



NEW YORK STATE SENATOR

Kevin Thomas

COVID-19 Community Resource Page

SENATOR KEVIN THOMAS April 5, 2020

| ISSUE: **CORONAVIRUS, COVID-19, COVID-19 VACCINE LONG ISLAND**



New York State Senator
Kevin Thomas
District 6

COVID-19 Community Resources

nysenate.gov/coronavirusresources



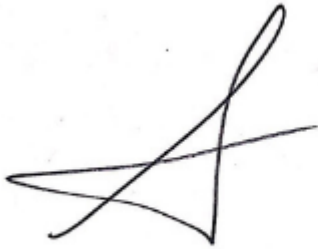
Dear Neighbor,

Welcome to my **COVID-19 Community Resource Page**. Simply click the name of the topic you are interested in below, and you will find a drop-down of updated information, links, and resources related to that topic.

If you cannot find what you are looking for, please get in touch with my Office by emailing **thomas@nysenate.gov**, or calling **516-739-1700**. My staff and I are here to help!

We will get through this together, and I am with you every step of the way.

Sincerely,

A handwritten signature in dark ink, appearing to be 'K. Thomas', with a stylized, looped initial 'K' and a horizontal line extending to the right.

Senator Kevin Thomas

Our Office

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General Information and Hotlines

- **New York State Department of Health Website**
- **U.S. Centers for Disease Control and Prevention**
- **Nassau County Coronavirus Page**
- 24/7 New York State Coronavirus Hotline: **1-888-364-3065**
- Servicios de Apoyo para las Comunidades Inmigrantes ahora y después del coronavirus (English & Spanish Services Available): **516-546-0357**, Lunes - Sábado de 8:00am - 7:00pm.
- Nassau County Coronavirus Hotline: 516-227-9570
- Sign up for Statewide Coronavirus Update Emails **here**.

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Additional Info & FAQs

- **COVID-19 Data in New York** Access data sources related to testing, hospitalization, fatalities, vaccination, and a variety of other topics.
- **Latest News from New York State**
- **COVID-19 Guidance Repository** Access a list of COVID-19 guidance released by New York State since the start of the pandemic.
- **Protect Yourself and Your Family from Coronavirus (COVID-19)**

COVID-19 Vaccines

For the latest updates about the COVID-19 vaccine and boosters, visit **covid19vaccine.health.ny.gov**.

Questions about the vaccine? Contact your primary care physician to get more information. FDA fact sheets for recipients and caregivers on each vaccine are available here: [Pfizer-BioNTech/Cominarty](#); [Moderna](#); [Johnson & Johnson](#).

Make a Vaccine/Booster Appointment

COVID vaccines are widely available at pharmacies, local health departments, clinics, Federally Qualified Health Centers and other locations across the state. Visit [Vaccines.gov](#) to find appointments near you or contact your local pharmacy or provider.

To schedule an appointment directly at a New York State-run site, go to [New York State's vaccine scheduler](#) and follow the instructions.

Find a COVID-19 test site near you using the [COVID-19 Test Site Finder](#) or on the map below:

Governor Kathy Hochul recently announced two additional NYS COVID-19 testing sites on Long Island that will start testing on Wednesday, December 29th, 2021. To make an appointment at the Hempstead or Hauppauge location, use this link:

<https://appointments.bioreference.com/nystatecovidtesting>.

- If you go to a test site run by New York State, there is never any charge for your test.
- If you go to a test site operated by local governments, private companies including pharmacies and medical practices or not-for-profit organizations, you are advised to check with the testing site and your insurer in advance of being tested to confirm you will not be responsible for any fees associated with your test.

- Individuals who have questions regarding eligibility or access for testing should call the New York State COVID-19 Hotline at 1-888-364-3065 or visit the NYSDOH website <https://covid19screening.health.ny.gov>.
- If you have questions or concerns about health insurance costs related to Coronavirus tests or care, please call the Office of the Attorney General's Health Care hotline: 1-800-428-9071.
- If you get a call from "NYS Contact Tracing" (518-387-9993), PLEASE answer the phone. Answering the phone will keep your loved ones and community safe.

Additional Health Resources

- If your child is experiencing symptoms such as prolonged fever, severe abdominal pain, change in skin color, racing heart and chest pain, make sure you call your doctor. [For more information, click here.](#)
- The New York State Department of Financial Services announced a special healthcare enrollment period for uninsured New Yorkers and New Yorkers who recently lost their health insurance due to losing their employment. Please visit the [New York State of Health Marketplace](#) or call Customer Service at 1-855-355-5777, TTY: 1-800-662-1220 to learn more and sign up for coverage.
- Health care workers can text NYFRONTLINE to 741-741 to access 24/7 emotional support services. Any New Yorker can call the COVID-19 Emotional Support Hotline at 1-844-863-9314 for mental health counseling.
- Be an informed participant in your own health care! Review The [5 Steps to Safer Health Care](#), a helpful resource for individuals and their families who are preparing to navigate

the healthcare system.

- The NYS Cancer Services Program is still open and provides free or low-cost cancer screening services. If someone you know feels a lump or a mass please contact Angelica Medina at 516-877-4331 or via email at amedina@adelphi.edu.
- The Adelphi Breast Cancer Program remains open and will continue providing free and confidential services to the breast cancer community. If you or someone you know needs support, call Adelphi Breast Cancer Program's toll-free hotline at 1-800-877-8077. If you or someone you know has faced job loss and/or lacks health insurance, you can contact the Sisters United in Health initiative at 516.877.4336, who can connect you with free and/or low-cost mammography screening resources (available in English and Spanish).

State and Federal Assistance for Business (Quick Facts):

- **Empire State Development COVID-19 Resources**
- **New York Forward Business Reopening Lookup Tool (determine whether or not your business is eligible to reopen)**
- **Paycheck Protection Program**
- **Economic Injury Disaster Loan**
- **Sales Tax Filing Extension**
- **Mortgage Payments Delayed**

Federal CARES Act

- **Key Things to Know**

- **House Small Business Summary**
- **Senate Small Business Summary**

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Relief Programs

Nassau County Restaurant Recovery Program (County) - In another effort to support small businesses during the COVID-19 pandemic, Nassau County Executive announced the County's New Restaurant Recovery Program. The Nassau County Restaurant Recovery Grant Program is intended to support full-service restaurants – the industry hit hardest by the pandemic – during the winter months when outdoor dining is limited and as restaurants adjust to New York State's COVID-19 safety restrictions and new mandates. Restaurants can begin applying on November 30, 2020 on www.nassaucountyny.gov/restaurantrecovery, where they can find all the details on eligibility criteria. The key requirements for the restaurants include: Must be in Nassau County; Must be in operation on or before March 1, 2019; Must have 50 or fewer full-time employees.

New York Forward Loan Fund (State) - On May 26, the state launched the New York Forward Loan Fund, a \$100 million fund to provide flexible and affordable loans to help our small businesses, especially MWBEs (Minority and Women-Owned Business Enterprises) that did not receive federal Covid-19 assistance. The program will take a smart, targeted approach for distributing these loans, focusing on truly small businesses, with 20 or fewer employees and less than \$3 million in gross revenues. If you're a small business who didn't get federal assistance, you should learn more about this program. To learn more and apply, visit esd.ny.gov/nyforwardloans

(SBA) COVID-19 Loans (Federal) - As part of the \$2 trillion federal stimulus bill (CARES Act) passed on March 27, New York State small businesses are eligible for a number of relief benefits from the U.S. Small Business Administration (SBA). It is recommended that businesses apply now—these programs are expected to be in high demand from small businesses across the country. It's also important to understand the programs that best suit your needs and the information needed to apply. For a guide to these programs and for help regarding the application process, go to https://esd.ny.gov/small-business-administration-sba-covid-19-loans?fbclid=IwAR1sgowm74yGQHl5RKHZ__YVx05Y1vcOm4-VTk86XF2ydCVFLwaxjVMnWaY

- **Paycheck Protection Program** - The PPP provides \$349 billion in loans to small business, nonprofits, sole proprietors and other eligible entities with fewer than 500 employees. Loans of up to \$10 million can be obtained to cover certain business costs including employee payroll, rent, insurance, paid sick or medical leave, interest on mortgage obligations and utilities. PPP loans cover costs incurred February 15, 2020 – June 30, 2020. Up to 8 weeks of eligible expenses may be forgiven. Loan repayments will be deferred for 6 months. [Click here for more information on how to apply](#)
- **SBA Subsidy Loan Program** - The \$2 trillion CARES Act also provides benefits for businesses with existing SBA loans. Eligible businesses can apply for the SBA to pay interest and principal payments for 6 months on their existing SBA loans. For SBA loans made prior to March 27, 2020 SBA loan types eligible: 7(a), community advantage, 504 and microloans. [Click here for more information on how to apply.](#)
- **SBA Economic Injury Disaster Loan (EIDL) Program** - Provides small businesses and nonprofits with low-interest loans of up to \$2 million to help overcome other financial losses due to COVID-19. [Click here for more information on how to apply.](#)

Organizations Available to Assist

Discover Long Island - All industry businesses can utilize [this page](#) for breaking information related to the travel industry, and upcoming opportunities for Long Island Businesses.

NY Small Business Development Centers (SBDC) - The New York Small Business Development Centers (NYSBDC) provides small business owners and entrepreneurs in New York with the highest quality, confidential business counseling, training, and business research at no cost. Get assistance with how to start a business, the small-business loan application process and more. You must schedule an appointment, and you can do so by calling at 800-732-7232, or visiting nysbdc.org/appointment.html.

Entrepreneurship Assistance Centers (EAC) Contact List - Entrepreneurship Assistance Centers (EAC) provide instruction, training, technical assistance and support services to new and aspiring entrepreneurs in local communities statewide.

Community Development Financial Institution (CDFI) Contact List - CDFIs are local financial service providers with locations throughout New York State, and often are the sole provider of banking and other financial services in communities that are not served by traditional banks and financial institutions.

New York State Department of Financial Services (NYDFS) - Provides information for consumers and small businesses to help protect New Yorkers.

The US Small Business Administration (SBA) customer service center can be contacted with any questions about SBA disaster assistance at 800-659-2955.

The Board of Regents and the New York State Education Department (NYSED) are providing information and guidance for P-12 schools, colleges and universities, licensed professionals,

adult education programs, and NYSED employees in response to the Novel Coronavirus (COVID-19). This information is available at <http://www.nysed.gov/coronavirus>.

The COVID-19 Report Card

The **COVID-19 Report Card** provides parents, teachers, students and all New Yorkers with comprehensive data updated on a daily basis, including:

- Positive infections by date of students & staff by school & school district
- Whether school/district (& student and staff) are remote, in-person, or hybrid
- Number of students and staff on-site
- Percentage of on-site students & staff who test positive
- Number of tests administered by the school, test type, lab used and lag time
- Date of last submission/update
- Please see the additional guidance and presentations posted at <https://coronavirus.health.ny.gov/>. If you have any questions, please contact SchoolQuestionsCOVID@health.ny.gov.

Employment Protections and Assistance

The **New York State Department of Labor** administers unemployment insurance benefits for New York State, and **their website** (labor.ny.gov) is a great first-stop if you're looking for answers to questions about unemployment benefits.

CARES Act (Federal) - The federal CARES Act was signed into law March 27, 2020 after passing both houses of Congress. The Act provides enhanced UI benefits and Pandemic Unemployment Assistance (PUA) for New Yorkers. Pandemic Unemployment Assistance

(PUA) provides payment to workers not traditionally eligible for unemployment benefits (including people who are self-employed, independent contractors, workers with limited work history and others) who are unable to work as a direct result of the coronavirus emergency. For more information, [click here](#).

Coronavirus Emergency Paid Sick Leave Bill (State) - On March 19, 2020, the State Legislature passed an emergency bill to enact paid sick leave for New Yorkers facing quarantine due to exposure to the virus, and waiving the 7-day waiting period for unemployment insurance. Effective immediately, employees in New York subjected to mandatory or precautionary orders of quarantine or isolation are eligible for some form of paid leave. Sick leave for coronavirus will not be charged against existing accrued sick leave.

?Who does this apply to?

- Employers with 10 or fewer workers - unpaid sick leave until the termination of the emergency order.
- Eligible for paid family leave program (\$840.70 per week) with any difference made up by disability insurance program (up to \$2,043 per week).
- Employers with between 11 and 99 employees, also includes high earning small employers
- 5 days paid sick leave
- Employers with 100 or more employees and all public employers - 14 days of paid sick leave during the order.

To find out if you are eligible, and to apply for paid quarantine leave if you are, call 1-888-364-3065 or visit <https://www.governor.ny.gov/programs/paid-sick-leave-covid-19-impacted-new-yorkers>.

Additional Employment Protections and Resources:

- NYS is waiving the 7-Day waiting period for Unemployment Insurance benefits for people who are out of work due to Coronavirus closures or quarantines. You can apply for UI benefits [here](#)
- The legislature passed a new law to provide death benefits for public frontline workers who died from COVID-19 during the state of emergency: See the bill [here](#).
- Workers in New York State have up to 10 weeks of paid leave to care for a family member with a serious health condition. This leave may not be used for your own health condition. For more information, please visit the [NYS Paid Family Leave resource site](#) or call the Paid Family Leave toll-free helpline at (844)337-6303.
- The Family and Medical Leave Act provides for up to 12 weeks of unpaid leave if you have a serious health condition or are caring for a family member with a serious health condition. You must have worked for your employer for a year and your employer must have 50 or more employees. For more information, please visit the [U.S. Department of Labor](#).
- If you are sick, you may also be able to request unpaid leave as a reasonable accommodation under laws that prohibit disability discrimination. For more information, please visit the [NYS Division of Human Rights](#)

- If you have questions about your rights in the workplace or if you believe your employment protections have been violated, including violations of workforce reduction mandates and essential business guidance, please contact the OAG's Labor Bureau: 212-416-8700.
- Short term disability insurance is potentially available to workers who take time off due to illness. For more information, please visit the **NYS Workers' Compensation Board**
- Attorney General Letitia James' office is closely monitoring the treatment of employees across the state as the workforce reduction mandates go into effect, and she's publicized a hotline and email address for anyone to report a violation of existing state labor laws or any recent executive orders that are potentially putting workers in harm's way. Her office can be reached is 212-416-8700 or by email at labor.bureau@ag.ny.gov.

Mental Health Resources

- The NYS Office of Mental Health Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling. **OMH Emotional Support Line: 1-844-863-9314**
- These times of self isolation and social distancing, can be dangerous for victims who are experiencing domestic violence. If you or someone is in need of help, please call the **NYS Domestic and Sexual Violence Hotline: 1-800-942-6906**

- Adelphi University's Institute for Parenting Warmline (calls are returned Mondays & Thursdays) is for parents, caregivers, and educators of young children (ages 0-6) who have questions regarding babies' and young children's development and wellbeing, especially in times of heightened stress. Your call will be returned by an infant and early childhood specialist from the Institute for Parenting at Adelphi University. **Adelphi University's Institute for Parenting Warmline?: 516-515-1948.**
- Feeling stressed? Check out the new Headspace COVID19 collection of meditation, sleep, and movement exercises: <https://www.headspace.com/ny>
- **New York State Office of Mental Health's List of Mental Health Resources During an Emergency**
- **Long Island Trauma Recovery Network** is providing free EMDR therapy for Health Care Workers, First Responders, Essential Frontline Workers, and their loved ones. Please email LongIslandTrauma@gmail.com for more information.
- The **American Red Cross** has created virtual Family Assistance Center to assist families who have lost a loved one to COVID-19. All Family Assistance Center support will be provided virtually and is completely confidential. Families who have lost loved ones to COVID-19 can fill out an online intake form, and a Family Assistance Center volunteer will contact them:
 - English: www.redcross.org/NYSCOVIDFamilySupport
 - Spanish: www.redcross.org/NYSCOVIDApoyoFamiliar
 - Those without online capabilities may call **585-957-8187**, and a volunteer will assist them with the initial intake process.

Resources for Seniors

- There is a local office for the **New York State Office for the Aging (NYSOFA)** in every county in New York State. The dedicated people who work at your local office for the aging have the training, experience and local knowledge to help you access a variety of services and benefits, or can direct you to the appropriate agency or organization for help. The contact for the Nassau County Department of Human Services Office for the Aging is **(516) 227-8900**.
- The **New York State Office for the Aging (NYSOFA)**, in partnership with BellAge, Inc., and the Association on Aging in New York (AgingNY) has announced the launch of CV19 CheckUp in New York State, a free, anonymous, personalized online tool that evaluates an individual's risks associated with COVID-19 based on their life situation and individual behavior and provides recommendations and resources to reduce those risks. Access the tool at <https://newyork.cv19checkup.org/>.
- Nassau County Department of Senior Citizen Affairs Senior HELP-LINE Available Monday-Friday 9am-5pm: **(516) 227-8900**
- LICC Senior Helpline: **516-679-0000**
- RSVP Suffolk Senior Reassurance Line: **631-979-9490**
- The Alzheimer's Association is running support groups via telephone/webinar, as well as a 24/7 hotline for those in need. For more information, call (800) 272-3900 or click [here](#).

?Veterans

- Counseling is a critical service offered to our Veterans. The **Nassau County Veterans Services Agency** will continue to offer this service over the phone. Transportation services will continue to drive Veterans to important medical procedures. Vehicles are thoroughly cleaned before and after each trip. If you are a Vet in need, please call the VSA to see how

they can help at **516-572-6565**.

- **The Joseph P. Dwyer Veterans Peer Support Project** is hosting Online Support Groups throughout the week to discuss Reducing Stress in an Uncertain Time. **Please visit their page for a complete schedule of upcoming meetings.**
- **Nassau County's "Vet Mart" food pantry** is open to vets in need, and now has a drive-up program. If you can't pick up, volunteers can come to you. The pantry is located at 2201 Hempstead Turnpike, Building Q, East Meadow, NY and is open Monday-Friday from 9 AM to 12 PM. Contact: 516-572-6526.

Statwide Efforts

- The State established a new partnership with the New York State Court System to create a pro bono network of volunteer lawyers to provide New Yorkers in need with free legal assistance. Volunteers will begin to receive training and start offering assistance next week. Lawyers interested in volunteering can sign up at **www.nysba.org/covidvolunteer**
- NYS is calling on Health, Mental Health, and Related Professionals to sign up to be part of a reserve staff if the need arises. Enlist today: **<http://health.ny.gov/assistance>**.
- The First Responders Fund has been created to assist COVID-19 health care workers and first responders with expenses and costs, including child care. Donations can be made **electronically** or by check sent to Health Research, Inc., 150 Broadway, Suite 560, Menands, NY 12204. Please specify the donation is for "COVID-19 NYS Emergency Response."
- NYS is investing in private companies to bring rapid testing to scale: interested businesses should contact Empire State Development at 212-803-3100 or **COVID19Supplies@esd.ny.gov**.

- Amid a shortage of personal protective equipment — or PPE — products in the state, including gloves, masks and gowns, the Governor is asking all PPE product providers to sell to the state any products that are not essential or not currently being used. Businesses interested in selling products to the state should contact Simonida Subotic at **646-522-8477** or **covid19supplies@exec.ny.gov**.
- The Governor is encouraging any company with the proper equipment or personnel to begin to manufacture PPE products if possible. The state is willing to provide funding to any company to obtain the proper equipment and personnel. Businesses interested in receiving state funding to manufacture PPE products should contact Eric Gertler at 212-803-3100 or **COVID19supplies@esd.ny.gov**.
- NYS is accepting donations of essential goods, services, and spaces to support New York's response to the COVID-19 public health emergency. For more information, click [here](#).

Nassau County Efforts

- Frontline Foods Nassau County partners with our local restaurants to donate delicious meals to our courageous frontline healthcare workers. Your tax-deductible donation doesn't just support our small businesses in this critical moment, it also brightens the day of our healthcare heroes. Learn more about them, and consider supporting their mission, by visiting <https://www.frontlinefoods.org/nassaucounty>
- The Nassau Veteran's Association is in need of drivers to help with deliveries and transportation services. Call **516-572-6565** for more info.
- RXR Realty has created a platform called RXR Volunteer, where accountants, attorneys, consultants and others with important skill sets, can offer their services to small business owners, non-profit leaders and others trying to navigate through our present crisis. The

site is currently open to volunteers and those seeking help, and you can see more at www.rxrvolunteer.com.

Our local food banks are working hard to support Long Islanders with critical food and resources during this public health emergency. You can support their work with a donation*:

***Remember to use caution whenever making charitable donations, and never make donations in cash, by gift card, or by money wire. For more guidance, visit the NYS Attorney General's website at <https://ag.ny.gov/coronavirus>.*

Donate Blood

- New York Blood Center is in urgent need of blood and plasma donors who have not been exposed to coronavirus. If you are considering donating, please call NYCB at 800-688-0900.
- If you had COVID-19 and have recovered you can help save a life. Your blood may contain antibodies that fight the virus and can help critically ill people. Mount Sinai is looking to screen volunteers who can potentially donate plasma. Learn more and fill out the eligibility questionnaire [here](#).

Food Assistance Resources

- **Island Harvest** is the largest food bank on Long Island: islandharvest.org; Call 516-294-8528 or 631-873-4775. Text 631-450-3775 with ZIP code for a list of nearby pantries
- **Long Island Cares** provides food to 350 food banks and pantries on Long Island: licares.org; 631-582-FOOD

- **Carroll's Kitchen Long Island** delivers meals to those in need: carrollskitchenli.org; carrollskitchenli@gmail.com; 631-206-4235
- **Nassau County VetMart** is a food pantry for veterans that is located in East Meadow: (516) 572-6526
- **Long Island Council of Churches** serves an emergency food program in Freeport: liccdonate.org
- **EAC Network Meals on Wheels** provides meals to homebound seniors in Nassau County: eac-network.org/meals-wheels-seniors/
- **Three Village Meals on Wheels** provides low-cost meals to people of all ages who are homebound, handicapped or chronically ill in Northern Brookhaven Town: 631-689-7077
- **Suffolk311:** Suffolk residents can call 311 for local food bank information or look under the Food Assistance section at suffolkcountyny.gov/Departments/Health-Services/Health-Bulletins.
- To apply for the **Supplemental Nutrition Assistance Program (SNAP)** for help purchasing food, go to New York State's benefits website: mybenefits.ny.gov. You can also contact the Nassau Department of Social Services at 516-227-8519 and the Suffolk Department of Social Services at 631-854-9930.

?Housing

Emergency Rental Assistance Program. Applications are now being accepted for the Emergency Rental Assistance Program. Visit <https://otda.ny.gov> for more information and to apply.

NOTE: Residents of the Towns of Hempstead and Oyster Bay must apply with their local programs for emergency rental assistance.

For the Town of Hempstead, applications can be submitted through the website, via phone, or through one of LIHP's partner organizations. To learn more about the program or send an application, residents can visit <https://www.lihp.org/herapintake.html> (English) and <https://www.lihp.org/herapintake-SP.html> (Spanish). Residents can also contact the Call Center at 844-260-7536.

The COVID-19 Emergency Eviction and Foreclosure Prevention Act of 2020 ensures New York renters and homeowners impacted by the COVID-19 pandemic can safely remain in their homes. The act suspends eviction and foreclosure proceedings for 60 days to give renters and homeowners the opportunity to submit a hardship declaration. For more information and instructions on how to submit a hardship declaration, please go to the **[The COVID-19 Emergency Eviction and Foreclosure Prevention Act Constituent Resource Page](#)**.

Utilities: Utility companies PSEGLI, National Grid, and local water authorities have been ordered to maintain service even if an account becomes delinquent. If you experience a shut-off, please let my office know by calling **516-739-1700** and emailing **thomas@nysenate.gov**. On March 25, the Public Service Commission approved orders postponing rate increases for nearly 2 million customers of New York American Water and National Grid upstate that were scheduled to go into effect on April 1st.

Mortgage Relief: Governor Cuomo issued an emergency regulation requiring financial institutions to give mortgage borrowers forbearance of at least 90 days if they apply for assistance due to job loss or other issues brought on by COVID-19. It also requires those financial institutions to waive ATM fees and late payment fees on credit cards for the same reason. For additional DFS regulatory actions on the COVID-19 pandemic, visit **www.dfs.ny.gov/industry/coronavirus**.

Nassau County Downpayment Assistance Program: Nassau County will provide eligible first-time homebuyers with up to \$25,000 towards down payment/closing costs towards the purchase of an eligible new or existing single-family home, provided that the applicant puts a minimum down payment of at least \$5,000. The applicant must also be able to satisfy the mortgage lender's minimum down payment requirements and be able to secure a mortgage. Homeowners are required to reside in the home for a minimum of 10 years or HUD will require a full repayment of the grant. For more information, go to

<https://www.nassaucountyny.gov//civicalerts.aspx?aid=8630> or call Michael Miller at the Office of Community Development at 516-572-0838 and Lissette Quinonez at the Long Island Housing Partnership, INC. at 631-435-4710 ext. 315.

Additional Housing Resources:

- **Emergency Housing Directory** - Lists shelters for women, men, and families by city and state. Please see website for most up to date information.

Price Gouging: If you become aware of any stores that may be price gouging items such as cleaning supplies and hand sanitizer, please call the State Division of Consumer Protection at **1-800-697-1220** or call 311 to file a complaint. Report incidents of price gouging in Nassau County to **pricegouging@nassaucountyny.gov**.

Scams: Visit the Federal Trade Commission (FTC) Consumer Information on Coronavirus web page to learn about coronavirus scams and how the FTC is addressing them:

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>. Visit the U.S. Securities and Exchange Commission Look Out for Coronavirus-Related Investment Scams – Investor Alert web page: https://www.sec.gov/oiea/investor-alerts-and-bulletins/ia_coronavirus.

New York Office of the Attorney General Guidance on Coronavirus Resources and Warnings about Consumer Scams web page: <https://ag.ny.gov/coronavirus>

Social Distancing Violations: Social distancing is crucial for preventing the spread of COVID-19. Governor Andrew Cuomo has established the New York State PAUSE Enforcement Assistance Task Force, where you can report gatherings, the operation of non-essential businesses, or other instances where social distancing isn't being practiced. To file a complaint, call the Task Force at **1-833-789-0470** or fill out their online form at <https://mylicense.custhelp.com/app/ask>.

Reporting Hate Crimes: The OAG has launched a hotline for New Yorkers to report hate crimes and bias-based incidents. The hotline, which will continue indefinitely, comes in the wake of rising reports of harassment and assaults, as well as rhetoric against Asian Americans amidst the COVID-19 pandemic. The OAG urges anyone experiencing hate crimes and bias incidences to report them by emailing the OAG's Civil Rights Bureau at civil.rights@ag.ny.gov or by calling **1-800-771-7755**.

Stay Active

- **Tai-Chi, Meditation, Deep Stretching and Yoga Classes** - For 21-days, [Brain & Body Tai-Chi and Yoga of Rockville Centre](#) will open online classes for FREE to Essential workers, furloughed workers, anyone affected by COVID 19 and their families, anywhere in the USA or worldwide. All are welcome, including beginners. To learn more and register, click [here](#).

Education & Learning

- **PBS LearningMedia** THIRTEEN and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more just for teachers, students, and parents. To access these free resources, go to <https://ny.pbslearningmedia.org/>.

Internet Services

Some companies are offering free or reduced price Internet access to families that need it:

- Spectrum is offering the first 2 months of service free for families with students who do not have internet access and who have not been Spectrum customers for 30 days. Call (855) 243-8892
- Comcast is offering 2 months of free service for those who sign up for Internet Essentials (if you enroll by April 30). To sign up, applicants can visit www.internetessentials.com or call 1-855-846-8376
- Altice is offering free broadband for 60 days to any new household in our service area with K-12 and/or college students who may be displaced due to school closures and who do not currently have home internet access. Call 866.200.9522

Additional Resources and Guidelines

- **Information for Healthcare Providers**
- **Pregnancy Guidelines**

- **Voting and Election Procedures**
- **Cyber Security Guidelines**
- **Guidelines for Travel, Large Gatherings, and Quarantine**
- **New York State Parks COVID-19 Guidance**