# Steps to help prevent the spread of COVID-19 if you are sick

**FOLLOW THE STEPS BELOW:** If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, stay away from others. You should stay in a specific "sick room" if possible, and away from other people in your home.
  Use a separate bathroom, if available.
  - See COVID-19 and Animals is you have questions about pets. https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals

## Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Contact **Suffolk County 311**
if you have any COVID 19 questions

## If you are sick wear a facemask in the following situations, if available.

- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.

**Note:** During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

## Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

## Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

**cdc.gov/coronavirus**

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## Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- **Clean and disinfect:** Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found hereexternal icon.

## Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
  - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can't put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - ***If you will not have a test*** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
      AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)
      AND
    - at least 7 days have passed since your symptoms first appeared
  - ***If you will be tested*** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use medicine that reduces fevers)
      AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)
      AND
    - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

**Contact Suffolk County "311" if you have any COVID 19 questions.**

**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html.

Additional information for healthcare providers: Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus.

# Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

## How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

## CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

## Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

## How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

## How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

**cdc.gov/coronavirus**

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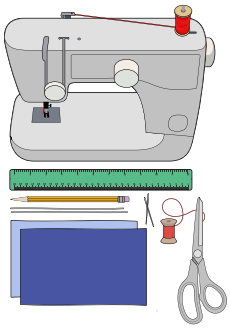
# Sewn Cloth Face Covering

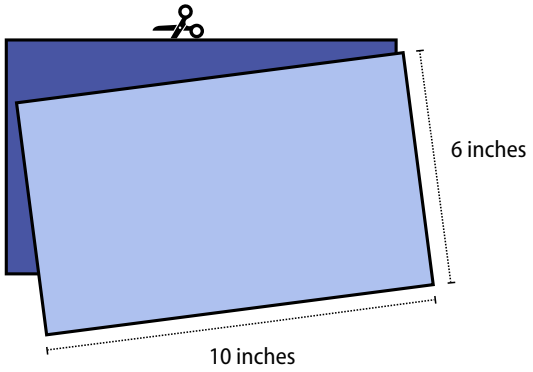


## Materials

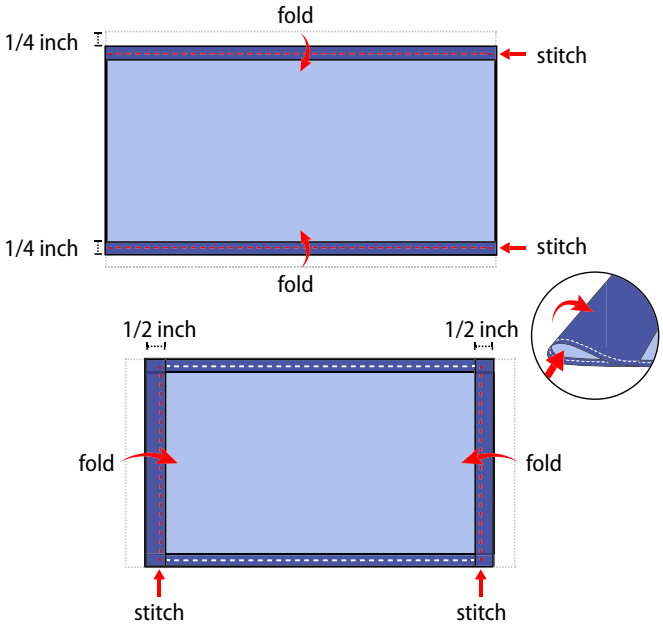
- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

## Tutorial

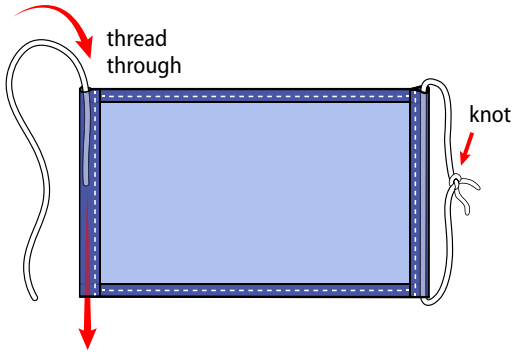
**1.** Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



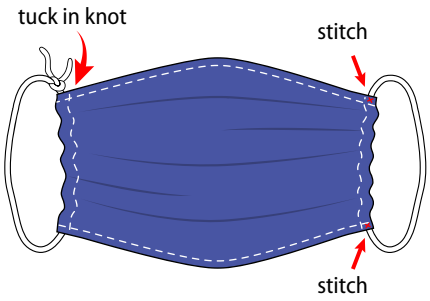

**2.** Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.




**3.** Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.




**4.** Gently pull on the elastic so that the knots are tucked inside the hem.
Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



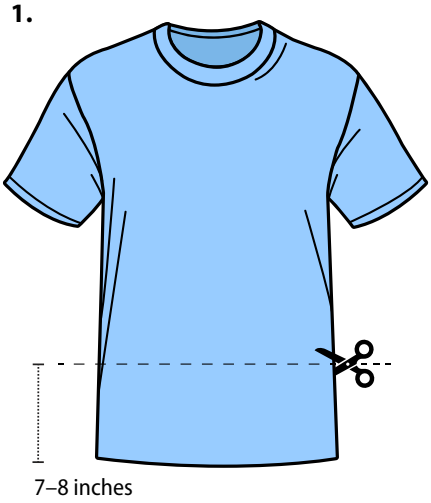
# Quick Cut T-shirt Cloth Face Covering (no sew method)

## Materials

- T-shirt
- Scissors

## Tutorial

**1.**

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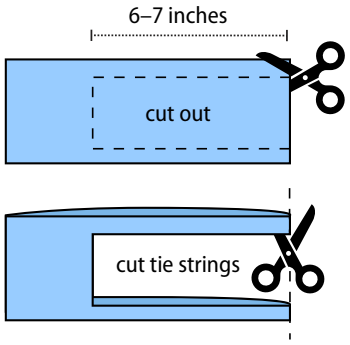
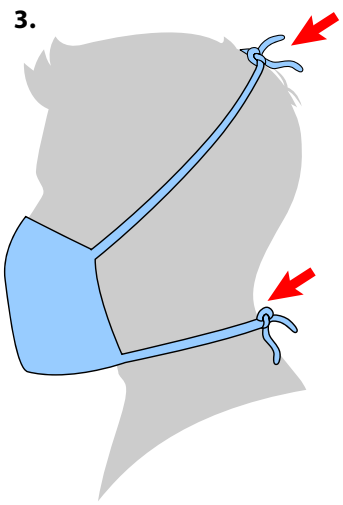



**3.**

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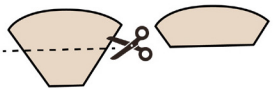
# Bandana Cloth Face Covering (no sew method)

## Materials

- Bandana (or square cotton cloth approximately 20”x20”)
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

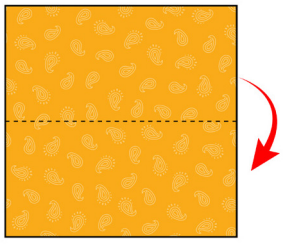
## Tutorial

**1.**



cut coffee filter

**2.**



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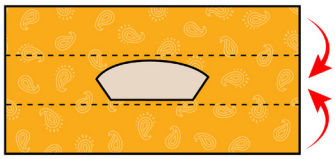


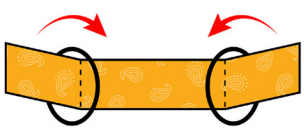
Fold filter in center of folded bandana.

Fold top down. Fold bottom up.

**4.**

Place rubber bands or hair ties about 6 inches apart.

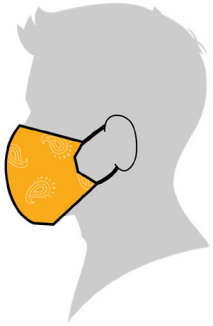
**5.**



Fold side to the middle and tuck.

**6.**

**7.**



# Are you recently unemployed or been furloughed due to the effects of COVID-19?

## WE'RE HELPING FAMILIES IN NEED

We recognize that this time is extremely stressful and difficult for individuals and families who are experiencing financial hardship. United Way of Long Island with its nonprofit and community partners are working together to assist eligible applicants.

## WE'RE ALL IN THIS TOGETHER

**Who Can Receive Assistance?**
Assistance is available to Long Islanders who are recently unemployed or have been furloughed due to the effects of COVID-19. Applicants must meet the monthly eligibility guidelines*.

**What Assistance Will I Receive?**
UNITED TOGETHER: A Response Fund For COVID-19 will help eligible applicants meet their critical basic needs of food and household supplies via retail gift cards.

**How Do I Apply?**
Assistance will be available for eligible applicants...visit:
**unitedwayli.org/COVID19HELPSUFFOLK**

*Guidelines listed at unitedwayli.org/covid19helpsuffolk

United Way of Long Island

2·1·1 Long Island Region

*United Together: A Response Fund for COVID-19 is supported by Bank of America, Bethpage Federal Credit Union, City National Bank, GEICO, National Grid, Northville Industries, PSEG Long Island, The Countess Moira Charitable Foundation, The New York Jets, TriState Capital Bank and UPS, along with hundreds of generous individual donors (as of 3.30.20).*

**For More Information and to Submit an Application**
**UnitedWayLI.org/COVID19HELPSUFFOLK**

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COVID-19 EDITION

# EVICTIONS DURING THE PUBLIC HEALTH EMERGENCY

## NASSAU AND SUFFOLK COUNTIES

Last updated March 23, 2020. The situation is changing rapidly.
Please check our website for the latest updates.

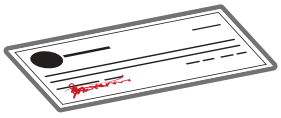
| QUESTIONS | ANSWERS |
|---|---|
| I received a 14-day eviction notice in March 2020. What is going to happen? | On March 20, 2020 Governor Cuomo issued a 90-day moratorium on all evictions. Even if you received a 14-day notice from the sheriff, you will not be evicted until at least June 19, 2020.<br><br>It is still unclear what will happen in June 2020. Please check our website for further updates, or contact Nassau Suffolk Law Services at (631) 232-2400 (Suffolk) or (516) 292-8100 (Nassau). |
| I have a court date for an eviction proceeding. What should I do? | All eviction cases have been adjourned.<br><br>Tenants with cases in District Court can check their adjourn dates by **going to e-courts** and following the prompts to look up their case (by name or index number).<br><br>If you have an eviction case in the Suffolk County east end Justice Courts, please call NSLS. |
| If evictions are suspended, do I need to pay my rent? | Many families are facing difficult choices because of coronavirus. Even though evictions are suspended, your rent is still due. Contact your local Department of Social Services to see if you may eligible for emergency rent assistance.<br><br>But, if you cannot pay your rent, your landlord will not be able to start an eviction proceeding until the courts re-open. Your landlord will not be able to use this as a basis to evict you until at least June 2020. |
| My landlord changed the locks or shut off my utilities. What can I do? | In N.Y. it is a crime for a landlord to lock someone out of their home, or to turn off the utilities or remove someone's property to force them out. The only legal evictions are conducted by the Sheriff's office and the Sheriff is not conducting evictions until June 2020. If you have been illegally evicted, **call the police** immediately. You can also file an Order to Show Cause to be restored to your home. Learn more about **illegal evictions here.**<br>• Tenants in Suffolk who have experienced an illegal eviction should call or visit the court at (631) 208-5775 or call Nassau Suffolk Law Services at (631) 232-2400.<br>• Tenants in Nassau who have experienced an illegal eviction should call or visit the court at (516) 493-4113. |

COVID-19 EDITION

# EVICTIONS DURING THE PUBLIC HEALTH EMERGENCY

## NASSAU AND SUFFOLK COUNTIES

Last updated March 23, 2020. The situation is changing rapidly.
Please check our website for the latest updates.

| QUESTIONS | ANSWERS |
|---|---|
| I'm worried that my apartment is unsafe because of serious maintenance problems. Do I have to wait until June to get help? | No! The Courts are still taking cases related to serious habitability issues.<br>• Tenants in Suffolk who are facing serious habitability issues should call the court at (631) 208-5775 or call Nassau Suffolk Law Services at (631) 232-2400.<br>• Tenants in Nassau who are facing serious habitability issues should call the court at (516) 493-4113 or Nassau Suffolk Law Services at (516) 292-8100 (Nassau). |
| I have a Section 8 termination notice. What should I do? | You should request a hearing. While we understand that hearings are not currently being scheduled in Nassau or Suffolk, it is still important to make the request. Call your local Housing Authority or Nassau Suffolk Law Services for more information. Also, continue to check with your housing authority or on our website for updates on when hearings resume. |
| I have a Section 8 termination hearing. What should I expect? | The decision about holding hearings is up to each individual Housing Authority. We understand that Section 8 termination hearings in Nassau and Suffolk have been put on hold, but we do not yet have information on new dates for those hearings. Check with your local Housing Authority for more information. |
|  I have a voucher to move or a new voucher. What is going to happen? | We understand that Housing Authorities in Nassau and Suffolk are not conducting inspections. You will not be able to move into a new apartment until they resume this service. Check with your local Housing Authority for more information.<br><br>If needed, request an extension to preserve your voucher. Make sure to make the request in writing. Keep a copy of your letter and proof of sending. |

Island Harvest Food Bank Member Agencies (Suffolk County)
Open During the COVID-19 Crisis- Updated 3/20/20
**********This List Changes Every Day - Please Call Before Visiting **********

| Program Type | Member Agency Name | Address | Town | Phone Number |
|---|---|---|---|---|
| Food Pantry | Grace Community Church | 117 Columbus Blvd | Amityville | (631)842-3486 |
| Food Pantry | Mt. Nebo Missionary Baptist | 46 Glenmalure Street | Amityville | (631)789-1784 |
| Food Pantry | St. Martin of Tours Outreach - Amityville | 37 Union Avenue | Amityville | (631)264-4840 |
| Soup Kitchen | Nourish Babylon | 12 Prospect Street | Babylon | (631)661-5757 |
| Soup Kitchen | SOS Feeding Ministry Serving our Savior | 79 East Main Street | Babylon | (631)587-5838 |
| Food Pantry | Family Service League - South Shore Family Center | 1444 Fifth Avenue | Bay Shore | (631)647-3100 |
| Food Pantry | Living Proof Church of God | 105 Second Ave | Bay Shore | (631)948-5905 |
| Food Pantry | Pronto of L.I. Inc. -C | 128 Pine Aire Drive | Bay Shore | (631)231-8290 |
| Food Pantry | RCCG-Jesus Friends Assembly | 77 Cleveland Avenue | Bay Shore | (347)963-6394 |
| Food Pantry | St. Patrick's Social Ministry - Bay Shore | 9 North Clinton Ave. | Bay Shore | (631)665-4911 |
| Food Pantry | UVBH - MAIN OFFICE - United Veterans Beacon | 1715 Union Blvd | Bay Shore | (631)665-1571 |
| Food Pantry | Suburban Housing | 1360 5th Ave | Bay Shore | (631)665-2866 |
| Soup Kitchen | St. Patrick's Soup Kitchen - Bay Shore | 9 North Clinton Avenue | Bay Shore | (631)665-4917 |
| Food Pantry | Lighthouse Mission - C | 1543 Montauk Highway | Bellport | (631)758-7584 |
| Food Pantry | St. Vincent depaul- Bellport | 16 Browns Lane | Bellport | (631)286-3795 |
| Food Pantry | Our Lady of the Snow | 175 Blue Point Ave | Blue Point | (631)363-2417 |
| Food Pantry | Bridgehampton Food Pantry | 2357 Montauk Highway | Bridgehampto | (631)481-8179 |
| Food Pantry | Bridgehampton Child Care Center - C | 551 Sag Harbor Tpke | Bridgehampto | (631)537-0616 |
| Food Pantry | Central Islip Civic Council | 68 Wheeler Road | Central Islip | (631)348-0669 |
| Food Pantry | Holy Church of Christ | 41 Sage Street | Central Islip | (631)234-6799 |
| Food Pantry | St. John of God R.C. Church- Central Islip | 84 Carlton Avenue | Central Islip | (631)234-1884 |
| Soup Kitchen | Bethany Hospitality | 100 Lemon Street | Central Islip | (631)521-6036 |
| Food Pantry | Full Gospel - Safe Harbor | 2675 Great Neck Road | Copiague | (631)842-5943 |
| Food Pantry | St. John's Baptist Church- Copiague | 15 Bethpage Road | Copiague | (631)327-6628 |
| Food Pantry | Zion Gospel Church - C | 90 Warren Street | Copiague | (631)842-7309 |
| Food Pantry | Gordon Heights SDA Church | PO Box 158 | Coram | (347)592-6015 |
| Food Pantry | New Beginnings Christian Center | 241 Middle Country | Coram | (631)736-7000 |
| Food Pantry | Lord's Cupboard, The | 30365 Main Road | Cutchogue | (631)734-6033 |
| Food Pantry | St. Cyril & Methodius Parish Outreach | 125 Half Hollow Road | Deer Park | (631)667-4044 |
| Food Pantry | Upper Room Ministries- Mercy House | 722 Deer Park Ave | Dix Hills | (631)242-5359 |
| Food Pantry | Faith Ministries/The Rock Community Church | 3 penn court (NO | Dix Hills | (516)603-9807 |
| Food Pantry | East Hampton Food Pantry, Inc | 159 Pantigo Road | East Hampton | (631)324-2300 |
| Food Pantry | Springs Community Presbyterian Church | 5 Old Stone Highway | East Hampton | (631)324-4791 |
| Food Pantry | Manna Ministries | 782 Larkfield Rd | East Northport | (631)334-1612 |
| Food Pantry | Salvation Army - East Northport | 319 Clay Pitts Road | East Northport | (631)368-1170 |
| Food Pantry | Hope for the Future | 131 Verdi Street | Farmingdale | (631)752-5771 |
| Food Pantry | Paumanack Village III & IV | 150 Duncan Elder Drive | Greenlawn | (631)266-1279 |
| Food Pantry | C.A.S.T. - Community Action of Southold Town, Inc. | 316 Front Street | Greenport | (631)477-1717 |
| Food Pantry | DASH Program | 90 Adams Ave | Hauppauge | (631)647-3133 |
| Food Pantry | Abundant Life Church of God | 440 Furrows Rd | Holbrook | (631)304-5226 |
| Food Pantry | St. John's Lutheran Church- Holbrook | 1675 Coates Avenue | Holbrook | (631)588-6050 |
| Food Pantry | Gloria Dei (FormerlyThe Refuge) | 22 East 18th Street | Huntington | (631)974-2918 |
| Food Pantry | RCCG Chapel of New Songs- Operation Feed My | 1618 New York Ave | Huntington | (347)325-2825 |
| Food Pantry | St. Peter The Apostle Church Outreach - Islip | 94 Valley Stream Street | Islip Terrace | (631)277-8488 |
| Food Pantry | St. Mary's Episcopal Church - Lake Ronkonkoma | 315 Lakeshore Road | Lake | (631)588-1888 |
| Food Pantry | St. Peter and Paul | 781 Wading River Road | Manorville | (631)369-7142 |
| Food Pantry | Nana's House - Mastic Boulevard | 14 Herkimer St. | Mastic | (631)874-9100 |

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Open During the COVID-19 Crisis- Updated 3/20/20
**********This List Changes Every Day - Please Call Before Visiting **********

| Program Type | Member Agency Name | Address | Town | Phone Number |
|---|---|---|---|---|
| Food Pantry | St. Jude Parish Outreach | 89 Overlook Drive | Mastic Beach | (631)281-5634 |
| Food Pantry | Mattituck Presbyterian Church Loaves and Fishes | 12605 Main Road | Mattituck | (631)298-4145 |
| Food Pantry | Cornerstone Church of God in Christ - C | 61 Shirley Lane | Medford | (631)880-7720 |
| Food Pantry | St. Sylvester's Parish Outreach | 99 Robinson Avenue | Medford | (631)475-4506 |
| Soup Kitchen | Harrison Hale Community Café | 576 Granny Rd | Medford | (631)880-7720 |
| Food Pantry | Island Heart Food Pantry Mount Sinai | 643 Middle Country | Middle Island | (631)241-6822 |
| Food Pantry | Middle Island United Church of Christ | 271 Middle Country | Middle Island | (631)704-2449 |
| Food Pantry | Mt. Carmel Full Gospel Church | 420-A Wyandanch | North Babylon | (631)521-9985 |
| Food Pantry | World Outreach Church of God - C | 249 Washington | Patchogue | (631)447-2924 |
| Food Pantry | St. Paul's Episcopal Church Food Pantry - Patchogue | 31 Rider Ave | Patchogue | (631)475-3078 |
| Food Pantry | Maryhaven Center of Hope - Port Jefferson Station | 450 Myrtle Ave | Port Jefferson | (631)474-3400 |
| Food Pantry | ADD - ALL Locations | 153 Tuthills Lane | Riverhead | (631)727-6220 |
| Food Pantry | Church of the Harvest | 572 Raynor Avenue | Riverhead | (631)727-1977 |
| Food Pantry | Friendship Baptist Church | 59 Anchor Street | Riverhead | (631)495-7525 |
| Food Pantry | Galilee Church Food Pantry | 87 Old Quogue Rd | Riverhead | (631)388-9052 |
| Food Pantry | Galilee Homebound Delivery | 87 Old Quogue Rd | Riverhead | (631)388-9052 |
| Food Pantry | Goodwill AME Church | 110 Flanders Road | Riverhead | (631)727-5548 |
| Food Pantry | Helping Hands for the East End (Vets Place Pantry) | 1380 Roanoke Ave - | Riverhead | (631)924-8088 |
| Food Pantry | Joseph's Storehouse | 24 Shade Tree Lane | Riverhead | (631)722-4969 |
| Food Pantry | Kingdom Fellowship International | 48 W Main Street | Riverhead | (631)504-1683 |
| Food Pantry | Open Arms Care Center - Food Pantry | 1018 Northville | Riverhead | (631)727-6943 |
| Food Pantry | Salvation Army - Riverhead | 130 Osborne Avenue | Riverhead | (631)727-3338 |
| Food Pantry | St. Isidore Polish Church | 622 Pulaski St | Riverhead | (631)727-2114 |
| Food Pantry | St. John the Evangelist Parish Outreach- Riverhead | 546 St. John's Place | Riverhead | (631)369-4601 |
| Food Pantry | St. Lawrence the Martyr Parish Soc. Ministry | 27 Handsome Avenue | Sayville | (631)589-6155 |
| Food Pantry | St. Cuthbert's Food Pantry | 18 Magnolia Place | Selden | (631)928-1078 |
| Food Pantry | St. Anselm's Episcopal Church (Food Pantry) | 4 Woodville Road | Shoreham | (631)849-4773 |
| Food Pantry | Human Resources of the Hamptons | 168 Hill Street | Southampton | (631)283-6415 |
| Food Pantry | Peggy's Pantry @ St. John the Baptist | 1488 N. Country Rd. | Wading River | (631)929-4339 |
| Food Pantry | Living Water Full Gospel Church | 69 Industrial Road | Wainscott | (631)537-2120 |
| Food Pantry | Assembly of Christian Brothers | 56 Jefferson Ave. | Wyandanch | (631)987-7793 |
| Food Pantry | Fellowship Baptist Church | 98 Levey Blvd | Wyandanch | (631)643-2712 |
| Food Pantry | Bread of Life Fellowship (Loaves of Fishes) | 1345 Straight Path | Wyandanch | (631)253-2117 |
| Food Pantry | Gerald J. Ryan Outreach Center, Inc. | 1434 Straight Path | Wyandanch | (631)643-7591 |
| Soup Kitchen | Mercy INN | 17 South 20th Street | Wyandanch | (631)643-5117 |
| Food Pantry | Veterans Place -SCUV- C-Food Pantry,The | 32 Mill Rd | Yapank | (631)924-8088 |

# Suffolk County Executive Steven Bellone

## Community Governor Cuomo
## NYS DMV (Department of Motor Vehicles)

March 22, 2020

All drivers licenses, non-driver IDs, and registrations with an expiration day of March 1, 2020 or later will be extended.

All DMV offices are closed and all road tests are suspended. All reservations have been cancelled. Please visit the DMV website if you wish to complete a transaction online http://www.dmv.ny.gov

Provided by @NYGovCuomo

# Suffolk County Executive Steven Bellone

## NOTICE TO ALL RECIPIENTS OF Supplemental Nutrition Assistance Program (SNAP) and/or Temporary Assistance Cash Benefits (TA) with Medicaid (MA)

**March 24, 2020**

As a result of the COVID-19 pandemic, the New York State Office of Temporary and Disability Assistance (OTDA) is automatically extending certain TA/MA/SNAP and SNAP only recertifications scheduled to expire in March, April and May for a period of three (3) months

The COVID-19 pandemic prevented some households from submitting recertification forms in a timely manner.

For the certification periods ending 3/31/20, 4/30/20 and 5/31/20, a three (3) month extension of SNAP or TA/MA/SNAP benefits has been approved for cases throughout the State.

March Recertifications: Only cases whose certification periods were scheduled to end in March 2020 and were NOT processed for recertification have been extended. If your recertification was processed and the district determined your case to be no longer eligible for SNAP or TA/MA/SNAP benefits due to excess income, failure to provide required documentation or another reason, your household was not eligible for an extension.

# Suffolk County Executive Steven Bellone

# Community Updates
# Department of Social Services

Update-March 19, 2020

| | | |
|---|---|---|
| Riverhead Center | 893 E. Main Street Riverhead, New York 11901-2542 | Telephone: (631) 852-3500<br>Fax: (631)852-3505 |
| Coram Center | 80 Middle Country Road Coram, New York 11727 | Telephone: (631) 854-2300<br>Fax (631) 854-2123 |
| Smithtown Center | 200 Wireless Boulevard Hauppauge, New York 11788 | Telephone: (631) 853-8714<br>Fax: (631) 853-8842 |
| South West Center | 2 South 2nd Street Deer Park, New York 11729 | Telephone: (631) 854-6600<br>Fax: (631) 854-6672 |

All efforts to reduce public contact are being made while meeting the needs of the County's most vulnerable residents.

Applications
Applications for assistance programs can be submitted by mail (instead of coming to a center). Please visit the SCDSS website for information or to download applications at: https://www.suffolkcountyny.gov/Departments/Social-Services/Client-Benefits-Administration

Supplemental Nutrition Assistance Program (SNAP) applications and case recertification can be submitted electronically @ mybenefits.ny.gov or by mail (instead of coming to a center).

Additionally, SNAP benefits can be used for online grocery purchases. Current participating retailers include: Amazon, Walmart and ShopRite. Amazon is available statewide; Walmart and ShopRite participate in specific zip codes. Walmart, depending on specific locations, offers delivery, pick-up or both. Clients can enter zip code on the Walmart or ShopRite websites to find availability.

# Suffolk County
# Executive Steven Bellone

## Community Update
## Department of Social Services (DSS)
**March 24, 2020**

### DSS Sanctions/Benefits Discontinued

DSS will not impose the sanctions scheduled for April 1, 2020. A new notice will be provided to the clients prior to any negative action being taken on their case.

Questions can be directed to 631-853-3664 (8am – 4pm)

# Suffolk County Executive Steven Bellone

# Community Updates
# New Suffolk Transit Policies

March 22, 2020

First, we are asking all of our riders to go cashless with the Suffolk FastFare Mobile App so that they can bypass payments to keep themselves and the bus drivers protected.

The app is available for use on all Suffolk County Transit buses and allows riders to easily purchase tickets on their smartphones anytime, anywhere.

Second, we are implementing a Rear-Door Boarding Policy. Riders will now be required to board on the back of the bus, and we are isolating the first few rows of the bus to create a safe social distance between the riders and the driver effective March 23rd.

# RELIEF FOR WORKERS AFFECTED BY CORONAVIRUS ACT

## WHAT YOU NEED TO KNOW AND DO ABOUT THE CARES ACT

NEW YORK STATE MAKING PROGRESS HAPPEN for WORKERS

The federal CARES Act was signed into law March 27, 2020. The Act provides enhanced Unemployment Insurance (UI) benefits and Pandemic Unemployment Assistance (PUA) for New Yorkers. Here's what you need to know.

### IF YOU ARE ALREADY APPROVED FOR UI BENEFITS:

**WHAT YOU SHOULD DO**

- **Do Nothing.**
  Your benefits will automatically be updated. **Please do not call**, it will only make it difficult for others to reach an agent.

**WHAT YOU MAY QUALIFY TO RECEIVE**

- 26 weeks of UI benefits.
- An additional $600/week until 7/31/2020. (Beginning 4/5/2020)
- An additional 13 weeks of UI benefits if you are still unemployed after 26 weeks.

### IF YOU ARE FILING A NEW UI CLAIM:

**WHAT YOU SHOULD DO**

- Apply online at **labor.ny.gov/signin**.
- You may also call **1-888-209-8124** if you do not have access to a computer.

**WHAT YOU MAY QUALIFY TO RECEIVE**

- 26 weeks of UI benefits.
- An additional $600/week until 7/31/2020. (Beginning 4/5/2020)
- An additional 13 weeks of UI benefits if you are still unemployed after 26 weeks.

### IF YOU ARE NOT TRADITIONALLY ELIGIBLE FOR UI BENEFITS:

**WHAT YOU SHOULD DO**

- Check your eligibility for PUA **labor.ny.gov/ui/pdfs/pandemic-unemployment-assistance.pdf**
- If you believe you are eligible, apply online at **labor.ny.gov/signin**.
- You may also call **1-888-209-8124** if you do not have access to a computer.

**WHAT YOU MAY QUALIFY TO RECEIVE**

- 26 weeks of PUA benefits.
- An additional $600/week until 7/31/2020. (Beginning 4/5/2020)
- An additional 13 weeks of benefits if you are still unemployed after 26 weeks.

### IF YOU'VE EXHAUSTED 26 WEEKS OF BENEFITS AFTER 7/1/2019:

**WHAT YOU SHOULD DO**

- Apply online at **labor.ny.gov/signin**.
- You may also call **1-888-209-8124** if you do not have access to a computer.

**WHAT YOU MAY QUALIFY TO RECEIVE**

- 13 weeks of benefits.
- An additional $600/week until 7/31/2020. (Beginning 4/5/2020)

### MORE INFORMATION:

See Frequently Asked Questions About UI During the Coronavirus Emergency:
**labor.ny.gov/ui/coronavirus-faq.shtm**

To apply for UI benefits file on these days:
Filing for UI benefits is based on your last name.
**A - F file on Monday | G - N file on Tuesday | O - Z file on Wednesday**
Missed your day? File on Thurs-Fri-Sat

Revised (3/30/20)

# Suffolk County Executive Steven Bellone

# Community Updates

## Cellular Info COVID 19 Relief

**April 2, 2020**

## AT&T

**https://about.att.com/pages/COVID-19.html**

**AND**

**https://www.att.com/help/covid-19/**

- For the next 60 days (as of March 13, 2020), AT&T won't terminate service and will waive the following due to economic hardship as a result of COVID-19:
  Late payment fees for postpaid wireless, home phone or broadband residential customers
- Domestic postpaid wireless plan overage charges for data, voice or text for residential postpaid wireless customers
- The waiver applies to these fees or charges incurred between March 13, 2020, and May 13, 2020
- Offering internet access for qualifying limited-income households at $10 a month through our Access from AT&T program
- Expanded eligibility to Access from AT&T to households participating in the National School Lunch Program and Head Start.
- All AT&T consumer home internet wireline customers, as well as Fixed Wireless Internet, can use unlimited internet data.
- Offering new Access from AT&T customers two months of free service.

# Suffolk County Executive Steven Bellone

# Community Updates
# Verizon COVID19 Policy

## April 1, 2020

**Must fill out short form to let Verizon know you're experiencing hardship to qualify for the following**

- **Will not charge a late fee or terminate service if needed due to COVID19 hardship.** *This policy is currently in effect through May 13, 2020.*
  Once you have submitted your hardship form, your account will be protected from late fees and service termination through May 13, 2020. There's no need to contact us to confirm receipt of your form, your account will be updated accord ingly.

- **Waiving activation and upgrade fees**
  When purchased through following channels: My Verizon Online, My Verizon app, Telesales, Customer Service, Chat, Verizon Authorized Retailers

- **Offering free international long distance calling to many countries impacted by COVID-19.** This offer includes customers on both prepaid and postpaid plans.

- **Additional Mobile Hotspot data:** Verizon is automatically adding 15 GB of data across nearly all plans, to *be used between 03/25/2020 and 04/30/2020. Varies across plans.*

- **Voice Minutes Calling Plans will not be charged overage fees**
  *Between 03/20/2020 and 04/30/2020*, if you're on a postpaid calling plan that has a fixed amount of minutes, you won't be charged voice overage fees if you go over. Eligible customers will receive a text message with additional information.

# Suffolk County Executive Steven Bellone

# Community Updates

## Cellular Info COVID 19 Relief

**April 2, 2020**

# T-Mobile

https://www.t-mobile.com/brand/ongoing-updates-covid-19

Allowing customers to set up a payment arrangement online if they can't pay on time

- All T-Mobile customers as of March 13, 2020 who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming).
- T-Mobile customers on plans with smartphone mobile hotspot can add 20GB of smartphone mobile hotspot (10GB per bill cycle for the next 60 days)
- Working with Lifeline partners to provide customers extra free data up to 5GB per month through May 13, 2020
- Increasing the data allowance for free to schools and students using T-Mobile's EmpowerED digital learning program to ensure each participant has access to at least 20GB of data per month through May 13, 2020

# Suffolk County Executive Steven Bellone

# Community Updates

## Cellular Info COVID 19 Relief

**April 2, 2020**

# Sprint:

https://www.sprint.com/en/landings/covid-19.html

- Providing Unlimited data for 60 days to customers with metered data plans (effective 3/18)
- Giving 20 GB of free mobile hotspot to customers with hotspot-capable devices (effective 3/18)
- Waiving per-minute toll charges for international long-distance calls from the U.S. to CDC- defined Level 3 countries (effective 3/17)

# Suffolk County
# Executive Steven Bellone

# Free or Low Cost Wi-Fi

March 28, 2020

Free or low cost Wi-Fi, especially for school children during this time of home schooling.

## Free Wifi/internet

Charter Communications (Spectrum) and Comcast are giving households with K-12 and college students, and those who qualify as low-income complimentary Wifi for 60 days

Families who do not have the service will also receive free installation of the service

Both companies are expanding Wifi hotspots to the public within the company's available regions

Call (844) 488-8395 (Charter) or (855) 846-8376 (Comcast) to enroll
Individuals must call company after 60 days, or they will be automatically billed

## Unlimited data

Charter, Comcast, AT&T, and Verizon are offering unlimited data plans to customers until May 13 for no additional charge

## Safelink Wireless

Eligibility requirements must be met, which are set by each State where the service is provided

To qualify for Lifeline, subscribers must either have an income that is at or below 135% of the federal Poverty Guidelines, or participate in one of the following assistance programs:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP) Food Stamps
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans and Survivors Pension Benefit

Service is limited to one person per household

Call 1- 800-SafeLink (723-3546) for enrollment and plan changes support

Subscribers can use their own phones:
SafeLink Keep Your Own Smartphone plan requires a compatible or unlocked Smartphone. Most GSM Smartphones are compatible.

Subscribers can get up to 350 minutes and 3GB of data, which includes voice minutes and unlimited texts, voicemail, nationwide coverage and 4G LTE on 4G LTE compatible devices