

CORONAVIRUS (COVID-19) NEW YORK STATE RESOURCE GUIDE

Updated August 13, 2020

Fund Love Community Services is committed to keeping New York informed throughout this crisis. Although circumstances are changing quickly, we are working diligently to update this newsletter frequently with trusted resources to help you navigate the coming weeks.

Key Points

- **Practice Social Distancing.** All regions have entered Phase 4. All industries are permitted to open, except for indoor seating at restaurants, fans at sporting events, and movie theatres and Broadway shows. Masks and social distancing are required at all public spaces, and we encourage everyone to practice frequent handwashing and sanitizing. For more information, visit the [New York State Website](#).
- **If you think you might have COVID-19, call 1-888-364-3065 for immediate advice.** To avoid spreading COVID-19 to others, do not visit healthcare providers without calling ahead first.



Protect Yourself

To learn how to protect yourself and prevent illness, learn more [here](#).



Prepare Your Family

To learn how to prepare your family throughout the COVID-19 outbreak, read the guidelines [here](#).



If You Think You Are Sick

If you think you are sick, follow the CDC step-by-step guidelines [here](#).



How can you help?

There are many things you can safely do to help your community. Start with taking precautions to prevent the spread of COVID-19 using the resources above. We'll continue working to provide you with organizations looking for help or donations, for example, check out the [United Way of New York State](#) and [How to Get Involved with Relief Efforts](#).

CORONAVIRUS (COVID-19)

WHAT RESOURCES ARE AVAILABLE TO ME IN NEW YORK?

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 Prepare Your Family

 If You Think You Are Sick

COVID-19 Health Services and Resources

- For resources and support about COVID-19, call the NYS COVID-19 Hotline at **1-888-364-3065** or your healthcare provider. **Call 911 if it is an emergency.**
- [Understand if you are at higher risk for severe illness](#)
- [Precautions you can take](#) if you are higher risk
- [Make your own mask and learn how to use it](#)
- [Get Health Insurance](#)
- Go to 211nys.org or call 211 to find additional resources
- [NY Blood Center – Plasma donation](#) for those who have recovered from COVID-19
- [Get Tested](#) if you have a doctor's order or are feeling sick

Employment and Financial Assistance

- [File an unemployment claim](#) with the NYS Department of Labor
- Read about your [rights as a worker](#)
- Learn about your [health and safety rights](#) as a worker
- Learn about your [rights to paid sick and family leave](#)
- [List of companies hiring](#) right now from LinkedIn
- [Apply for funding](#) with the U.S. Small Business Association
- Learn about [assistance for small businesses in NYC](#)
- Learn about [ConEd](#) and [National Grid](#) COVID-19 policies and financial assistance programs
- [Search jobs with the NYC government](#)
- Explore [NYS Employment Services](#)
- If you need help paying your energy bill, [apply for Heating and Cooling Assistance](#)
- [Apply for temporary assistance](#) if you are unable to work, can't find a job, or are struggling to make ends meet

Food and Groceries

Food Distribution and Assistance

- [Apply for the Supplemental Nutrition Assistance Program \(SNAP\)](#)
- Find your regional food bank [here](#) and [here](#)
- Learn about the [Hunger Prevention and Nutrition Assistance Program \(HPNAP\)](#)

Grocery Stores with Delivery and Pick-Up Services

- [Fresh Direct](#) – Delivery
- [Instacart](#) - Delivery
- [Target](#) – Delivery and Pick-Up Options
- [Fairway Market](#) – Delivery
- [Stop and Shop](#) – Delivery and Pick-Up
- [Walmart](#) – Delivery and Pick-Up

Groceries for Seniors and High-Risk Populations

- [Stop and Shop](#) – Seniors Hours: 6-7:30AM Daily
- [Whole Foods](#) – 8-9AM Daily
- [Trader Joe's](#) – Reserved Expedited Line 9-10AM Daily
- [ALDI](#) -- Tuesday's and Thursday's, 8:30-9:30AM

To contact us with additional questions or resources, send a message to team@lucaniapartners.com or directly through our social media channels.

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For Parents or Caregivers

- [CDC guidelines](#) on how to care for someone with COVID-19
- Find a caregiver program near you through [nyc.gov](#) or by calling Aging Connect at 212-244-6469
- [Tips for Dementia Caregivers during COVID-19](#)
- [CaringKind Support for Caregivers](#)
- John's Hopkins – [COVID-19: Caring for the Elderly](#)
- [Interactive Activities for those with Dementia](#)
- [Access free internet at home](#) for households with students.
- [Enroll your children in a Regional Enrichment Center](#) if you are an essential worker
- [SNY Metro Parents – Things to Do](#)
- [NAMI Basics](#) class for parents/caregivers of children showing emotional/behavioral difficulties
- Find a [Mutual Aid Group](#)
- [Sawyer online classes](#) for kids
- [250 Creative Ways to Keep Your Family Sane](#)
- BK Reader – [COVID-19 Youth and Education Tips and Urban Arts Partnership – Remote Learning Resources](#)
- Comfort Keepers – [Family Caregivers Guide](#)

Safe Outdoor Activities

- [Find a park](#) near you
- Go [golfing](#)
- Have a picnic or visit your [local Farmer's Market](#)
- Visit a drive-in movie
- Eat out at a restaurant with outdoor seating and tables set 6 feet apart
- Do a [jump rope workout](#) with your family or friends
- [Start a garden](#) and grow some fresh food
- Visit a local zoo or botanical garden

Free Mental Health and Wellness Resources

- [Headspace](#) – Guided meditation, mindful workouts, sleep and kids content to address stress and anxiety
- [Sanvello](#) - Clinically-validated evidence-based mobile app
- [Big Health's Sleepio](#) – Digital therapeutic for sleep
- [Supportiv](#) – Peer chat support and resources
- [Crisis Text Line](#) – Text HOME to 741741 to connect with a Crisis Counselor
- [National Suicide Prevention Lifeline](#) – 1-800-273-8255
- Domestic Violence Hotline - 1-800-942-6906
- [NAMI NYS](#) Helpline: 518-248-7634
- [Advice on coping with grief during COVID-19](#)
- ["That Feeling You're Feeling is Grief"](#) – Harvard Business Review article with tips on coping

Safe Indoor Activities

- [New York Public Library](#)– Remote Resources
- [Brooklyn Park](#) – Activities at Home Resources
- Brooklyn-based Beat the Bomb has created [a video game called 'Beat the Virus'](#)
- [Brooklyn Game Lab](#) – gaming livestream ages 5+
- Brooklyn art studio Creatively WILD [online art classes](#)
- [Recess d.u.m.b.o.](#) is posting new crafts every day
- Museum of the City of New York – [Online Collections Portal](#)
- Tenement Museum – [New Digital Exhibit](#)
- [Houseparty](#) games app
- Play card games online with your friends with [Trickster](#) or [PlayingCards.io](#)
- Play [Codenames Online](#)
- Check out these [virtual museum tours](#)
- [Save with Stories](#) – Stories told by Celebrities

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