

## **Town of Westmoreland Office of Emergency Management**

The Office of Emergency Management wanted to reach out to the town's residents concerning the coronavirus disease. With the many considerations of sheltering in place, social distancing, etc. we understand this may be challenging and stressful for many people. The Selectmen and the Office of Emergency Management realize there is a need to make sure our neighbors are secure within their home.

### **If you or someone you know is in need, please contact:**

- Tom Finnegan, Emergency Manager Director - 399-7272 (evenings)
- Bill Chase, Emergency Management Deputy - 399-4957 (days)
- Jo Ann LaBarre, Town Administrator - 399-4471 (days)

### **Thoughts on how we might assist those unable to get out of their homes:**

- Shopping for food
- Picking up prescriptions
- Checking the welfare of those sheltering in place
- Coordinating with a group of friends and/or neighbors, so one person can shop for a few families, each taking turns once a week, preventing the weekly need for every family to go into town

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

The CDC website pertaining to stress and coping is very informative.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

For those people who might have anxiety regarding self-isolating, this video may be helpful

<https://www.theguardian.com/world/video/2020/mar/19/coronavirus-how-to-cope-with-anxiety-and-self-isolationvideo-explainer>

If you are available to volunteer to help those in need, please contact one of us. Please give us a call with concerns you may have. Remember as we all follow-up with our loved ones, to also check on our neighbors -- or if needed, phone one of us and we'll reach out directly. We are all in this together.