CITY OF PORTSMOUTH

UPDATE from the City Manager for Thursday, April 16, 2020

The City Health Officer reminds everyone to be vigilant.

1. **DO NOT CONGREGATE!**
2. **Wear cloth face masks in public. Reserve medical grade PPE for healthcare workers and first-responders. Directions for making your own face mask in 45 seconds, here.** https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html
3. **Self-quarantine for 14 days if you have just returned from a stay out-of-state. For more information, click here.** https://www.cityofportsmouth.com/sites/default/files/2020-04/Home%20Isolation%20and%20Quarantine%202020.04.09.pdf
4. **Tell first responders if anyone in the household is quarantined for COVID-19, either as a positive, or awaiting results from testing.**

Sign up for the Daily Advisory, here. The latest news is always at the top, in red.

The Daily Advisory encourages residents to submit photographs/ selfies of themselves hugging a favorite tree in Portsmouth. A gallery of the images will offer the City's virtual celebration of Arbor Day on April 24. Here's one of the photos received so far, along with the message, "Great idea DPW/ Greenery Division. Thank you Corin Hallowell and Charles Baxter, for all of your hard work!" Send photos to hotline@cityofportsmouth.com or post to social media with the hashtag #TreeCityHug

KEEP PORTSMOUTH BEAUTIFUL! In a similar vein, and heading toward the 50th anniversary of Earth Day on April 22, we've had a suggestion from a local citizen: With everyone out walking, and walking dogs, it would be nice to pick up trash – with gloves on! -- along the way, maybe 5 pieces per walk? https://www.earthday.org/earth-day-50th-anniversary/

FRIDAY, April 17 at 1 pm Chamber Chat LIVE: The Latest from the Healthcare Frontlines Every Friday, produced by the Chamber Collaborative of Greater Portsmouth. Join the conversation by tuning in on Friday, April 17 when the discussion will feature:

- Valerie Rochon, Chamber Collaborative President
- Dean Carucci, CEO, Portsmouth Regional Hospital
- Todd Germain, Fire Chief, City of Portsmouth

Bring your questions and get your answers. The session is limited to the first 100 registrants and will be recorded and shared online on Friday afternoons after completion. Register here. https://portsmouthchamber.org/events/details/chamber-chat-live-the-latest-from-the-healthcare-front-lines-51134?calendarMonth=2020-04-01&utm_source=Chamber+Master+Synch&utm_campaign=f9855c4f89-EMAIL_CAMPAIGN_2019_11_05_08_28_COPY_01&utm_medium=email&utm_term=0_6fed3172ed-f9855c4f89-257439105

The Chamber Collaborative of Greater Portsmouth continues to support small businesses as they navigate through the challenges and resources of the COVID-19 disruption to our economy. New information is added daily:

- Click here for **Chamber Collaborative of Greater Portsmouth** COVID-19 response pages.
- **Click here** Portsmouth Calendar of helpful COVID 19 Resources.
- And for hospitality businesses in particular, **www.GoPortsmouthNH.com**.
- **Click here** for the Chamber's calendar of COVID-19 business webinars.
- **Click here** for the Chamber's Job Board

The City's Economic Development Department webpage dedicated to COVID-19 response information and resources covers Federal, State and local government programs, organizations and experts with answers to frequently asked questions about making it through and planning for recovery, and highlights webinars that drill down into very specific concerns. Visit the page frequently for updates. https://www.cityofportsmouth.com/economic/covid-19-response-resources-businesses-employees Just added! SBA FAQs on EIDL and PPP https://www.cityofportsmouth.com/sites/default/files/2020-04/Frequently%20Asked%20Questions%20about%20EIDL%20and%20PPP%20Loans.pdf

FRIDAY, April 17 at 7 pm. Clap, ring bells, blow horns in support of healthcare works and First Responders. #WeClapBecaueWeCare

NEXT WEEK, April 21, 10-11 am and April 23, 1-2 pm. Face Mask Drive! Donations of PPE Masks for Healthcare Workers/First Responders and Fabric Masks for Seniors. Community Campus tennis court parking lot. Drive up and leave the masks in the box. Brinn Sullivan, Senior Services Supervisor will be on site to collect them. Contact 603-767-2697 to coordinate or if you have any questions. If these times do not work, please call. All homemade masks will be washed before being distributed. Any person age 50+ who is in need of a homemade mask is welcome to attend the Drop off and Distribution Drive to receive a mask. Homemade masks can also be mailed to those who cannot attend the Distribution Drive. Please email or call Brinn and she will mail you a mask. 603-767-2697. bsullivan@cityofportsmouth.com

#alonetogether does not mean "You're on your own."

Here are some quick links to additional resources including the April 15 Daily Advisory "Where to find answers" edition. https://www.cityofportsmouth.com/sites/default/files/2020-04/Advisory%202020.04.15.pdf

You'll find quick links to COVID-19 resources by clicking on the banners at the top of the homepage. The links include:

- Health-related information https://www.cityofportsmouth.com/health/coronavirus-preparedness
- Food aid, grocery resources and restaurant takeout options https://www.cityofportsmouth.com/city/covid-19-food-resources
- Business and employee resources https://www.cityofportsmouth.com/economic/covid-19-response-resources-businesses-employees
- Archive of all City Manager Daily Advisories https://www.cityofportsmouth.com/city/city-manager-daily-updates
- 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, https://www.cityofportsmouth.com/city/covid-19-information
- For more information from the State of NH, call 2-1-1

Employment security: File for unemployment **online** [https://www.nhes.nh.gov]/or by calling the hotline at **603-271-7700**. Your application appointment is based on the first letter of your last name. There are still delays in processing, but you should start seeing a check 9 days after filing. You must file weekly to receive weekly benefits.

- The CARES Act supplements your unemployment pay with a $600 per week benefit.
- Check out the Chamber Collaborative of Greater Portsmouth's COVID-19 emergency Job Board. http://portsmouthcollaborative.org/jobs

Help for small businesses, including non-profits: For a Small Business Guide to the CARES Act relief program, click here. https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2

- Find links to business advocates providing additional guidance, webinars on navigating through the available programs, visit **the City's Economic Development Department** webpage detailing current available COVID-19 business assistance resources. https://www.cityofportsmouth.com/economic/covid-19-response-resources-businesses-employees
- **For information about business assistance resources,** go to the Chamber Collaborative's COVID-19 website page.
- The Paycheck Protection Plan covers non-profits. Also see the NH Community Development Finance Authority [https://nhcdfa.org/covid-19-resources/] and the Business Finance Authority started accepting applications for funding this week.

Self-quarantine for returned travelers: Follow these guidelines.
https://www.cityofportsmouth.com/sites/default/files/2020-04/Home%20Isolation%20and%20Quarantine%202020.04.09.pdf

- Local restaurants are also providing takeout service and delivery via GrubHub, DoorDash, TakeoutGuys and similar services. For a list of takeout options, click here. . https://www.cityofportsmouth.com/sites/default/files/2020-04/Restaurant%20Takeout%202020.04.08.pdf
- Local grocery stores and pharmacies have special hours for seniors and other immune-challenged people to shop when there are fewer people in the stores. For a list of options, click here. https://www.cityofportsmouth.com/sites/default/files/2020-04/Portsmouth%20Food%20Resources%20-%20April%208%202020_0.pdf
- Although COAST has suspended the regular fixed route services, Senior Transportation, ADA Service, Community Rides, and accessible Ready Rides are still in operation. https://coastbus.org/pst

Veterans: The VA Medical Center in Manchester urges 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 https://www.myhealth.va.gov/mhv-portal-web/home for the VA's online patient portal. There's also a VideoConnect app. For more information on that, click here https://www.mobile.va.gov/app/va-video-connect
For more general COVID-19-related information, click here. https://www.connectedcare.va.gov/

Additional food assistance:

- **GATHER, our local food pantry, can help**. **Pantry** hours are 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.
- **Operation Blessings** d**rive-up food pantry** at 600a Lafayette Rd. Wed-Fri, 10am to 4pm, for Portsmouth residents only. For more information, please call 603-430-8561. **Senior mobile food pantry** to the residents of the Portsmouth area, ages 62 and up, Mon-Sat 10am-4pm. Anyone who is interested please contact Tammy Joslyn at 603-988-2671
- **Meals on Wheels** makes deliveries to Portsmouth seniors on Monday, Wednesday and Friday with the extra meals for Tuesday and Thursday included in the delivery. 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.
- **The Portsmouth School Department provides daily lunches, Monday though Friday, to schoolchildren**. See the schedule for pickup and drop-off, here: https://www.cityofportsmouth.com/school/press-releases/portsmouth-schools-offering-breakfast-lunch-and-delivery-schedule-update. The School Department is also working with End 68 Hours of Hunger to supply weekend meals to food-insecure children.
- For other food resources, see this map. https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebba50a0297d15#
- **The NH Local Welfare Administrators Association** has advised Portsmouth that SNAP (Food Stamp) benefits are being supplemented for the already approved clients who receive less than the maximum monthly benefit. Contact the City of Portsmouth Welfare Department for more assistance. Call 603-610-7267 or email WFDept@CityofPortsmouth.com

Support networks

- **Seacoast Mental Health** has geared up for exactly these challenges call 603-431-6703 or click here. https://smhc-nh.org/covid-19-updates/
- **SOS Recovery Community Organization** on the Seacoast is answering the phones Mon-Sat from 9 am to 8 pm and on Sunday, noon to 4 pm. Click here
- **The Doorway**, NH's substance-abuse treatment and recovery offers phone assistance during the week and teams with the statewide 2-1-1 system on weekends. https://thedoorway.nh.gov/home
- **Alcoholics Anonymous** in New Hampshire programs are operating by zoom and other work-arounds, including relying on each group's telephone hotline of other members. https://seacoastaa.org/meetings/
- **The NH Department of Health and Human Services** is alert to greater concerns about domestic and child abuse when families are confined to close quarters and under stress. For more information, click here. https://www.cityofportsmouth.com/sites/default/files/2020-04/Family%20Well-Being%20Guide%20COVID-19.pdf
- **Seacoast Mental Health** has geared up for exactly these challenges call 603-431-6703 or click here.
- **Seacoast Pathway's virtual clubhouse supports adults living with mental illness** on their paths to recovery through a focus on health, wellness, employment-preparedness, and community fellowship. Click here www.seacoastpathways.org

City services while City Hall is closed. For the key contact information, click here. https://www.cityofportsmouth.com/city/covid-19-information

- All of the City Departments are fully operational, though working with staggered shifts, reduced capacity and telecommuting physical-distancing. But pay bills online, click here. Contact the City Clerk's office for license renewals. https://www.invoicecloud.com/portal/(S(jstxdukwvet41atugusnhle2))/2/Site.aspx?G=0055530e-d1ee-4599-a935-a8e88ab5b845
- For licenses, birth and death certificates and other vital records, https://www.cityofportsmouth.com/cityclerk/birth-marriage-death-certificates **C**all or email the City Clerk at 603-610-7245 or cityclerk@cityofportsmouth.com
- City Boards, Commissions and Committees continue to conduct business via zoom and teleconference meetings. Check the Municipal Calendar on the City website homepage for specific dates, agendas and participation instructions.

    - City Council meets again on Monday, April 20 at 7 pm. Click here for the Agenda. The meeting will be live on Ch. 22 and archived on the City's YouTube channel. https://www.cityofportsmouth.com/citycouncil/events/city-council-meeting-36
- Take advantage of City services and resources, including free access to the Portsmouth Public Library (free library cards for residents!) and the treasures of the Recreation Department network of parks https://www.cityofportsmouth.com/sites/default/files/2020-03/3revClosedPlaygrounds%202020.03.26.pdf and off-leash dog parks. http://files.cityofportsmouth.com/maps/OffLeashArea.pdf Join the #TreeCityHug effort to prepare a virtual celebration of Arbor Day on April 24. Or Adopt-A-Spot. https://www.cityofportsmouth.com/publicworks/adopt-spot

What can I do to help?

- **Donate.** Food to GATHER. Empty plastic bottles (for homemade hand sanitizer) to Operation Blessings (contact Tammy Joslyn at 988-2671). Funds to your favorite non-profit. Time to health care workers, homeschooling/telecommuting parents. Additional suggestions: United Way of the Greater Seacoast, New England Grassroots Environmental Fund. United Way of the Greater Seacoast http://www.uwgs.org/covid-19-family-support-fund/ and New England Grassroots Environmental Fund https://grassrootsfund.org/dollars/rapid-response-funding
- **Volunteer: 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. **Operation Blessings**
    - **Those who are interested in volunteering**, please use this online system, click here.