

# Old Saybrook Life During COVID-19...So Far

We would like to know how you are making it through this historic time in Old Saybrook. We would like to document this time to make it available for future generations. We do understand that we are not through with COVID yet, but please tell us how you are doing so far. Please answer as many of the question that you can. If you have any questions email us at [actonlibrary@actonlibrary.org](mailto:actonlibrary@actonlibrary.org)

What is your connection to Old Saybrook?

I have a private psychotherapy practice in Old Saybrook

When, where, and how did you quarantine?

Mostly at home

Did you feel prepared for the pandemic? How did you navigate the shutdown of services and shortage of supplies, such as hand sanitizer and paper products?

I stocked up on things I needed.

How did the pandemic affect you and your family?

There were minimal inconveniences....

Did you learn anything about yourself during this experience that surprised you?

I'm quite resilient..

Did you require help or social services during the shutdown and how did you navigate that?

No

How do you feel the Town of Old Saybrook responded to the COVID-19 crisis?

The town did a great job of keeping us informed....

What will be the experiences and stories you will share with people in the future when you talk about the pandemic?

Unsure

Is there anything else you would like to share?

No

### General Demographics

- Adult (18+)
- Teen (13-17)
- Child (12 and under)

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