INSTRUCTIONS: Click on the titles on the left to navigate to different categories

The resource list below will be updated frequently. Please email <u>info@libertascenter.net</u> with any questions or additions to the list.

Important Information

- Immigrants can continue to access services at community health centers, regardless of their
 immigration status, and at a reduced cost or free of charge depending on their income. However, people
 should call first to find out the availability of COVID-19 screening and testing. Health centers may do
 patient assessments over the phone or using telehealth.
- COVID-19 testing, evaluation and treatment is covered free-of-charge, regardless of immigration status, by Emergency Medicaid. If not already enrolled, call 855.355.5777.
- The Families First Act provides additional funding to pay for coronavirus testing for anyone who is
 uninsured. The funding will pay for testing at community health centers, outpatient clinics, and doctors'
 offices.
- Eligibility for Medicaid, the Children's Health Insurance Program (CHIP), and the Affordable Care Act (ACA) marketplaces has not changed.
- The NYPD will issue fines to individuals who disobey social distancing orders. Fines will be between \$250 -\$500.

Mental Health Support

Crisis Text Line: Text HOME to 741741 to get connected to a counselor.

<u>The Trevor Project</u>: For LGBTQ youth; connect with a trained counselor by calling 1-866-488-7386, texting START to 678678, or using the TrevorChat service on their website.

National Suicide Prevention Lifeline: 1-800-273-8255

Trans Lifeline: 877-565-8860

<u>The Lifeline:</u> 1-800-273-8255 to be connected to free and confidential support and crisis resources for you or your loved ones.

Sexual Assault and Domestic Violence Support

Anti-Violence Project for LGBTQ+: 212-714-1141
National Sexual Assault Hotline: 1-800-656-4673

<u>LoveisRespect:</u> For young victims/survivors of dating violence/abuse/unhealthy relationships; Call 1-866-331-9474 or text loveis to 22522

National Domestic Violence Hotline: Call 1-800-799-7233 or use the chat feature on their website. En Español: https://espanol.thehotline.org and available in over 200 languages.

New York State Domestic and Sexual Violence Hotline: 1-800-942-6902

COVID-19 Data Resource

The Health Department released an updated COVID-19 data page detailing additional demographic information about how the outbreak is affecting New York City. The data reveals the disproportionate impact COVID-19 has had on communities of color, with Black and Latino New Yorkers dying around twice the rate of their White counterparts when adjusted for age. COVID-19: Data Summary

Multisystem Inflammatory Syndrome in Children (MISC-C) Update

The CDC has confirmed that MISC-C is linked to COVID-19. To keep children safe, continue good hygiene, use face coverings, and practice social distancing.

Call your pediatrician immediately if your child has symptoms. *Common symptoms include: persistent* fever, irritability or sluggishness, abdominal pain, vomiting, or diarrhea, enlarged lymph nodes (glands) on one side of the neck, red or pink eyes, red cracked lips or red tongue, or swollen hands and feet.

If you don't have a doctor, call 311. Early detection is critical.

As of May 19, 147 cases of multi-system inflammatory syndrome have been detected in children in NYC hospitals. Among the cases, 69 tested positive for COVID-19 or antibodies, and 1 has been fatality reported.

- Visit the Health Department's website for more information.
- View the Department of Education's MIS-C letters for all families.

 Download the MISC-C Fact Sheet in English | Español | Русский | 繁體中文 | Μφ中文 | Κευοὸ | αγίσγεη

 | Ματο | Εδληνικά | Μετος | Ελληνικά | Μετος | Μετ

Financial Assistance

All NYC Public School Families to Receive \$420 per child for food benefits: Families do not need to apply for this benefit. New York State will automatically send the equivalent of \$5.70 per day, per student, to make up for meals that each student would have been eligible for while in school. Learn more here.

NYC Financial Empowerment Center is offering free, confidential financial/budget counseling <u>DCA Financial Counseling</u>

Restaurant Workers' Community Foundation - Relief Options for People in the food service industry, including delivery drivers

Resources for Restaurants and Workers Coping with the COVID-19 Emergency

Hebrew Free Loan Society - interest-free loans between \$2,000-\$5,000, monthly payments beginning in July for 20 months

Coronavirus Financial Impact Loan - Hebrew Free Loan Society (HFLS)

Red Backpack Fund \$1,000 Women-Owned Business Grant for Small Business Owners Apply here

National Domestic Workers Alliance is providing \$400 in emergency assistance to home care workers, nannies, house cleaners and others experiencing difficulty

Coronavirus Care Fund

Susu Emergency Financial Assistance Available for Black Feminists, up to \$300 to eligible applicants Rapid Response Support — Black Feminist Susu

New York State Youth Leadership Council - emergency fund for undocumented young people and their families. *Email* <u>info@nysylc.org</u>

NYSYLC

Scholly COVID-19 Student Relief Fund - cash assistance for students, parents of students and graduates. Apply Today for the Scholly COVID-19 Student Relief Fund

Suspended State Debt Collection - the state will temporarily halt the collection of medical and student debt owed to the State of New York.

COVID-19 Application For Suspension Of Debt Collection Activity

Price Gouging - business may not raise prices on items that limit the spread of COVID-19 by more than 10%. www.nyc.gov/dcwp if you are overcharged, file a complaint

Call 311 and say "overcharge". Keep your receipts and any information about the store where the transaction occurred.

Assistance & Guidance for Small Businesses

Assistance & Guidance for Businesses Impacted Due to Novel Coronavirus - SBS

The Coronavirus Aid, Relief, and Economic Security (CARES) Act provides financing assistance to small businesses and nonprofits through US SBA and other tax provisions.

The Small Business Owner's Guide to the CARES Act Table of Contents

One Fair Wage is providing assistance to restaurant workers, delivery drivers, and other tipped and service workers Emergency Cash Assistance Application

Zero-interest program loan for up to \$75,000 for businesses and non-profits with fewer than 100 employees that have experienced a greater than 25% decrease in revenue.

NYC Small Business Continuity Loan Program

COVID-19 Business Assistance Survey: collecting data on business-related impacts due to the virus. The information collected from this survey will help the City better respond to business challenges during this time. COVID-19 Business Assistance Survey

Accessing Retirement Benefits: Public NYC Employees can access their retirement benefits here. Private employees can now access their benefits under the CARES Act with no penalty, tax exemption, and opportunity to be repaid in three years, and should reach out to their employers.

Taxes

IRS Extension of Time to File - Individuals
Deadline for filing is extended to July 15

Extension of Time To File Your Tax Return - if requesting for after July 15

Application for Automatic Extension of Time To File US Individual Income Tax Return General Instructions
Application for Auto

New York State - tax filing deadline has also been moved to July 15, 2020.

Apply for an extension of time to file an income tax return
Personal Income Tax Extension

The IRS reminds individual taxpayers the easiest and fastest way to request a filing extension is to electronically file Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Businesses must file Form 7004.

Unemployment

New York State Unemployment Insurance - available in Albanian, Arabic, Bengali, Chinese, French, Haitian-Creole, Italian, Korean, Polish and Russian

Unemployment Insurance

Get Unemployment Assistance | The State of New York

Important Information for Unemployment Insurance Claimants:

NYS is waiving the 7-Day waiting period for Unemployment Insurance benefits for people who are out of work due to Coronavirus (COVID-19) closures or quarantines.

If you are filing a new unemployment insurance claim, the day you should file is based on the first letter of your last name. If your last name starts with A - F, file your claim on Monday. For last names starting with G - N, file your claim Tuesday. For last names starting with O - Z, file your claim on Wednesday. If you missed your filing day, file your claim on Thursday or Friday. Filing later in the week will not delay your payments or affect the date of your claim, since all claims are effective on the Monday of the week in which they are filed.

Here is a link to file a claim online. | Online Services For Individuals

We are extending telephone filing hours as follows: Monday through Thursday, 8 am to 7:30 pm. Friday, 8:00 am to 6:00 pm. Saturday, 7:30 am to 8:00 pm.

Disaster Unemployment Assistance

<u>Disaster Unemployment Assistance</u>

Helpful information about difference between unemployment benefits vs. pandemic unemployment assistance (also in Spanish)

What You Need to Know and Do About the CARES Act

The City of New York is also currently Hiring Delivery Drivers: Job Opportunity- NYC

General Resources

Resources for Immigrant Communities during the COVID-19 Pandemic NYC Immigrant Resources

A source book of assistance by zip code, city by United Way www.211.org

Some city government agencies have adjusted their hours and operations during this crisis City Agency Service Updates

UJA Federation

Coronavirus Resources and Updates (includes list of food banks and pantries, including those serving Kosher

Coronavirus Resource Kit

This kit is a collectivized document that will be updated as more mutual aid projects and resources appear online. This includes resources in NYC, by borough and neighborhood, and across the country.

Coronavirus Resource Kit

Resources for addressing COVID-19

The National Council for Behavioral Health offers resources to help manage coronavirus-related anxiety and to communicate with your kids about this crisis among other topics. Behavioral health care workers will also find resources including telehealth best-practices and implications for certain vulnerable client groups.

AsylumConnect - Resources for LGBTQ+ Asylum Seekers
AsylumConnect Resource List During COVID-19

AMPHS Public Health Guidance COVID-19 Public Health

NYIC Community Resources
Resources in Multiple Languages

NYLAG Comprehensive Resource Guide - know your rights COVID19 - New York Legal Assistance

Cabrini Immigrant Resources
COVID-19 Cabrini

New York Immigration Coalition - Resources

COVID New York Immigration Coalition Resources

Sex Worker Harm Reduction Based Resources
COVID-19 Sex Worker Harm Reduction Resources (U.S. Based)

COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs

Worker Adjustment and Retraining Notification - advanced notice required for business closures Worker Adjustment and Retraining Notification Workplace Safety for Coronavirus

Coronavirus Resources

Cleaning and Disinfecting Guidance

COVID-19: General Guidance for Cleaning and Disinfecting for Non-Health Care Settings

Supplies for children ages 0-12 years

Baby2Baby – BABY2BABY provides children living in poverty with diapers, clothing and basic necessities.

Children supplies for children under 5 years old

Little Essentials

NYC Specific Resources

New York State Youth Leadership Council - list of resources, *available in Spanish* nyc support - covid19

NYC United Against Coronavirus - New York City Specific Resources, including by borough and neighborhood.

NYC United Against Coronavirus - Resources and Information

Coronavirus in NYC: Resources

Coronavirus in NYC: Resources You Need to Know

Mutual Aid NYC - a network of groups organizing to provide aid and support. Platform to request assistance

Mutual Aid NYC - Coronavirus (COVID-19) Response

Central Brooklyn DSA Mutual Aid Network

https://docs.google.com/document/d/e/2PACX-

1vQMEMUbcEqxaKJPtBipjw3kkJtkVAPrai2BMQAsH87YMYpClKX2qpTcCvR2lwi0C f zIUxnXYzPvn8/pub

Extensive resource guide on COVID-19 and benefits available from the City of New York https://access.nyc.gov/coronavirus-covid-19-updates/#section-2s

Immigrant Resource Guide

New York Immigrant Coalition

https://pronto-core-cdn.prontomarketing.com/537/wp-content/uploads/sites/2/2020/03/NYIC COVIDCommunityEd 3.23.pdf

NYC Public Benefits

Resource on the Impact of COVID-19 on NYC Public Benefits CORONAVIRUS: THE IMPACT ON PUBLIC BENEFITS

Note: Anyone who required HRA Recertification, or otherwise would have been required to recertify their SNAP/Food Stamps/ Cash Assistance (CA) benefits do not need to at this time

Resources for Young People

Coronavirus: Resources for NYC's Young People Coronavirus: Resources for NYC's Young People

Non-Profits

COVID-19 Resources for Non-Profits and Community Organizations

NYC is committed to reimbursing non-profits enduring additional costs due to Coronavirus

LGBT Resources

The End is Queer: NYC Mutual Aid Facebook Group
The End Is Queer: NYC Mutual Aid Public Group

Transgender Legal Defense and Education Fund

READ: Know Your Rights during COVID-19

https://transgenderlegal.org/media/uploads/doc 803.pdf - espanol

Resources for artists and freelancers

Support for women-identifying visual artists over 40

New York Foundation for the Arts

Emergency grants for artists

New York Foundation for the Arts

Resources for Artists and Freelancers

Food & Meal Support

Free Meals from NYC Department of Education - 3 free "grab and go" meals per day for all NYC children. **No registration**, **ID or documentation needed**. Find the location closest to you.

Meal Location Search

Neighborhood Food Resource Guide

NYC Food Policy Access Guide

Food for Families and Restaurant Workers and Owners

COVID-19 Food Hub NYC

Food Bank for NYC - Community Kitchen and Food Bank in Harlem offers to-go meals Monday-Friday, and takehome pantry bags Tuesday-Thursday and Saturday.

COVID-19: Readiness Response

CityMeals on Wheels - food delivery for the elderly

Find out if you're eligible to Get Meals

Meals for older adults: Free meals for all New Yorkers who are 60 years of age or older.

Call your local senior center if you aren't already receiving meals. For more information, call DFTA's Aging Connect at 212-AGING-NYC (212-244-6469) or 311.

GetFoodNYC food delivery for coronavirus-vulnerable and food-insecure New Yorkers https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409 or call 311

Greenmarkets around the city are open for business and are following social distancing protocol.

Catholic Charities continues to provide meals to New Yorkers in need Call 1-888-744-7900

Invisible Hands - free contact-free delivery only Invisible Hands

Food resources available in the Bronx www.rap4bronx.org

Healthcare Resources

Prescription/ Medication Deliveries

Pharmacies are offering free delivery services directly to their homes, including <u>Walgreens</u> and <u>CVS</u>

Mental Health

Mental Health Services for Emergency Personnel and First Responders https://docs.google.com/forms/d/e/1FAIpQLSek2RDI4tT4UVjRLIJ6-frJLnc6PdTP8S KhBNOuxyHvkrHrw/viewform

Coping with Stress

Coping With Stress and Social Distancing During the Coronavirus (COVID-19) Outbreak

Multilingual Tele-psychotherapy and access to food - Queens Long Island Community Services Email QLICScounseling@gmail.com or call 516.547.4318 or 718.461.6393

Immigrant Rising has Virtual Wellness Gatherings to help undocumented young people feel more connected. Sessions are held on Sundays and Wednesdays <u>facilitated by trained Mental Health Advocates</u>

The NYC COVID Worker Care Network - supporting frontline COVID workers during this evolving crisis NYC COVID Worker Care Network

NYC Well 24/7 Free Chat/Call/Text Counseling Hotline Reach out to someone here

Guided Meditation

Guided Meditations in English AND Spanish
UCLA's Guided Meditations (English and Spanish) Archives

Headspace (English) We're here for you Calm (Available in English, German, Spanish, French, Korean, Portuguese)
Let's meet this moment together

Guided meditation on Youtube (in Spanish)

Meditación en 5 minutos - Spanish Meditation

Zen Buddhist Thich nhat Hanh guided meditation practice app (iPhone & iPad only)

Plum Village: Zen Meditation on the App Store

Free online meditation resources

[Updated List] Free Online Meditation Resources for Times of Social Distancing / COVID-19

Education Resources

New York City Public School Resources for K-12 New York City Department of Education

Request a Remote Learning Device

Coronavirus Update

NYCDOE Regional Enrichment Center Enrollment Form for people in healthcare, FDNY, NYPD, OEM and NYCTA https://docs.google.com/forms/d/e/1FAIpQLSdDNFMOezuG9mCu99utf3dkloTpdEhzBB1ancwlaeT3ny7uEQ/viewform

New York Times: Learning Center - Resources for Classrooms at Home The Learning Network

Scholastic Inc Resources

Teaching Remotely for Grades K - 12 | Free Resources and Strategies

Resources for Parents

Child Mind Institute Support for Families

Dial-a-Teacher: Homework help line for students in kindergarten through 5th grade, run by classroom teachers. Available Monday-Thursday, 4-7pm, when school is in session. Only available in English. Math and English are the only subjects available.

www.tutor.dialateacher.org

How to Talk to Your Child about CoronaVirus:

https://kidshealth.org/en/parents/coronavirus-how-talk-child.html *Spanish:*

https://kidshealth.org/es/parents/coronavirus-how-talk-child-esp.html?WT.ac=pairedLink

Resources about stress/relaxation and resources for teachers/parents to work with children about the virus itself: Free Resources to Teach Health in Grades K - 12

Quarantine Family Toolkit

by Kristin Ramsey, ATR-BC, LPC, which offers suggestions and resources on how to talk with children about COVID-19, a sample daily schedule for working/learning at home, online apps, podcasts and other resources for daily activities, mindfulness activities and short guided muscle relaxation script, as well as many art activities instructions and examples.

Free Educational Lessons, Activities and Resources
Free Resources | Lakeshore® Learning Materials

Compilation of Free Online Learning Resources

<u>Free Online Learning Resources For Schools Affected by Coronavirus/COVID-19</u>
140+ Free Online Learning Resources for Teachers and Parents

Online educational resources available for adults - Free Ivy League classes Ivy League Online Courses

New York Public Library - rent books digitally How to Access the Library's Digital Resources 24/7

Brooklyn Public Library

Coronavirus

Queens Public Library

How to Access Digital Media | Queens Public Library

The LaGuardia and Wagner Archives has created a series of 4th grade documents-based curriculum Investigating Illness
You and Your Health

Activities for Kids (and Adults)

Kids Activity Guide - 50 Ideas for At Home Fun NYMetroParents

These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch
12 Museums From Around the World That You Can Visit Virtually | Travel + Leisure

Cincinnati Zoo Live Stream Every Weekday at 3pm Cincinnati Zoo & Botanical Garden - Home

National Park Virtual Tours

Here's 33 National Park Tours You Can Take Virtually From The Comfort Of Your Home

American Museum of Natural History

<u>OLogy: a Science Website for Kids</u> - science website with games and activities <u>www.amnh.org/explore</u> Space vs. Dinosaurs

Space Vs. Dinos: All Episode Watch Party!

The Museum of the City of New York's Saturday Academy

https://mailchi.mp/mcny/education programs virtualengagement e1?e=ea943ff169 Education

The LaGuardia Performing Arts Center - past performances streamed to your living room LPAC in Your Living Room

New York Botanical Garden Virtual Tour NYBG at Home

Public Theater Digital content

Much Ado About Nothing - 2019 Shakespeare in the Park

The Encores! Archives Project offers daily highlights from their musical theater vault Encores! Archives Project

Arts & Crafts

28 Day sketch challenge

28 Day Challenge — Brooklyn Art Library / The Sketchbook Project

Activities for Artists

50 Things Artists Can Do While Self-Isolated

Learning English (Free)

Resources recommended by Duolingo members:

ESL Podcasts (tips on learning English...)

Resources recommended by the New York Public Library:

Websites for ESOL and Literacy Students and Educators

Free videos to learn English

We Speak NYC

Housing Updates

Mortgage Payments

<u>90 Day Suspension of Mortgage Payments:</u> Governor Cuomo announced today that the state will suspend collection of mortgage payments for 90 days to those who are affected by the current pandemic. This will not affect your credit rating or result in any penalties.

Tenant Rights during COVID

"Know that since March 16, 2020, all eviction proceedings in New York City are suspended indefinitely."

Other Services

Free temporary storage - UHaul is offering free 30-day storage to college students who have had to move due to the coronavirus school closures. This offer only applies to new customers with valid college IDs, and is based on availability. Call 1-800-GO-UHAUL or visit uhaul.com to access these services. Learn more about the policy here.

Utilities

As of Friday March 13, New York utilities have volunteered to suspend utility shut-offs for power, heat and water for all customers.

AT&T, T-Mobile, Verizon and Comcast have pledged to not terminate customers' service because of inability to pay, to waive any late fees that residential or small business customers receive, and to expand their hotspot data and provide unlimited data to all customers. Contact your provider to ask about details and availability.

Free WiFi at home

Comcast - offering Essentials internet service designed for low-income families free for 60 days for new qualifying customers. Visit https://www.internetessentials.com/ for more information. Call 1-855-8-INTERNET for set up. Comcast Announces Comprehensive COVID-19 Response to Help Keep Americans Connected to the Internet

Spectrum - households with K-12 students can get free Spectrum Wifi for 60 days (including free installation for new customers). Call 1-844-488-8395 for set up.

Wifi via smartphone

Metro PCS, T-Mobile, Sprint, AT&T and Comcast are all lifting their unlimited data caps for cell phone subscribers for at least 60 days. Contact your cell phone provider for more information.

MetroPCS will allow you to add a free 10GB of mobile hotspot per month by adding an add-on service available in the MyMetro app, MyAccount or by calling Care at 611.

T-Mobile and Metro by T-Mobile are providing customers an additional 20GB of mobile hotspot/tethering service for the next 60 days.

Legal

Volunteers of Legal Service (VOLS)

Main VOLS Office: (212) 966-4400 (includes resources for Incarcerated Mothers Law Project, Children's

Project, and their new Unemployed Workers Project)

Small businesses/ VOLS Microenterprise Project: (347) 521-5729

Seniors/ VOLS Elderly Project: (347) 521-5704

Older Veterans/ VOLS Veterans Initiative: (347) 521-5725 Immigrant Youth/ VOLS Immigration Project: (347) 521-5722 If you have questions about immigration or how to access service:

NYC Immigrant Affairs COVID Immigration Hotline: 212-788-7654

Immigration Courts

Immigration Courts (until 6/8): NYC non-detained Immigration Courts (Broadway and Federal Plaza) are closed until further notice. Buffalo non-detained hearings are cancelled.

USCIS (until 6/4): All appointments are cancelled and the office remains closed.

ICE: NYC in-person check-ins are cancelled, telephonic check-ins are still happening. Waiting to hear back from the Buffalo/upstate office.

ICE has cancelled all visitation for those in ICE detention.

Federal Courts: Citizenship Oath Ceremonies cancelled.

Be aware that immigration enforcement in the communities continues.

Transportation

The Governor has issued an executive order temporarily closing the Department of Motor Vehicles for all in-office visits. Online transactions, including for license renewals, are still available. License and permit expirations will be extended.

Information for TLC drivers

TLC Updates During COVID-19 - TLC

Información para conductores con licencia de TLC, propietarios y operadores de TLC LO QUE DEBE SABER SOBRE EL COVID-19 NUEVO CORONAVIRUS

MTA

The MTA has announced that bus riders will board and exit local buses using the rear door. Express buses will board as normal, but riders will not be permitted to sit in the first three rows in an effort to practice social distancing from bus operators.

The MTA and Transport Workers Union Local 100 also announced that all cash transactions, other than reduced-fare purchases will be conducted via MetroCard vending machines effective Tuesday, March 24, until further notice. The new measure will reduce person-to-person contact at subway station booths.

Ferry service: Staten Island Ferry and NYC Ferry will be operating on reduced schedules.

Ways to Help

The NYC Economic Development Corporation just launched a new website for local businesses that want to support the COVID-19 emergency response effort:

COVID-19 Emergency Supply Sourcing & Manufacturing

Help Now NYC

Help Now NYC

Upcoming Events

Every Thursday, Friday and Saturday at 8pm - Joe's Pub Live! Archive is streaming Joe's Pub

Tuesday to Saturday at 2 pm EST (Starting March 31, 2020) - FTH at HOME: Global Arts for Global Kids Each day participants will enjoy short videos of music or dance and post-lesson activities will be available online. This series of arts education will run Tuesday through Friday, and culminate in an online family matinee performance on Saturday.

FTH AT HOME: Global Arts for Global Kids!

Tuesday and Friday at 7 pm EST (Starting March 31, 2020) - FTH at HOME: FACEBOOK WATCH PARTY streaming live performances at Flushing Town Hall. Diverse and family-friendly arts performances. https://www.facebook.com/flushingtownhall