

# Dear Friends of 15th Suffolk,

Thank you as always for your fortitude and commitment to one another. As you've likely heard, each region experiencing the COVID-19 outbreak can expect a surge in cases when the number of positive tests jumps dramatically. This surge has begun in Boston. To make sure our healthcare system has the capacity to save as many lives as possible, it is critical that we "flatten the curve" and spread this rise in cases over time. Because the coronavirus is so highly contagious, even in some people who may show NO symptoms at all, the only way to slow the spread is to stay home as much as possible and to cover our faces when we must go outside.

Read on for more on this and for brief updates on resources for small businesses, stress management and more.

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## Access-for-All: Small Business Relief Call with U.S. Senator Ed Markey

- Senator Markey will host an informational conference call **TODAY, April 7th, at 5 PM** to discuss the small business relief provisions of the CARES Act. He will be joined by Robert Nelson, Director of the U.S. Small Business Administration's Massachusetts office. Together, they will take questions about the programs and how best to access them. [Register for the call here.](#)

## City-wide curfew for non-essential workers in Boston from 9 p.m. to 6 a.m.

- PLEASE WATCH: On April 5th, "**Mayor Marty Walsh** [announced new guidelines](#) through May 4th to slow the spread of COVID-19 through May 4th-Guidelines include instructing people to wear face coverings, closing sports facilities at city parks, and strengthening the state at home advisory by adding curfew of 9 pm.

We need to follow his instructions, based on the new guidelines from the CDC and local experts, carefully to prevent the spread of the virus during the surge, which is now beginning in Boston. **Mayor Walsh** explains Boston had

an increase of 511 new COVID-19 cases last weekend, representing 27% of our 1,877 overall cases. This jump in cases marks the beginning of a surge in Boston. The mayor's instructions are based on new guidelines from the CDC and local experts to help slow the spread of the virus during this surge.

**We are in a critical time and every step we take to limit number of people who are exposed will make a difference.** Please wear a scarf, bandana, mask, or similar to cover your nose and mouth when you go outside. This will slow the spread of the virus. Below we linked an instructional video on how to make a face mask in 45 seconds.

This can be a scary time for some of us. Many are experiencing loss and pain, and the distribution of the pain is unfair. But this is also a time we get through by working together and looking out for each other - though we are physically apart. We will get through this together. We will recover together. We will become stronger and be more ready for our future together.

## Resources

- In 45 seconds, U.S. Surgeon General Dr. Jerome Adams [demonstrates how to make your own cloth face mask](#). " It's lo-tech. You can use a T-shirt, hand towel, or bandana. The only other thing you need is rubber bands."
- [Guide to Managing Stress and Anxiety \(COVID-19\)](#) (CDC)
- [Coping With Stress During Infectious Disease Outbreaks](#) (SAMHSA)
- **Elders who need services should contact their local Aging Services Access Point (ASAP) and local Council on Aging (COA).** Click [here](#) to find your ASAP and COA.

## Grant Information

- **Project Bread announced a new grant opportunity for school districts and organizations that are providing meals for children during the COVID-19 crisis.**

Over the past few weeks, school districts and summer meals sponsors across the state have stepped up to help communities face this unexpected challenge by providing meals to children and teens, and Project Bread is committed to supporting these efforts.

Grants of \$500-\$5,000 are available to any existing Summer Food Service Program or Seamless Summer Option National School Lunch Program sponsor operating in Massachusetts. Funding can be used for personnel, transportation, promotion, and other costs to help meal providers serve children and teens in their community.

**[More information and a link to apply can be found here.](#)** Please share with anyone in your communities that may be able to utilize these grants.



For constituents, advocates, or anyone else looking to get in touch, you can reach the office at **617-722-2582**, or **[isabel.torres@mahouse.gov](mailto:isabel.torres@mahouse.gov)**!

You can follow us on social media on **[Facebook](#)**, **[Twitter](#)**, and **[Instagram](#)**.

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