

# TAMWORTH DAILY BULLETIN

Published by the Cook Memorial Library, Monday through Friday afternoons during the COVID-19 pandemic.

Send updates for the next edition to [mary@tamworthlibrary.org](mailto:mary@tamworthlibrary.org) or call 323-8510 and leave a message.

Find previous editions at [www.tamworthlibrary.org](http://www.tamworthlibrary.org)

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Thursday, April 2, 2020

**Alert from NH Legal Assistance:** The government will send the federal stimulus check to your last known address. That could be a problem for people who have moved since filing this year's tax return or without a stable address. If possible, update your address after a move. Usually, you'd do that on your tax return, but you can also submit a federal form 8822, Change of Address. It generally takes four to six weeks to process a change of address. Find form 8822 at <https://www.irs.gov/pub/irs-pdf/f8822.pdf>.

**Art Works Gallery & Gifts/Chocorua Creative Arts Center** was planning to open April 4 but due to COVID-19 we will be postponing our opening. There was lots of work done behind the scenes in March, much needed painting and repairs are now complete. New works by most artists have been acquired. The gallery looks awesome. Workshops and classes are being scheduled for later in the year. If you are interested please call 603-323-8041 and leave a message, we will respond.

Art Works is a special place, we will stay on top of current measures to keep everyone safe and healthy and we will open again AS SOON AS POSSIBLE !

**Chocorua Public Library news:** All materials taken out before the library's closure will be automatically renewed until May, after the NH Stay at Home order is lifted. Please don't feel like you need to return items before then, as the return 'mailbox' will not be checked until May.

We both hope that you have enough books and movies to see you through the month, and that we will see you back at Chocorua as soon as we get the okay to reopen.

Meanwhile stay safe, and take care, Suzanne Balomenos Morgan & Cathy Dancy

**Questions about COVID-19? Call the NH Hotline at 2-1-1.**

## Coronavirus Disease 2019 (COVID-19):

# 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

**1**

**Stay home** from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.



**2**

**Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



**3**

**Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.



**4**

If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



**5**

For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



**6**

**Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover your cough/sneeze
- Avoid touching your eyes, nose, and mouth



**7**

As much as possible, **stay in a specific room** and **away from other people** and pets in your home. Use a separate bathroom, if available.



**8**

**Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



**9**

**Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



**10**

**Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising, or other hobbies.



## For more information:

For guidance specific to the Pentagon Reservation and DOD offices and facilities in the National Capital Region, please go to the WHS COVID-19 Guidance page, <https://www.whs.mil/Coronavirus/>