth at 603-610-4187. Or the Health Officer for your town.

Feeling anxious? There are many people feeling anxieties about the current situation. Kim McNamara, City Health Officer suggested these resources who are there to help:

- **Seacoast Mental Health** has geared up for exactly these challenges call 603-431-6703 or click here.
- **SOS Recovery Centers are a good option (**for people in recovery). Click here for SOS; and click here for the recovery center in Portsmouth, Safe Harbor.

VETERANS

The VA Medical Center in Manchester is urging veterans to use the VA's online tools for telehealth appointments, prescription needs, questions and automated text messages. As with all doctors' appointments, *call first*. Click here for the VA's online patient portal. There's also a VideoConnect app. For more information, click here For more information, click here.

FOOD RESOURCES

REVISED: **For the latest list of Portsmouth restaurant/food takeout, pickup and delivery options**, click here. https://www.cityofportsmouth.com/sites/default/files/2020-04/RestaurantTakeout%202020.04.01.pdf Note that restaurants with on-premise liquor licenses can now sell beer/wine with takeout food orders. The list of options changes daily so check the SeacoastOnline.com list of Seacoast area restaurants, too.

The Farmers Markets are cancelled, but many participants are offering direct food sales from their farms. Click here for the Seacoast Eat Local directory of these resources.

UPDATE: Food Resources
For an updated list of available food aid resources, click here.
For a new interactive map of food resources in NH, click here.
https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebba50a0297d15#

Meals on Wheels: Starting today, meal delivery is reduced to Mondays, Wednesdays and Fridays. There will not be meal delivery on Tuesdays or Thursdays. An extra meal will be included on Monday for Tuesday and on Wednesday for Thursday. Additionally, they will continue to deliver extra shelf-stable food and frozen meals, just in case. New customers are still being accepted, so please call 603-431-0561 to complete an application over the phone.

Operation Blessings is still providing a drive-up food pantry at 600a Lafayette Rd. Wed-Fri, 10am to 4pm, for anyone who needs food (some restrictions may apply).

- Senior Mobile Food Pantry operates Mon thru Sat, 10am to 4pm. Seniors-only, ages 62+ from Portsmouth, Greenland, New Castle or Rye.
- Gosling Meadows and Greenleaf Rec Center Family Dinners are cancelled until further notice.
- For any questions or to register, call Food Pantry at 603-430-8561 and Food Delivery at 603-988-2671.

GATHER

- **Pantry** hours are reduced, in an effort to follow guidelines from the Portsmouth Health Dept. Volunteer shifts will be adjusted to match up with our current needs, including a few shifts on Thursdays.
    - Mon, Tues, Wed: 10 am – 3 pm at 210 West Road #3 in Portsmouth
    - Thurs: *Closed*
    - Fri: 9am-1pm at Community Campus, 100 Campus Drive in Portsmouth
- **Food Donations** GATHER needs food! Click here for the list of what's needed and where to drop off donations. GATHER is at 210 West Road #3 in Portsmouth.

Update on grocery stores:

- **Latest list of food stores and pharmacy hours,** click here**.**

- **Seniors-Only (age 60+) Shopping Hours**
    - McKinnons -- Daily 7-8am
    - Market Basket, Tues-Thurs mornings, 5:30-7 am
    - Hannaford, Tues-Thurs mornings, 6-7 am

CITY SERVICES & FACILITIES

All municipal buildings and facilities, schools and the Portsmouth Public Library are closed to the public through May 4, 2020 per the Governor's Stay-At-Home order. City services are staffed *Monday*

through Friday, according to staggered work schedules to minimize the number of people in the same place at the same time.

- **Applying for Elderly/Disabled/Solar abatements?** Click here **for the latest update on new and renewed applications.**
- **City Hall services are still open by phone, email and online. Many of the forms for marriage licenses, birth and death certificates are available here.** https://www.cityofportsmouth.com/cityclerk/birth-marriage-death-certificates Call or email the City Clerk at 603-610-7245 or cityclerk@cityofportsmouth.com
- **Paying bills while City Hall is closed to the public.** Residents are asked to use the City's online services to pay their water bills, taxes, fees, fines; secure permits, etc. Payments can be mailed or dropped in the drop-box in the City Hall parking lot. Call (844) 850-9185 to pay your water/sewer or property tax bills using Interactive Voice Response (IVR). Account number required. ($1.50 IVR fee, plus any credit card fees if paying by credit card.)
- **NH DMV has extended the expiration date for temporary motor vehicle plates and licenses.** All temporary plates issued after March 1. 2020 are now valid through April 30, 2020. For information about how vehicle registration works in NH, click here. City residents can renew their registrations online here. **State drivers' licenses and ID cards set to expire can be extended by phone for 6 months**. Call 603-227-4020 to pay for and complete the extension.
- **Along with public utilities (gas, electric, cable, phone, etc.) the City Department of Public Works Water & Sewer Divisions have suspended all disconnect orders and/or late fees. Contact the City directly if you're having difficulty meeting a bill deadline.**
- **Fire Department** has suspended scheduled fire protection inspections and the issuing of any burn permits. If you have a Class 1 or 2 permit (backyard, etc.) the permit expiration is extended to June 1, 2020.
- **Building Inspections continue by video for unoccupied and exteriors of buildings.**
- **Planning Department**: For information about land use applications and submission deadlines click here.
- **City board, commission and committee meetings are in the process of being scheduled remotely**. **City Council intends to meet virtually on April 6, 2020, as scheduled**. Details to come.
- **Portsmouth Public Library:** Use your library card (or get one as a Portsmouth resident!) to download ebooks, audiobooks, movies, TV, and music from Hoopla and Overdrive, take classes on arts, crafts, and computer topics with Creativebug and Lynda Learning, learn a new language with Mango, access free unlimited New York Times articles, and so much more. The library is also offering several events and programs online through the Zoom platform, including meditation, book groups, and a world affairs discussion group. Contact the library if you need help with your library account, or anything else. Visit the **library's website** or call 603-427-1540 to learn more.
- **Portsmouth Housing Authority Senior and Multi-Unit properties are closed to the public**. Only essential caregivers, health care workers and people delivering food or medical supplies are authorized to enter, and only when absolutely necessary. **PHA offices are open only via telephone** 603-436-4310 **and email** info@nh-pha.com.
- **Welfare Assistance: Residents in Portsmouth, New Castle, Rye, Newington or Greenland who require assistance** should contact the City's Welfare Department. Call 603-610-7267 or email WFDept@CityofPortsmouth.com
- **Recreation/Parks: Parks & Playgrounds** For a map of open and closed parks, playgrounds, ballfields, basketball courts, click here. Note that the following parks are open: Daniel Street Pocket Park, Haven Park, Langdon Park, Goodwin Park, Hanscom Park and Big Rock Park. Also Prescott Park and Peirce Island (no dogs allowed at either). For a map showing **off-leash dog parks which are also great walking trails,** click here. Also: Pease Tradeport and Wildlife Sanctuary are great places to walk but are not designated off-leash for dogs. The bike bridge and bike path at Pease are away from lots of people.
- **Portsmouth Public Schools: At-home learning is now on a 4-day instructional week**. Students will be engaged with teachers on Mondays, Tuesdays, Thursdays and Fridays. Enrichment Wednesdays for students start next week, April 8 with opportunities in the arts, physical education and more. Wednesdays, for teachers, is devoted to online collaborations for support, planning and building consistent expectations for students in this remote environment. **Meal distribution:** While schools remain physically closed, our breakfast and lunch pick-up and delivery is still in service. Pickup for breakfast and lunch at the Portsmouth High School cafeteria door between 7:30 am and 12 noon, *Monday through Friday*. Meal distribution also takes place at these bus stop location satellite sites:
    - Wamesit (11:00 - 11:25)
    - Ledgewood (11:30 - 11:45)
    - Gosling Recreation Center (11:00-11:45)

    - Osprey Landing (at mailboxes) (11:00-11:20)
    - White Cedars (11:30-11:45)
    - Patriots Park (11:00-11:20)
    - Beechstone (playground) (11:25 - 11:45)
- **For some virtual learning options**, including activities, games and videos offered by the local arts, culture and history resources, click here.

DPW

#WIPESCLOGPIPES! Please dispose of disinfectant wipes in a separate trash bag. Flush only toilet paper or tissues in the toilet (even the wipes marked "flushable" can clog pipes like this). **Pipes from your home are much smaller in diameter than City sewer lines, so clog much more easily.**

Residents should continue to use Click 'n Fix as needed so service requests can be logged and addressed.

The recycling center is open and staffed to allow just a few vehicles at a time for physical-distancing.

- **Per the Governor's order, the recycling center will take CHECKS ONLY (no cash) for the regular fees charged for disposal of the following items:**
    - $ 5 per tire
    - $10 per electronic unit
    - $20 per freon containing unit (i.e. refrigerators, air conditioners)

Trash pickup is on the normal schedule and yard waste pickups have also begun but may be limited by the availability of workers and trucks.

Trees & Greenery invites you to participate in the City's Adopt-A-Spot Program -- a great family project you can do while staying 6 feet part.

Parking and Monthly Parking Contracts. The Portsmouth City Council voted to enact Free Parking through April 6, 2020. **On-street and public garage parking fees are suspended. Patrons with monthly parking contracts in the garages are receiving e a 75% credit to their accounts for the free-parking period**. Should the Council decide to extend the Free Parking, further adjustments to monthly parking fees will be made at that time. **Unless you are planning to cancel your parking for a reason unrelated to COVID-19, please keep your account active by paying 25% of April fees at the normal April payment deadline. Should the Parking Holiday be extended by order of City Council, further credits will be applied to May billings. Payments can be dropped off at either Garage Office, or in the gray box in front of City Hall.** The city is still enforcing time limits and safety/loading-zone-type parking restrictions. One of the goals is to keep spaces free around restaurants offering takeout services.

BUSINESS & EMPLOYEES

The City's Economic Development Department is maintaining a webpage detailing current available COVID-19 business assistance resources.

SBA Small Business Guide to Loans/Resources, click here.

https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2

CARES Act Stimulus program: US Senator Shaheen's Office has put together a guide for small businesses, explaining the new CARES Act Stimulus program. Click here for the guide

SBA Preferred Lender Program Participants (Feb 2020) -- As of March 30, 2020, SBA reported that they are waiting for direction as to how the new loan programs associated with the CARES Act will be administered, and are also awaiting clarification as to who is eligible. Only the **local lenders who are on this list of participants** in the Preferred Lender Program will be providing these

loans. https://www.cityofportsmouth.com/sites/default/files/2020-03/SBA%20Lenders%20in%20NH%202020.02_0.pdf

NH Employment Security (NHES)

- **Filing for unemployment.** You are assigned a day and time to file based on the first letter of your last name. **The unemployment system hotline is 603-271-7700**.
- **Payments are made beginning eight days from when the claim is filed**. Those filing claims must login again for each week of continued eligibility and file a continued claim.
- **If you're Self Employed and have filed for unemployment benefits**, ignore the Denial Message you receive. **Your unemployment claim requires time to process as a result of your being Self Employed.** You will receive a telephone call from NHES to obtain wage information to process and complete your unemployment claim.

The NH Department of Business and Economic Affairs (BEA) has started this page to keep employees and businesses update. It includes links to New Hampshire Employment Security and available services. Individuals will need to file for unemployment each week of temporary unemployment and this can and should be done online here or by calling 603-271-7700.

Chamber Collaborative of Greater Portsmouth

- **For information about the stores, businesses and restaurants that are open**, go to the Chamber Collaborative's GoPortsmouthNH.com website.
- **For information about business assistance resources,** go to the Chamber Collaborative's COVID-19 website page.
- **For hospitality businesses in particular**, www.GoPortsmouthNH.com.

Local businesses have also put together the following resources:

- Information about which businesses are still operating, doing web programming, etc.
- Website to support local businesses through the purchase of gift cards for use later

STAY SAFE!

Don't congregate. Get outside. Enjoy some fresh air. Just keep your distance. Portsmouth's open space parks and trails are open, but ballfields, basketball courts and playgrounds are NOT. The locks on the gates are there for the protection of all. Remember that you might unknowingly bring COVID-19 back into your house, putting everyone at risk**.**

Remember to wipe down your cellphones when you're sanitizing surfaces. They're in constant use, connecting hands and face.

And advice from a Boston physician:

- Eliminate play dates, even "1 on 1"
- Eliminate small gatherings, including meetings "between a few families."
- Avoid climbing gyms, restaurants, movie theaters, anything in an enclosed area. Many of these places are advertising increased cleaning and hygiene. This is not sufficient! Do not go.
- Cancel planned vacations for the next month and avoiding airline travel.
- Stay at home as much as possible. They also advise working from home if possible and when you do have to go out to buy groceries or medicine "make the trips quick and purposeful."
- Wash your hands thoroughly for 20 seconds after you've been in public places.

For answers to other questions about the City's response to COVID-19, please email: hotline@cityofportsmouth.com

For more information, visit City's page on COVID-19.