



# COVID-19

## INFORMATION & RESOURCES

### COVID-19 NEWS AND RESEARCH

New York State Department of Health  
New York State on Pause  
All non-essential workers are directed to work from home and everyone is required to maintain a 6-foot distance in public. Call the Hotline: 1-888-364-3065 or Ask a Question

Suffolk County Department of Health  
Latest information on COVID-19  
For Live updates:  
TEXT: COVIDSUFFOLK TO "67283"

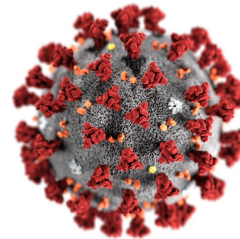
Centers for Disease Control (CDC)

World Health Organization (WHO)

### TESTING

COVID-19 Screening  
Take this online assessment, if you meet the criteria for testing, you will receive a call back from NYS to schedule a test.

Testing  
Testing is free to all eligible New Yorkers as ordered by a health care provider or by calling the NYS hotline at 1-888-364-3065.



### MENTAL HEALTH SUPPORT

Office Mental Health Support Line  
Call 1-800-863-9314 for free emotional support, consultation or referral.

Crisis Text Line: Text GOT5 to 741741.  
24/7 anonymous texting service.

Domestic Violence: 1-800-799-SAFE (7233) Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.

National Suicide Prevention Lifeline  
If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call 1-800-273-TALK (8255)

Substance Abuse and Mental Health Administration Disaster Distress Helpline: 1-800-985-5990. 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

The National Deaf Hotline provides 24/7 support to survivors of domestic violence and/or sexual assault within the Deaf Blind, DeafDisabled, and Hard-of-Hearing community. Helpline: 855-812-1001.

## UNEMPLOYMENT RESOURCES

### New York State Department of Labor

If you are filing a new unemployment Insurance claim, the day you should apply 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 on Tuesday. For last names starting with O - Z, file your claim on Wednesday. If you missed your filing day, file your claim on Thursday, Friday or Saturday. Filing later in the week will not delay your payments or affect the date of your claim.

## FOOD ASSISTANCE

### Long Island Cares

To locate a food pantry or assistance program use the food locator.

To be assessed for mobile home delivery, due to COVID-19, call 1-631-582-3663 or email [emergencyresponse@licares.org](mailto:emergencyresponse@licares.org)

### Island Harvest

Use the food pantry tool to locate food assistance or call 1-631-873-4775

### Supplemental Nutritional Assistance Program (SNAP)

If you qualify, SNAP will help you buy healthy food for you and your family. Apply online or download the application and mail it once it is completed.

## TAXES

The deadline to FILE and Pay Federal and State income taxes has been extended to July 15.

Free File: Do your Federal taxes for free. You must meet income guidelines,  
Free File: Do your State taxes for free. You must meet income guidelines.

## SMALL BUSINESS RESOURCES

The U.S. Small Business Administration (SBA) has established a disaster declaration for New York which makes available Economic Injury Disaster Loans (EIDLs) for small businesses in New York State. Apply online.

## DMV

All Licenses, Non Driver ID's, and Registrations with an expiration date of March 1, 2020 or later are extended. Inspections due in March 2020 are extended until further notice.

All DMV Offices are closed and road tests are suspended until further notice, and Traffic Violation Bureaus are adjourned through April 17th. All reservations have been cancelled. You can still do most transactions online.

DMV online services.

NYSDMV has approved sponsoring agencies to provide accident prevention courses through the internet or alternative delivery method that can reduce points and insurance premiums.

## CHILD CARE

The childcare Council of Suffolk County hotline will connect essential workers looking for childcare with a referral. Call 646-926-3784

## MEDICAID ENROLLMENT ASSISTANCE

Nassau-Suffolk Hospital Council NYS DOH has given Medicaid enrollment workers permission to provide Medicaid enrollment assistance over the phone to adults over the age of 65 or any adult or child who is blind or disabled. Please call 631-656-9783 and leave a message. Staff working remotely will return calls and provide assistance.

## HEALTH INSURANCE

Special Enrollment Period for Uninsured New Yorkers during which eligible individuals will be able to enroll in insurance coverage through NY State of Health, New York's official health plan Marketplace, and directly through insurers. Deadline June 15, 2020.

If You Lost Employer Coverage, You Must Apply Within 60 Days of Losing That Coverage; Because of Loss of Income, New Yorkers May Also Be Eligible for Medicaid, the Essential Plan, Subsidized Qualified Health Plans or Child Health Plus

## UTILITY INFORMATION

PSEG has suspended shut offs for non-payment and it is waiving late fees. Customers can call 1-800-490-0025 or use their website [psegliny.com](http://psegliny.com) for assistance.

National Grid has closed all customer centers until further notice. They are also temporarily suspending service disconnections until May 15, at which time they will evaluate the need. Visit [nationalgridus.com](http://nationalgridus.com) or call 1-800-930-5003 for more info.

## SUSPENSION OF DEBT COLLECTION ACTIVITY

COVID-19 Application For Suspension Of Debt Collection Activity. Apply online. This application is for persons or businesses that owe (non-medical and non-student\*) debts to the State of New York that have been referred to the Office of the Attorney General for collection and litigation. No application is necessary for medical or student loan debt as they have been halted for at least 30 days. Please check website for additional information

## MORTGAGE & RENT RELIEF OPTIONS

If you're among those financially impacted by the coronavirus pandemic, you might be concerned about how to pay your mortgage or rent. Federal and state governments have announced plans to help struggling homeowners during this time. The Guide to Coronavirus Mortgage Relief Options from the Consumer Financial Protection Bureau provides information on what to do now, and what your options are for mortgage and rental relief.

## ECONOMIC IMPACT PAYMENT

The IRS has started sending payments to taxpayers. The payments are automatic for most taxpayers. No further action is needed by taxpayers who filed tax returns in 2018 and 2019 and most seniors and retirees. For more information contact IRS.

## FINANCIAL SURVIVAL TOOLKIT

New York Comptroller provides helpful resources and links to give you easy access to vital assistance and information you need at this time.

## SMART 911

With Smart911, your safety profile can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency.

## AVOID SCAMS

Tips for avoiding scams:

Federal Trade Commission

Suffolk County District Attorney

## FACE MASKS

All New Yorker's must wear a face covering when they need to be outside their home and may not be able to maintain at least 6 feet of distance between themselves and others.

CDC information on wearing a face mask. Sew and no sew mask instructions provided.

Free masks for seniors from Suffolk County. Any Suffolk County resident 60+ can call 3-1-1 to receive a free mask.

## FREE INTERNET ACCESS

Optimum is offering FREE internet access for students impacted by COVID-19. Internet access will be free for 60 days, where available, to any household in their service area that has a student in K-12 and/or college. Click here for more information.

## 2020 CENSUS

The 2020 Census is happening now. You can respond online, by phone 1-844-330-2020 or by mail. Deadline extended to August 14.

## BURIAL ASSISTANCE

Suffolk County Department of Social Services covers basic burial costs for recipients of Temporary Assistance, stillborn infants, or any person found dead in the county who is not under the jurisdiction of another social services district. Funeral director must be notified at initial contact that a social service funeral is being requested. Apply here.

## BEREAVEMENT COUNSELING

Association for Mental Health and Wellness will provide COVID-19 online bereavement support groups to be provided by mental health professional from Long Island.

American Red Cross has developed a program in response to COVID-19 to support individuals and families who have lost family members as a result of COVID-19. Contact the American Red Cross Virtual Family Assistance Center in New York State for additional information.

Office of Mental Health published Coping with Grief and Supporting Others who are Coping with Grief to aid individuals through the grieving process.

## TRANSPORTATION

Island Harvest is working with LYFT to provide free transportation to food pantries and restaurants. Ends May 31, 2020. Call 516-805-4612

## LPL FACEBOOK

For additional services or up-to-date information please follow us on Facebook