

# COMMUNITY INFORMATION WEEKLY UPDATE #6

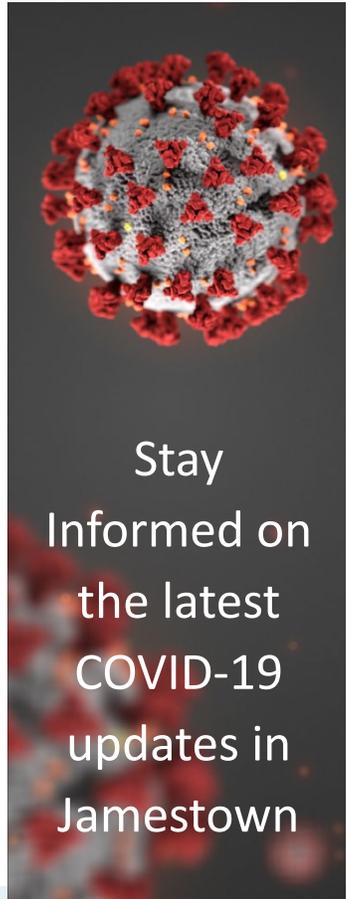


## Governor Raimondo Announces Re-Opening RI Strategy Plan



### REOPENING RI: CHARTING THE COURSE

April 27, 2020



Stay  
Informed on  
the latest  
COVID-19  
updates in  
Jamestown

4/27/2020 - The Governor unveiled her framework for safely reopening Rhode Island's economy. The plan consists of three phases:

- Phase 1 - Testing the waters: In the first phase, Rhode Islanders can look forward to seeing friends and family again. The stay at home order will be lifted, but social gatherings will be limited to 10 people. Older adults (people 65 and older) and those with underlying health conditions will be able to go to work and to get food or medicine. But in accordance with federal public health guidance, vulnerable individuals will be strongly encouraged to otherwise stay home. Masks, vigilant hand-washing, and increased cleaning must remain in place. And everyone who can work from home should still work from home. All activities must account for strong social distancing guidelines of remaining 6-feet apart.
- Phase 2 - Navigating our way: In the second phase, Rhode Islanders can look forward to more businesses reopening and restrictions being further relaxed. Expanded childcare options will be available under strict public health guidelines. More restaurants, retail and close-contact businesses like hair and nail salons may open. Additional recreational options will likely return, but restrictions will remain. Social gathering limits will increase to 15 people. Guidance for older adults (people 65 and older) and those with underlying health conditions will remain unchanged from phase one. (Cont. pg. 2)

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## PHASE I

In the first phase, we can look forward to seeing friends and family again.

The stay at home order is lifted, but social gatherings are limited to 10 people. Older adults (65+) and those with underlying health conditions can go to work and go out for food or medicine. But in accordance with federal public health guidance, vulnerable individuals are strongly encouraged to otherwise stay home. Masks, vigilant hand-washing and increased cleaning must remain in place. And everyone who can work from home should still work from home. All activities must account for strong social distancing guidelines of remaining 6-feet apart.

## PHASE II

In the second phase, we can look forward to more businesses reopening and restrictions being further relaxed. Expanded childcare options will be available under strict public health guidelines. More restaurants, retail and close-contact businesses like hair and nail salons may open. Additional recreational options will likely return including more parks and beaches, but restrictions remain. Social gathering limits increase to 15 people. Older adults (65+) and those with underlying health conditions can go to work and go out for food or medicine. But in accordance with federal public health guidance, vulnerable individuals are still strongly encouraged to otherwise stay home. Masks, vigilant hand-washing and increased cleaning must remain in place. Offices will ease capacity restrictions allowing more people to come in, but many people will still work from home. All activities must account for strong social distancing guidelines of remaining 6-feet apart.

## PHASE III

In the third phase, we'll build on our learning from the first two phases. We can look forward to schools opening with restrictions and seeing more of our families and friends. Offices, restaurants, retail and other businesses will lift some of the tightest restrictions to allow more people in at one time but will need to operate under long-term safety guidelines. Social gatherings are limited to 50 people.



(cont. from pg. 1)

Masks, vigilant hand-washing and increased cleaning must remain in place. Offices will ease capacity restrictions allowing more people to come in, but many people will still work from home. All activities must account for strong social distancing guidelines of remaining 6-feet apart. • Phase 3 - Picking up speed: In the third phase, Rhode Islanders can look forward to seeing more of their families and friends. Social gatherings will be limited to 50 people. Offices, restaurants, retail and other businesses will lift some of the tightest restrictions to allow more people in at one time but will need to operate under long-term safety guidelines. Older adults (people 65 and older) and those with underlying health conditions will no longer be strongly encouraged to stay home. These individuals will be reminded to exercise significant caution in public. Masks, vigilant hand-washing and increased cleaning must remain in place. Working from home will still be encouraged where possible but more people will return to the workplace. All activities must account for strong social distancing guidelines of remaining 6-feet apart.

## KEY INDICATORS

We'll begin reopening Rhode Island when we can answer "yes" to these questions.

01

Has the rate of spread continued to decrease?

04

Does our healthcare system have the capacity and the PPE to handle future surges?

02

Do we have the capacity to quickly identify community spread on an ongoing basis before a major outbreak occurs?

05

Do businesses, schools, childcare sites, faith organizations, and recreational spaces have plans for long-term social distancing?

03

Do we have the necessary supports in place for vulnerable populations and for anyone in quarantine?

06

Are we prepared to reimpose measures, or reclose certain sectors of the economy, if it becomes necessary?

## THE GOAL

Eventually we'll land, with the storm well behind us; stronger for having gotten through it together.

# DONATE YOUR extra CPAP & BiPAP NOW!

Help our community breathe.

We have joined forces with the [Rhode Island Commerce Corp.](#), the University of Rhode Island, the Rhode Island Department of Health, fire stations and other hospital and industry partners across the state to collect and refurbish sleep apnea machines to serve as supplementary equipment to hospitals that are treating patients affected by COVID-19.



## How to Donate in Jamestown:

CPAP & BiPAP's can be dropped off at the Jamestown Fire Department at 50 Narragansett Ave.

Please follow the sanitization procedure below before delivering your machines.

1. Remove any parts that were in contact with a person (air masks, air hose).
2. Discard any remaining water in your unit's humidifier.
3. Wash your hands and wipe down all surfaces with an unscented disinfecting spray or wipes.
4. Wash your hands again, and write the machine's information (machine type, make, model) on a piece of paper. You can also print [[this form](#)].
5. Place the machine and power cord in an unscented garbage bag and tie to close. Tape the paper with the machine information to the bag.
6. Please also fill out this [[GoogleForm](#)] to help us collect information digitally. This will help us understand what types of machines are coming our way.
7. Drop off your bag at one of the designated fire stations, making sure to maintain 6 feet between you and other individuals and follow proper hand-washing procedures before, during and after delivery.
8. Do not bring your machine to a collection site if you or someone in your home has been sick in the last 14 days.

\*Thank you! Again, we are only accepting new and used machines that are not currently in use. Please do not donate a machine that you or somebody needs.

<https://www.ventilatorproject.org/donate-now>

## Governor Provides Updates on PPE, Field Hospitals, and Frontline Housing

Governor Gina M. Raimondo and Nicole Alexander-Scott, MD, MPH, the Director of the Rhode Island Department of Health (RIDOH), provided updates on Rhode Island's response to coronavirus disease 2019 (COVID-19) this week.

### Personal Protective Equipment

(PPE): In the past two weeks alone, Rhode Island has received shipments totaling more than 1.5 million surgical masks, 90% of which have come from the private market. That brings the state's total on hand to nearly 2 million surgical masks. This will allow healthcare workers in hospitals, nursing homes, urgent care centers, and sites that are serving as [Respiratory Clinics](#) to change out surgical masks on a daily basis.

- **Field hospitals:** Over the weekend, work on the field hospitals at the Rhode Island Convention Center and the former Citizens building in Cranston was completed, adding almost 1,000 beds to the state's capacity.
- **Frontline housing:** The state has partnered with Brown University to provide free single-occupancy dormitory housing to frontline workers. Brown has made more than 700 rooms available to the state for free. This program is specifically for medical personnel, first responders, members of public safety and congregate care and home care workers. This is not for people who have tested positive for coronavirus or have related symptoms. Workers who are interested in accessing the free housing option should contact their employer.

# Town Council Meeting Details

## Monday May 4, 2020

### 6:30pm

Parks and Recreation is now accepting applications for the following 2020 summer seasonal positions:

- Fort Getty Gate Attendant- Starting at \$12.00/hr
- Fort Getty Security/ Maintenance- Starting at \$13.00/hr
- Mackerel Cove Lifeguard- Starting at \$14.00/hr
- Mackerel Cove Parking Attendant- Starting at \$12.00/hr
- Seasonal Parks Crew- Starting at \$12.00/hr
- Summer Program Counselors- Starting at \$11.00/hr

Job applications are available online [here](#). You may email completed applications to, [recreation-info@jamestownri.net](mailto:recreation-info@jamestownri.net) or mail them to, 41 Conanicus Ave, Jamestown RI 02835.

**Please note the access information below as the meeting will be teleconferenced via Zoom.**

**PURSUANT TO EXECUTIVE ORDER NO. 20-05 EXECUTED BY GOVERNOR GINA RAIMONDO ON MARCH 16, 2020, THIS MEETING WILL BE TELECONFERENCED VIA ZOOM:**

The public is invited to observe the deliberations of this meeting by accessing the meeting link set forth herein. For those without access to video observation platforms, you may also call in to listen to the deliberations of this meeting by using the call in phone number provided herein. To participate during Public Hearing or Public Input you will press \*9 to raise your hand.

**JOIN VIA COMPUTER OR MOBILE APP:**

<https://zoom.us/j/93106150187>

**MEETING ID: 931 06150187**

*Attachments for items on this meeting agenda are available to the public on the Town website at*

<http://www.jamestownri.gov/town-government/town-council/town-council-meetings-minutes/2020-meetings-minutes/2020-meetings/-fsiteid-1>

For those without access to video observation platforms, you may also call in to listen to the deliberations of this meeting by using the call in phone number provided herein.

*JOIN VIA PHONE: 1(301) -715- 8592 or 1(312) - 626- 6799 or 1(646) - 558- 8656 . WHEN PROMPTED, ENTER MEETING ID: 931 0615 0187 PRESS # AGAIN TO JOIN THE MEETING*

*To participate during Public Hearing or Public Input you will press \*9 to raise your hand.*





Help us help the Jamestown food pantries.

**Here's our challenge.**

Donate to the Rotary Club of Jamestown.

The club will match donations received up to a total of \$7,500. Together, we could contribute \$15,000 to help feed Jamestown families.

**You've got two weeks.**

Please make your donation payable to and send to:

Rotary Club of Jamestown  
P.O. Box 652  
Jamestown, RI 02835

100% of all contributions post marked before May 4, 2020, and our matching amount, will be given to "Help Your Neighbor Fund" that supports people who need help here in Jamestown. The Rotary Club of Jamestown is a 501(c)(3) charitable organization, your contribution is tax deductible as allowed by law.

**JAMESTOWN ROTARY CLUB ISSUES FUNDRAISING CHALLENGE TO SUPPORT JAMESTOWN FOOD PANTRIES, COMMUNITY FUND**

*Aim to Raise \$15K*

Aiming to raise \$15,000 to support the Jamestown food pantries, the Jamestown Rotary Club this week launched a fundraising challenge to the community: Donate to the Rotary Club of Jamestown and the club will match donations received up to a total of \$7,500. All of the funds will go to the "Help Your Neighbor Fund" supporting local food pantries.

The Rotary Club of Jamestown is asking people to contribute within the next two weeks. With the club offering to match total contributions up to \$7,500, this fundraising challenge could contribute \$15,000 to help feed neighborhood families.

The Rotary Club is asking that donations be made out to and sent to: Rotary Club of Jamestown, P.O. Box 652, Jamestown, RI 02835.

One-hundred percent of contributions postmarked before May 4, 2020, and the Club's matching amount, will be donated to the "Help Your Neighbor Fund" that supports people who need help here in Jamestown. The Rotary Club of Jamestown is a 501(c)(3) charitable organization, your contribution is tax deductible as allowed by law.



**Director of the Rhode Island Department of Health (RIDOH) provided updates on Rhode Island's response to coronavirus disease 2019 (COVID-19) this week.**

**Healthcare:**

Recently the Governor signed an [executive order](#) to relax onerous regulations and eliminate barriers to care during this crisis. The order includes the following protections through May 27th:

- **Medications:** Insurers cannot make changes to what drugs are covered unless the changes benefit patients.
  - **Provider Referrals:** Insurers are required to relax the referral process to allow for more time and leniency. No referrals are necessary for telehealth.
  - **Prior Authorization:** In-patient hospital and rehabilitation, long-term care and telemedicine in-network services cannot be suspended because an individual doesn't have prior authorization. In addition, no prior authorization is needed for testing or treatment of COVID-19.
  - **Behavioral Healthcare:** No referrals or other benefit review approvals are required for a patient to access needed mental and behavioral health care.
- DMV: The state is now giving 90-day extensions on expirations set for May. Expiration dates in May are now extended to August. This applies to all licenses, registrations, inspections, permits, and temporary plates.

## What You Need to Know - Library Services

**Visit your library online.** All Rhode Island public libraries have a variety of digital resources and services. Many are even offering digital library programs! See the [list of OSL member libraries](#) for websites and contact information.

- **Please do not return your library materials.** We are extending due dates, and any fines associated with the COVID-19 outbreak will be forgiven. **We welcome new library users!** [Apply for your library card online.](#) You may also [renew your card online.](#) Your library card will grant you access to statewide digital resources include ebooks and digital audiobooks in our [eZone](#) and more.
- **Holds are temporarily suspended.** Since library buildings are closed and delivery is canceled, it is no longer possible to place items on hold. If you already have items on hold, they should be there for you when library buildings reopen. You may also visit [AskRI](#) and the [Office of Library & Information Services](#) site to learn more about statewide digital library services and resources that you can use while the public libraries are closed. They are developing a collection of online resources for students and families to help all Rhode Islanders meet their learning and recreational needs from home.

In addition, the K12 school library community (RILINK) has prepared a [resource guide to digital learning resources and activities.](#)

# ATTENTION JAMESTOWN VOTERS

## IMPORTANT DATES

### REPUBLICAN and DEMOCRATIC PRESIDENTIAL PREFERENCE PRIMARY

June 2, 2020

**May 3, 2020** - Last day to register to vote, change address/name. Town Hall will have registration forms on the outside door on the West Street side of the Town Hall to fill out and use the drop box for finished forms, or visit [vote.ri.gov](http://vote.ri.gov) to register or submit any changes.

**May 4, 2020** - Last day to change party affiliation

**May 11, 2020** - Board of Canvassers meeting 10:00 AM, Town Hall, to Canvass and correct the list of qualified voters.

**May 19, 2020** - Final date at 4 pm for Board of Canvassers to receive Mail Ballot applications.

**May 20, 2020** - Emergency Mail Ballot voting period begins.

**June 1, 2020** - Final date by 4:00 pm to vote by emergency ballot.

**June 2, 2020** - REPUBLICAN and DEMOCRATIC PRIMARY  
7:00 am to 8:00 pm

**ALL DISTRICTS WILL BE COMBINED INTO 1 POLLING  
PLACE FOR THIS PRIMARY ONLY**

**Districts 1 and 2 vote at:**

**JAMESTOWN TOWN HALL  
93 Narragansett Avenue**

**Please visit [vote.ri.gov](http://vote.ri.gov) for all voter information, current party, address and status or contact**

## Key Information to the Public

### Individuals and Families

If you are unemployed or have been laid off, please contact the Dept. of Labor and Training. Their factsheet will help guide you and answer your questions ([English](#), [Spanish](#))

The Federal CARES Act extended unemployment benefits for gig economy workers, small business owners, workers for hire, self-employed individuals and those who are otherwise ineligible for regular unemployment insurance benefits. [Apply here.](#)

There are over 2,000 job openings in R.I. [Visit EmployRI.](#)

Utility shut-offs have been suspended until April 15th. Evictions have been suspended until May 17th.

Free "Grab and Go" meals are available for children throughout Rhode Island. [Locations here.](#)

Health Source RI will remain open for new subscribers until April 30th. [Visit](#)

Rhode Island partnered with Care.com to increase childcare access. In addition to providing 90 days of free, premium access to their website, Care.com has created portals specifically for frontline workers and caregivers in R.I.- [www.care.com/rineed](http://www.care.com/rineed).

Hotel rooms are available at reduced costs for quarantine/isolation at [Visit RI Havens](#).

**Jamestown's Food Pantry:** Contact Betsey Anderson @ 401-423-9804 or at [BAnderson@jamestownri.net](mailto:BAnderson@jamestownri.net)

BH Link: If you or a someone you love is going through a mental health or substance use crisis, there is help available: 401-414-LINK (5465), <https://www.bhlink.org/>, Triage Center: 975 Waterman Ave., East Providence

For mental health assistance for children under 18, please call 855-543-5465

The R.I. United Way 211 hotline is available 24 hours, 7 days a week to answer questions and connect you with the supports you may need.

### Businesses and Non-Profits

SBA Economic Injury Disaster Loans and Loan Advances: Questions and Application  
SBA Paycheck Protection Program: Questions and Application

Short-term bridge loans for restaurants and microbusinesses: R.I. restaurants and small businesses are eligible (businesses must have 1 to 10 employees; restaurants may have any number of employees). [Applications here.](#)

Thank you for your continued cooperation and understanding in this uncertain time.

**Contact us:** If you have any Town related questions or concerns please send your questions to the Town Administrator at: [jhainsworth@jamestownri.net](mailto:jhainsworth@jamestownri.net) or call 401-423-9805.

**TOWN FACILITIES All Town Department Services are available by telephone, email, on-line or by appointment only:**

All Town Government buildings are closed with limited public access by appointment only.

**All Departments within the Town Hall** are offering services through telephone, on-line, email, fax, use of drop box and walk up window service located on the West Street side of the Town Hall by appointment only.

**Recreation Department** also is available by telephone, email or on-line services.

**The Senior Services Center** meal site is closed; however, the Department continues to coordinate box lunches available either to be picked up or delivered, they are also working with the Jamestown food pantries in coordinating food distribution, you can call the Senior Center for services at (401) 423-9804.

**Police, Fire and Public Works Departments** limited access, to the buildings also by telephone, email, online and by appointment only. Responses for Emergency Services have not changed.

**The Library** is closed and can be contacted by telephone or email.

**Jamestown Schools** are Distance Learning and can be contacted by telephone or email.





## Chamber of Commerce provides updates on resources for Small Business Owners

Instagram  
Alphabet  
Adventure  
Scavenger Hunt

### Submissions of the Week



Stay tuned this week, as the Governor will be providing information on the states approach to opening the economy.

Today, she listed 6 questions/criteria that will be asked prior to opening segments/sectors of the economy.

1. Has the rate of spread continued to decrease.
2. Do we have the capacity to quickly identify community spread on an ongoing basis before a major outbreak occurs.
3. Do we have the necessary supports in place for vulnerable populations and for anyone in quarantine?
4. Does our healthcare system have the capacity and the PPE to handle future surges
5. Do businesses, schools, child care sites, faith based organizations, and recreational spaces have plans for long term social distancing
6. Are we prepared to reimpose measures to re-close certain sectors of the economy if it becomes necessary?

**APPLICATIONS OPEN:** US Chamber of Commerce Foundation Save Small Business Fund. Grant Applications open on April 20 at 3:00pm ET.

The **US Chamber of Commerce Foundation** will accept applications for the Save Small Business Fund, a grant making initiative offering short-term relief for small employers in the United States and its territories. Grant applications opened on April 20, 2020. For more information on eligibility, grant timeline, and more, visit [savesmallbusiness.com](https://savesmallbusiness.com).

#### **Small Business Opportunity at RISmallbusiness.org**

Please be sure to list your business on [RISmallbusiness.org](https://RISmallbusiness.org). They have billboards throughout the state and are developing a longer term strategy to promote small businesses through this website. Please utilize this free service for small business in RI.

Home Care Assistance Of RI has an Urgent opportunity to step up and serve our neighbors in Nursing Residences and Rehab facilities. Let us keep our seniors safe and reassure their families that their loved ones are cared for and supported by dedicated care providers. Nursing Homes, Rehab and Assisted Living Facilities are in need of supplemental staff to support their healthy populations to keep them safe and healthy. You will find the information in the attachment below with incentives, requirements, and expectations. The link to apply is <https://hcari.clearcareonline.com/apply/>. Job Description

# Building/Zoning Official Update

NOTICE: Due to Covid-19 the Building/Zoning Office will be closed to the public until further notice.



- **Permit applications:** Will be by E-mail, drop box, or standard mail.
  - Please E-mail plans, and applications to [ccosta@jamestownri.net](mailto:ccosta@jamestownri.net). Applications will have: Address, owners name, contractor information, Job description, and material/labor cost.
  - I will review and respond with the permit fee that will be mailed or put into the drop box. (write job address in memos on check) payable to Town of Jamestown. When received I will E-mail permits to applicants.
- **Inspections:** E-mail [ccosta@jamestownri.net](mailto:ccosta@jamestownri.net) or call (401) 423-9803 for all inspections.
  - Leave a clear message. Include address, type of inspection, contact number, and property access.
  - Once I'm contacted. I may for some inspections allow video or pictures.
  - General Code question will be answered by E-mail or Phone.

## • Zoning

All zoning Board meetings have been canceled until further notice.

We are receiving applications for the next available meeting.

E-mail [ccosta@jamestownri.net](mailto:ccosta@jamestownri.net) for applications or call (401) 423-9803 for questions.

## Clerk's Department Update on Services

- **April 28th Presidential Preference Primary has been postponed to June 2, 2020** - The Mail ballot application is available at the following website: <https://vote.sos.ri.gov/Content/Pdfs/Calendar/PPP-MailBallot.pdf>! The Primary process is still being reviewed and I will provide information as it becomes available, but I encourage Residents to Apply for a Mail Ballot at the above link. Voter Info: Check your voter status and register to vote by visiting the following link: <https://vote.sos.ri.gov/>
- **Marriage, Birth and Death Certificates** – Please visit the following link: <http://www.jamestownri.gov/town-departments/clerk/vital-records>. Please also contact our office and we can make arrangements to provide service through our window service.
- **Land Evidence (Deeds/ Mortgages)** – Please visit the following link to Search Land Evidence Records at <http://www.jamestownri.gov/town-departments/clerk/land-evidence>. Your Land Evidence Filings can be sent to us for recording at 93 Narragansett Avenue, Jamestown RI. Attention Town Clerk or dropped in our Drop Box located at the back of Town Hall. Please include an email and we can scan and send your record after recording. Please also include a self-addressed stamp envelope for the return of your document.
- **Land Evidence Printing:** Printing Online requires an additional fee to account for the credit card service. So during this time, I would like to offer an additional service for records that you need to print for the same in office cost as prior to Covid-19. Please email me, Karen or Denise the book and pages. We will gladly print those here in the office and provide them to you, through mail or our window service.
- **Probate:** For forms please visit the following website: <https://www.sos.ri.gov/divisions/business-services/probate-forms/>! There is no Probate Court in March or April. We will review filings for urgency and service each request appropriately.

Erin Liese, Town Clerk

423-9800 [eliese@jamestownri.net](mailto:eliese@jamestownri.net)

Karen Montoya, Deputy

423-9801 [kmontoya@jamestownri.net](mailto:kmontoya@jamestownri.net)

Denise Gamon, Assistant

423-7282 [dgamon@jamestownri.net](mailto:dgamon@jamestownri.net)

## What to do if you feel sick:

Call your Doctor: If you think you have been exposed to COVID-19 and develop symptoms, such as fever, chills, cough, or difficulty breathing, call your healthcare provider for medical advice. In the event you call for the Jamestown Rescue please advise the dispatcher if you suspect you may have the COVID-19 virus. It is recommended by the DOH you perform a daily self-check if you have any of these symptoms call your doctor.

## What to do if you are in contact or near a person who has tested positive for COVID-19:

Call your Doctor or medical treatment center, they will advise you depending on the situation what steps to take and what to watch for. They will determine if it was a direct contact. If so, that may require a quarantine period. Indirect contact may require a close self-monitoring and restricted behavior during the monitoring period. Each event must be carefully considered by a health care professional.

## Amazing Tree Facts

1) *Trees take care of each other.* Trees in a forest communicate with each other through an underground network of mycelium fungus, basically the "roots" of mushrooms. Tree's roots are connected with the network of mycorrhizal fungi mainly for the purpose of redistributing carbon, and other nutrients evenly into the soil. BUT, they also use it to "talk" to each other and send nutrients to sick trees or their offspring nearby.

University of British Columbia ecologist Suzanne Simard states, "We have found that mother trees will send their excess carbon through the mycorrhizal network to the understory seedlings."

2) A single tree can absorb as much as **48 pounds of CO2 in one year!**

3) Every few years Oak trees have a "masting" season, meaning they put extra energy into producing acorns that year. **A single Giant Oak Tree can produce and drop nearly 10,000 acorns** during a "masting" season.



## Connecting to your Backyard

Welcome to week three in our series, *Connecting to Your Backyard* - CISF's weekly email providing you with ideas, activities, & positive messages to get you outside, connecting with nature, & giving back to our Earth & community.

### Celebrating Arbor Day

Last Friday was Arbor day, this week's newsletter is all about trees!

### Go on a Tree Hunt!



On a nice day, head outside and try to identify the trees in your yard. Although identifying trees without leaves is challenging, it is far from impossible! Look at the bark, branches, and down on the ground for any fallen leaves. Some trees also bud early, such as magnolia, dogwood, plum, and cherry trees.

### Pine Needle Tea

It sounds a little crazy, but white pine needles make a tasty and nutritious tea! White pine needles are typically 3"-5" long and come in bundles of 5. The photos to the left are white pine trees. Its needles can help you identify if you have any near your home!

\*Note: if you are allergic to pine, we would not recommend this tea!\*

The recipe is as follows:

1/2 cup of young white pine needles  
3 cups of water

- Bring the water to boil in a pot, and then add the pine needles

- Simmer for about 20 minutes

Strain out the needles, sweeten to taste, and enjoy!



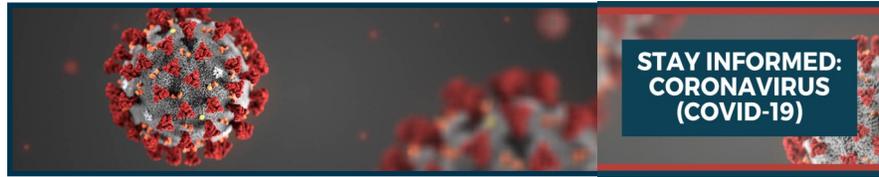


## Quarantine Order:

Starting immediately, any person coming to Rhode Island by any mode of transportation after visiting another state for a non-work-related purpose must self-quarantine for 14 days. This restriction will not apply to public health, public safety or healthcare workers. If under quarantine, individuals should not leave their home for any reason.

Realtors and hotel operators are directed to include quarantine requirements for any out-of-state renters in their rental agreements.

**Commuters:** Those who are able to work from home should do so, and anyone commuting in and out of the state for work should remain in their home when not at work.



## Rhode Island Department of Health

3 Capitol Hill, Providence, RI 02908 | [www.health.ri.gov](http://www.health.ri.gov)

- Anyone who is sick should stay home and self-isolate (unless going out for testing or healthcare).
- The people who live with that person and who have been in direct close contact with that person should self-quarantine for 14 days after the last day that that person was in isolation. Direct close contact means being within approximately 6 feet of a person for a prolonged period.
- Help is available for people living in quarantine or isolation due to COVID-19. Visit [www.RIDelivers.com](http://www.RIDelivers.com) for connections to groceries, home supplies, restaurants, and mutual aid groups. People can also call 2-1-1.
- When people are in public, they should wear a cloth face covering. A cloth face covering is a material that covers the nose and mouth. It could be sewn by hand or improvised from household items such as scarves, T-shirts, or bandanas.
- Groups of more than five people should not be gathering. Always avoid close personal contact with other people in public.
- Healthcare workers should not be going to work if they are sick (even with mild symptoms).
- People who think they have COVID-19 should call their healthcare provider. Do not go directly to a healthcare facility without first calling a healthcare provider (unless you are experiencing a medical emergency).

People with general, non-medical questions about COVID-19 can visit [www.health.ri.gov/covid](http://www.health.ri.gov/covid), write

to [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov), or call 401-222-8022. This is the COVID-19 Hotline that RIDOH has available to the public.

- Everyone can help stop the spread of viruses in Rhode Island.
- Get your flu shot, and make sure the people around you do the same.
- Wash your hands often throughout the day. Use warm water and soap. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Cough or sneeze into your elbow.
- Stay home and do not leave your house if you are sick, unless it is for emergency medical care.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Jamestown Conservation Commission invites you  
to celebrate the 50<sup>th</sup> anniversary of



Earth Day



## Help Keep Jamestown Beautiful!

Although the COVID-19 pandemic has changed most of our Spring plans, we can still celebrate Earth Day while adhering to containment and social distancing measures. Here are a few ideas to support Earth Day:

Individual-small group (such as families that are part of a containment unit) backyard and around your neighborhood cleanups: take a trash bag and gloves with you so you can clean up debris along the road or sidewalk

Start a compost pile: composting your food waste will reduce the amount of waste we send to landfills, and once it fully decomposes, you're left with free rich fertilizer for your garden

Start a garden: welcome the spring season by planting native plants, fruits, and vegetables. Check out [Native-PlantCenter.net](https://www.nativeplantcenter.net) to find the perfect native species for your space.

Plant a tree: native trees and shrubs provide food and habitat for pollinators, birds and other critters. Register with RIDEM for free tree plantings: [www.arboday.org/RIDEM](https://www.arboday.org/RIDEM)

***Save the date for a "Celebrate the First Day of Summer" Conanicut Island Shoreline Cleanup:  
Saturday, June 20, 2020***