



NEW YORK STATE SENATOR

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CORONAVIRUS RESOURCES

PATTY RITCHIE March 20, 2020



[Click here to view the New York State Department of Health COVID-19 Tracker](#)

[Click here to view the current COVID-19 Global Cases by Johns Hopkins CSSE.](#)

REOPENING RESOURCES

[NY Forward Website](#)

[New York Forward Business Reopening Lookup Tool](#)

HEALTH RESOURCES

WEBSITES

[Centers for Disease Control and Prevention Coronavirus Webpage](#)

[New York State Department of Health Coronavirus Webpage](#)

[Jefferson County Public Health](#)

[Oswego County Public Health](#)

[St. Lawrence County Public Health](#)

PHONE NUMBERS

Centers for Disease Control and Prevention: 1-800-232-INFO

New York State Department of Health 24/7 Coronavirus Hotline: 1-888-364-3065

New York State Mental Health Hotline: 1-844-863-9314

New York State Domestic Violence Hotline: 1-800-942-6906

Samaritan Medical Center Resource Line: 315-755-3100

Upstate University Hospital's Regional Triage Line for COVID-19: 315-464-3979

Oswego County COVID-19 Hotline: 315-349-3330

River Hospital COVID-19 Resource Line: 315-482-1299

Carthage Area Hospital Resource Line: 315-519-5497

Jefferson County Crisis Hotline: 315-782-2327 or 315-777-9681

Jefferson County Public Health: 315-786-3770

St. Lawrence County Public Health: 315-386-2325

Oswego County Public Health: 315-349-3545

TRICARE Nurse Advice Line: 1-800-TRICARE (874-2273), option 1

APHC Army COVID-19 Hotline: 1-800-984-8523

Testing Sites

[Samaritan Medical Center drive-up Testing Site \(Watertown\)](#)

LABOR/SMALL BUSINESS/FINANCIAL RESOURCES

Unemployment: As follows are important websites and phone numbers related to unemployment insurance and paid leave:

[New York State Department of Labor \(DOL\) Website](#)

[NYS DOL Unemployment Filing Instructions](#)

[Unemployment Guidance for Self-Employed Individuals](#)

[Department of Labor: What You Need to Know about the Federal CARES Act & Unemployment](#)

[Unemployment Insurance Frequently Asked Questions \(FAQ\)](#)

[How to File Your Unemployment Claim Online](#)

[Information on Paid Sick Leave for COVID-19 Impacted New Yorkers](#)

New York State Department of Labor Phone Number: 1-888-209-8124

Help for small businesses: There are a number of resources available to assist and guide businesses through this challenging time, including:

[Small Business Administration Coronavirus Small Business Guidance & Loan Resources](#)

[Is My Business "Essential?" Executive Order Guidance for Businesses](#)

[Apply for Essential Business Designation](#)

[Empire State Development COVID-19 FAQ for Businesses](#)

[Federal Economic Impact Payment: What You Need to Know](#)

[Federal Paycheck Protection Program \(provides 100% federally guaranteed loans to small businesses\)](#)

[Tax Relief for New Yorkers Impacted by COVID-19](#)

[City of Oswego Emergency Assistance Website](#)

North Country Alliance (NCA) COVID-19 Emergency Business Relief Program: This program was created to provide businesses located in the [NCA's service region](#) with short-term relief and access to working capital during the pandemic. The program is designed to help both for-profit and not-for-profit businesses with fewer than 100 employees with loans of up to \$25,000. The program is administered for the NCA by the Development Authority of the North County (DANC) and those interested in more information are encouraged to [click here](#), or contact DANC Project Development Specialist Matt Siver at msiver@danc.org.

COMMUNITY SUPPORT

Food banks

Food Bank of Central New York

School Districts/Food for Students: Across our region, school districts are providing meals for students. For more information, contact your school district.

Childcare

Watertown Family YMCA: The Watertown Family YMCA is offering childcare for the children of workers in the healthcare, emergency services and other essential personnel. To register, contact the YMCA at 315-755-2005 between the hours of 8:30 AM and 5:00 PM.

Services for Seniors

Jefferson County Office for the Aging: (315) 785-3191

St. Lawrence County Office for the Aging: (315) 386-4730

Oswego County Office for the Aging: (315) 349-3484

HOW YOU CAN HELP

The state is calling on health care professionals, schools of public health or medicine and PPE products providers and manufacturers to come forward to support the state's response.

If you believe you can be of assistance, [click here](#).

WHAT YOU CAN DO TO STOP THE SPREAD

- Even if you feel healthy, please try to stay at home as much as possible.
- In public, practice "social distancing" by keeping a 6-foot distance from others.

- Wash your hands with soap and water for at least 20 seconds—especially after being in a public place and after you have coughed or sneezed.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol.
- Cover your mouth and nose with a tissue when you sneeze. After doing so, immediately wash your hands.
- Avoid touching your eyes, nose and mouth.
- Take extra care to avoid exposing the elderly and those with underlying health conditions to illness—instead of visiting them, call.
- Be sure to clean and disinfect frequently touched surfaces daily, including doorknobs, light switches, countertops, phones, keyboards, toilets, tables, handles, faucets, etc.

