



Assemblymember  
**RODNEYSE BICHOTTE**  
Brooklyn Democratic County Leader



## COVID-19 Updates

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Photo Credit: Getty Images

**August 17, 2020**

**FOR IMMEDIATE RELEASE**

**Media Contact:**

Sabrina Rezzys  
rezzys@nyassembly.gov  
718-940-0428

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### **Governor Cuomo Allows Gyms to Reopen With Precautions**

#### *Amid Coronavirus Pandemic*

U.S. Postmaster Louis DeJoy Will Testify Before House Panel Next Week; City Issues More Guidance on School Reopening; Democratic National Convention Starts Tonight; and More!

**NYS Confirmed: 425,916**  
**NYS Deaths: 25,256**  
**NYC Confirmed: 230,458**  
**Brooklyn Confirmed: 63,913**

**NYS: GOVERNOR CUOMO**

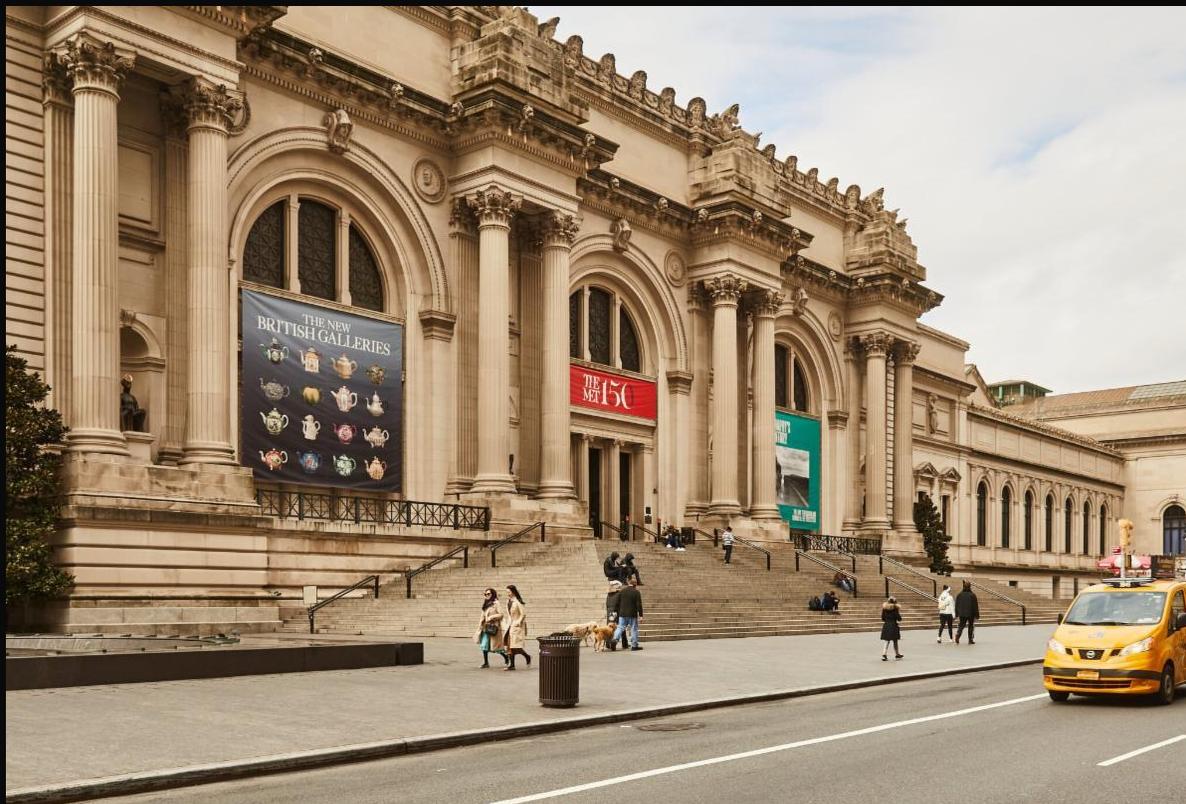


Photo Credit: Zack DeZon/NYT

- **Governor Cuomo** announced today that **gyms** and **fitness studios** can open as soon as **August 24**, but localities have until **September 2** to decide whether or not to open them.
  - Localities must inspect every gym before it opens or within 2 weeks of opening.
  - Localities can use their discretion to stop gyms from holding indoor classes.
  - Gyms must have a sign-in form to assist with contact-tracing efforts.
  - The following restrictions will apply:
    - Gyms may not exceed **33% capacity**;
    - **Mask wearing** is mandatory; and
    - **Heating, Ventilation, and Air Conditioning systems** must meet guidelines.
- The governor announced last week that **museums** will reopen as soon as **August 24**.
  - Timed ticketing will be in place, and they will have to operate at **25% capacity**.
  - For more information on reopening and entrance requirements, visit [here](#).
- **Bowling alleys** are allowed to open at **50%** capacity.
- The COVID-19 infection rate is below **1%** for NYS for the tenth consecutive day.
- New York state will provide health personnel to allow the **9/11 Tribute Light Show** to happen safely.
- The state offered [new guidance](#) for **police reform**.

- Per the governor's executive order, every locality must adopt a plan by **April 1** to be eligible for future state funding.
- The governor also issued a [letter](#) to **500 jurisdictions** with police departments outlining what issues must be addressed.
- The governor will speak at the **Democratic National Convention** tonight. Watch [here](#).

## NYC: MAYOR DE BLASIO



Photo Credit: NYC Mayor's Office

- **Mayor de Blasio** announced the city will partner with **Mercato**, a grocery store delivery business, to increase the amount of home delivery grocery service available in the hardest-hit communities.
- The mayor said that schools will be subject to **random inspections** by the Department of Education Chancellor, **Richard Carranza**, to make sure social distancing and cleaning guidelines are followed.
  - The mayor also said that the following supplies would be made available to schools:
    - **4 million** face masks;
    - **3.5 million** bottles of hand sanitizer; and
    - More than **80,000** containers of disinfecting wipes.
  - School **principals** will have a **direct line** to the city to request PPE supplies.

- **Mayor de Blasio** announced the city will begin moving people experiencing homelessness from hotels back into shelters. Read more [here](#).
- The city will open **21** more streets for **Open Restaurants**.
- Over **50** people were shot in NYC over the weekend.
  - **6** of the shootings were fatal.
  - **President Trump** threatened to send federal agents to NYC over gun violence concerns.

## FEDERAL GOVERNMENT



Photo Credit: Andrew Kelly/Reuters

- **U.S. House Speaker Nancy Pelosi** called lawmakers back to session to vote on the Delivering America Act, which would block the **U.S. Postal Service** from making operational changes.
  - **Postmaster General Louis DeJoy** implemented changes which has caused mail delays.
  - Delays would adversely effect absentee voting and has already effected medication and check deliveries.
- The postmaster has agreed to testify before the **House Oversight Committee on August 24**.
- The CDC has asked California, Florida, Minnesota, North Dakota and the City of Philadelphia to come up with a plan to distribute the **coronavirus vaccines** when it becomes available, possibly as early as this fall. Read more [here](#).

- **President Trump** has finalized a plan to open part of the **Arctic National wildlife Refuge** for oil and gas drilling.
  - The plan overturns **60** years of protections for the wilderness refuge.

## DEMOCRATIC NATIONAL CONVENTION



Tune in tonight from **9-11 PM ET** for the first night of the **2020 Democratic National Convention**. Viewers will hear from the many Americans who are rising up to take on the crises facing our country. To watch, click play in the link above or visit [here](#).

## FREE ONLINE CITIZENSHIP CLASSES

FREE ONLINE  
**CITIZENSHIP CLASSES**  
FOR GREEN CARD HOLDERS

**CLASS SCHEDULE:**  
August 17 - September 28  
(Mon and Wed, 6 - 7 p.m.)



NEW-YORK  
HISTORICAL  
SOCIETY  
MUSEUM & LIBRARY



Citizenship  
Now!

To sign up for the free online classes click [here](#).

**CUNY CITIZENSHIP NOW!**

# IMMIGRATION NEWS

ENGLISH August 19th, 3pm

ESPAÑOL August 20th, 3pm



**CU  
NY** | Citizenship  
Now!



Liberty  
Defense Project

Attorneys Shawn Rahman and Marisara Quinones will give the latest immigration news during two upcoming Facebook Live events. The English session will be hosted on **Wednesday, August 19, at 3 p.m.**, and the Spanish session is on **Thursday, August 20, at 3 p.m.**, watch by clicking [here](#).

NAMC



## JOIN US FOR AN INFORMATIONAL WEBINAR

FEATURING A DISCUSSION FROM M/WBE COMMUNITY LEADERS ON  
WHAT'S IN THE PIPELINE AND AN OUTLOOK ON Q4 IN 2020

**AUGUST 19 @ 12 PM**



**SHANNON CARDONE**  
M/WBE PROGRAM  
DIRECTOR/  
ASSISTANT DEPUTY ACCO  
NYC FIRE DEPARTMENT



**WAYNE LAMBERT**  
DEPUTY DIRECTOR OF  
PROGRAMS  
MAYOR'S OFFICE OF  
M/WBES



**NAYAN PARIKH**  
PRESIDENT  
NY TRI-STATE  
CHAPTER  
OF NAMC



**KEITH TALLBE**  
SENIOR COUNSEL  
OFFICE OF  
LEGAL AFFAIRS  
NYC HEALTH + HOSPITALS

Register Online at [namctrystate.org/aug19webinar](https://namctrystate.org/aug19webinar)

### THANK YOU TO OUR PARTNERS



To participate in this informational webinar where you will hear from M/WBE community leaders please register [here](#).

**RESIDENTIAL EVICTION MORATORIUM  
EXTENDED**

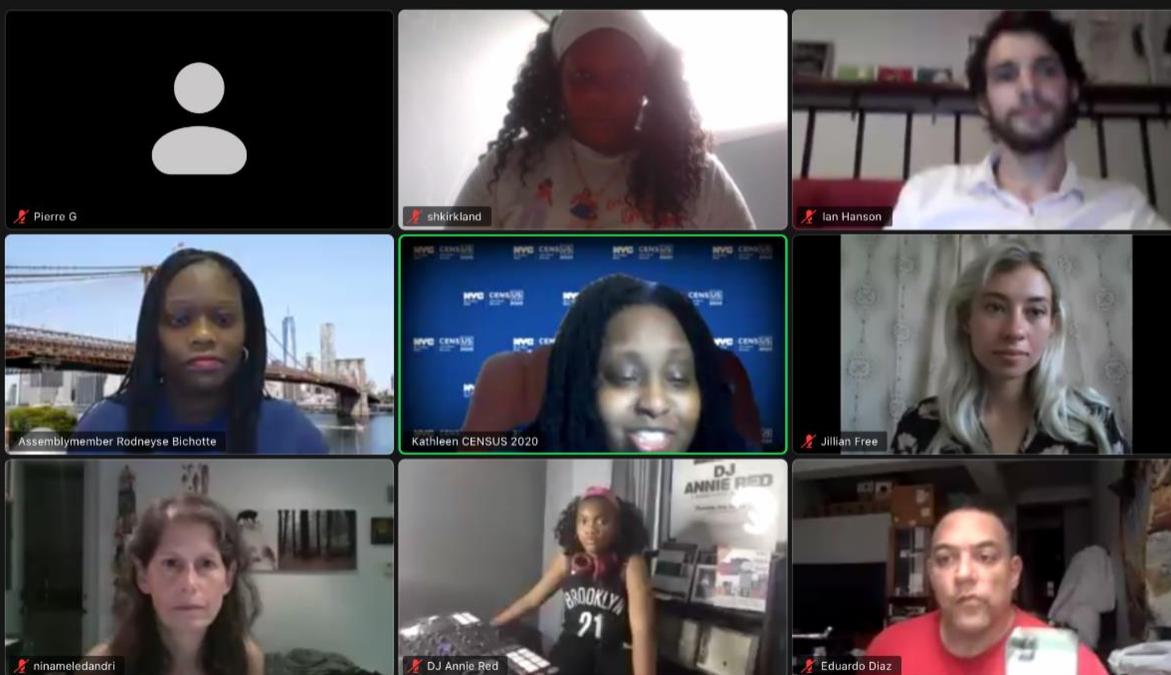
The residential eviction moratorium has been **extended to Oct. 1.**



To read more information on the extension click [here](#).

## COMMUNITY EVENTS

### YMCA Census Phone Bank Party



Assemblymember Bichotte, alongside other leaders, giving words of encouragement to volunteers during the YMCA census phone bank party on August 13.

### Summer Office Hours at Newkirk Plaza (B/Q) Subway Station



Assemblymember Bichotte with constituents at the Newkirk Plaza train station on August 14.

### **Elefterakis, Elefterakis & Panek Supply Giveaway**



Assemblymember Bichotte presented a citation to the family of Dr. John Elefterakis in honor of his legacy as a doctor and community advocate during a supply giveaway on August 15th at the Dr. John's Playground.

### **Business PPE Distribution**



Assemblymember Bichotte and Lauren Elvers Collins, Executive Director of Flatbush Avenue BID & Church Avenue BID, distributed PPE to businesses on August 15.

### **Pilgrim Wesleyan Church**



Assemblymember Bichotte greeted and provided updates to the congregants of Pilgrim Wesleyan Church on August 16th.

**ALTERNATE-SIDE PARKING**

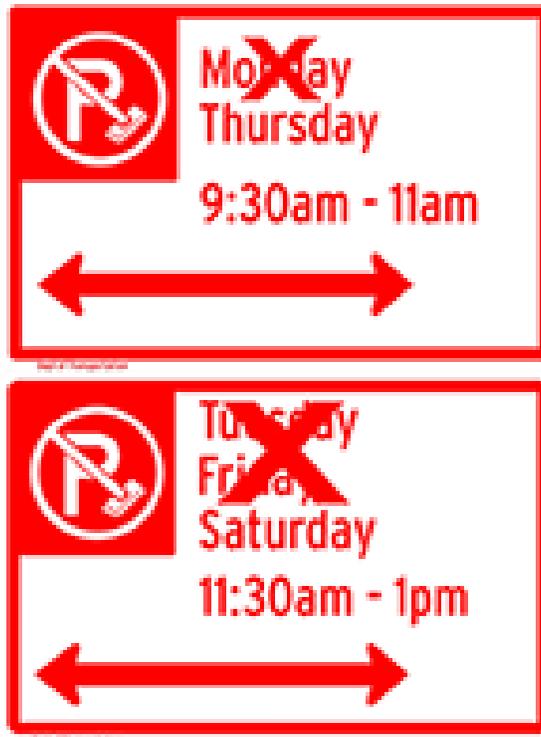


Photo Credit: NYC DOT

- NYC Alternate Side Parking (ASP) is in effect from **Monday, August 17 - Saturday, September 5.**
- **Monday, September 7:** ASP is suspended for Labor Day.
- For more information visit [here](#).

**COVID-19 TESTING IN FLATBUSH**



Assemblymember  
**Rodneyse Bichotte**  
42nd Assembly District



# FLATBUSH AVENUE WALK-IN COVID-19 TESTING SITE

*This testing site is **by appointment only**.*

You **must** contact the  
**NYS Department of Health**  
at **1-888-364-3065** to  
schedule an appointment.

## **Brookdale Family Care Center**

1095 Flatbush Avenue  
Brooklyn, NY 11226

For more information about this or any community concern,  
contact Assemblymember Bichotte's district office  
718-940-0428 | [bichotter@nyassembly.gov](mailto:bichotter@nyassembly.gov) | [www.nyassembly.gov/mem/Rodneyse-Bichotte](http://www.nyassembly.gov/mem/Rodneyse-Bichotte)

We have a COVID-19 testing site in the **42nd Assembly District**. **You must make an appointment before visiting the center or you will be turned away.** To make an appointment you **must** contact the NYS Department of Health at **888-364-3065**.

**MULTISYSTEM INFLAMMATORY SYNDROME IN  
CHILDREN (MIS-C)**



Photo Credit: Norton Children's

Governor Cuomo announced that a new investigation is underway regarding potential COVID-19 related **cases in children**. Symptoms can be compared to Kawasaki disease and toxic shock-like syndrome. The Department of Health issued an advisory of what's called the Multisystem Inflammatory Syndrome in Children, or MIS-C, and now **requires** health care providers to **immediately report** all related cases. The Department of Health and Mental Hygiene released a [health advisory](#) detailing current findings.

- New Yorkers should **seek immediate** care if a child has:
  - Prolonged fever (more than five days)
  - Difficulty feeding (infants) or is too sick to drink fluids
  - Severe abdominal pain, diarrhea or vomiting
  - Change in skin color - becoming pale, patchy and/or blue
  - Trouble breathing or is breathing very quickly
  - Racing heart or chest pain
  - Decreased amount of frequency in urine
  - Lethargy, irritability or confusion

**THANK YOU ESSENTIAL WORKERS**



*Always there when we need them.*

**Thank you**  
**first responders!**

During these unprecedented and difficult times, **we thank our essential workers** who are serving on the front lines. Today, we thank our **First Responders** for being there for us when we have our greatest needs. We appreciate your contributions to our community during this time.

**COMPLETE THE 2020 CENSUS**



**Assemblymember Rodneyse Bichotte**

As we face unprecedented challenges in the fight against COVID-19, we must remember to complete the **2020 Census**. The census asks just 10 simple questions that can be answered in just a few minutes online by visiting [here](#) or by calling [844-330-2020](tel:844-330-2020).

**AVOID SCAMS**

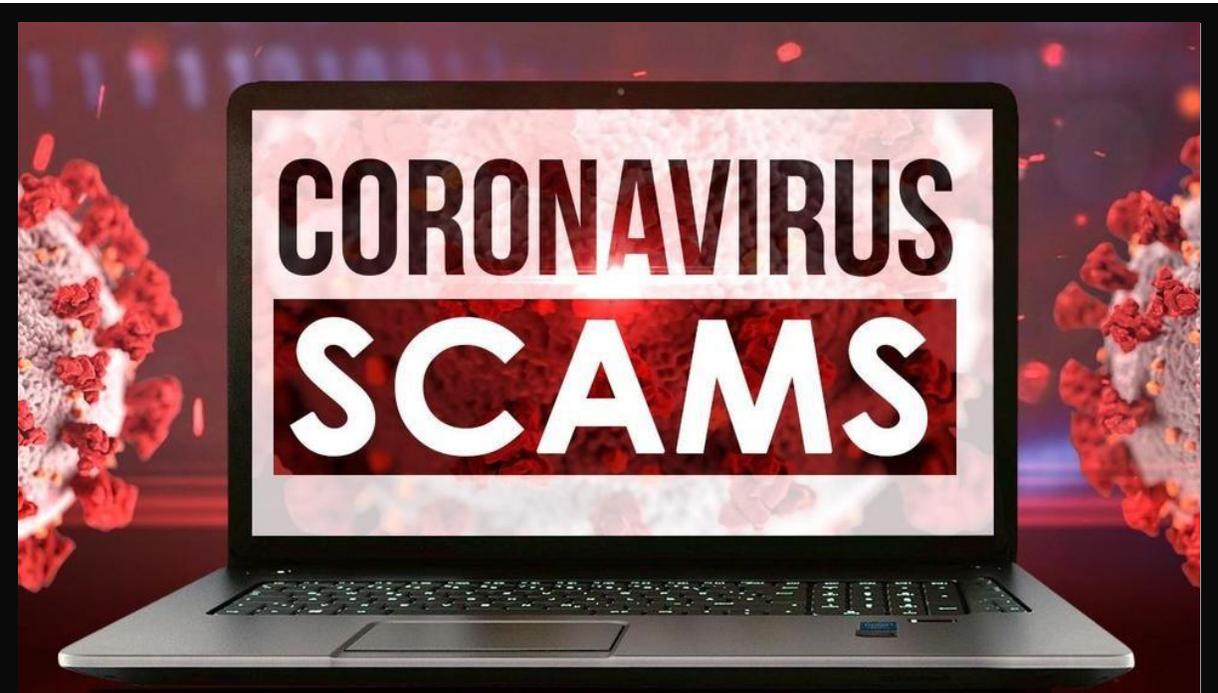


Photo Credit: Pixabay/CDC

- Notify NYC: Beware of COVID-19 scams!
- Report **price gouging** to 311 or [NYC.gov/dcwp](https://www.nyc.gov/dcwp). You can also file a complaint to the Attorney General's office by filling out a [complaint form](#).
- **NYS Price Gouging Hotline: 800-697-1220.**
- CDC staff will **NOT** go door-to-door. If you experience this, call 911.

## SERVICES AND RESOURCES



Photo Credit: Ansi.org

Due to the impact of COVID-19 on New York City's workforce, the City of New York has developed a list of resources for those who may be unemployed due to COVID-19 or are seeking additional assistance. The list below will be updated frequently.

It has information on the following categories:

- **Employment Resources**
- **Food Assistance**
- **Health & Medical Assistance**
- **Financial Assistance**
- **Rent Arrears and Public Assistance**
- **Emotional Support & Spiritual Care**
- **Other Assistance**

Visit this [website](#) for resources.

**NYS Department of Health Hotline** for people who want to be assessed and get appointment for test ([888-364-3065](tel:888-364-3065)). NYC residents should call ([844-692-4692](tel:844-692-4692)).

### **Volunteer to Support**

**Others:** [https://www1.nyc.gov/site/helpnownyc/resources/covid-19-relief.page#healthcare\\_workers](https://www1.nyc.gov/site/helpnownyc/resources/covid-19-relief.page#healthcare_workers).

### **Free Internet Services:**

Charter is offering free spectrum broadband and WiFi access for **60 days to household with K-12 and/or college students** who do not already have Spectrum broadband subscription. To enroll, call **[844-488-8395](tel:844-488-8395)**. Until further notice, all Xfinity WiFi Public Hotspots are now open to everyone on the "xfinitywifi" SSID. For more information visit [here](#).

### **FreshDirect meals:**

**Brooklyn Borough President Eric Adams** in partnership with **FreshDirect** is providing free food packages. Each box contains the following:

- Rice, 2 bags, 16oz
- Pasta, 2 boxes, 16oz
- Canned beans, 2 cans, 10-16oz
- Canned Meat/Fish, 2 cans, 3 to 5 oz
- Canned Vegetable, 2 cans, 8 to 15 oz
- Raisins / Dry Fruit, 4 boxes, 2 oz per box
- Cereal/Oatmeal, 1 Box, 10 to 20 oz
- Milk / Milk Substitute, 1 container, 32 oz
- Corn, 2 ears
- 2 Potatoes
- 1 Onion
- 1 Carrot
- Orange / Apple, 2 in total



from 9:00 AM to 5:00 PM. Visit their [website](#) for more information.

- **Open Society Foundation** has established the **Immigrant Emergency Relief Program** which is a \$20 million fund that will provide 20,000 undocumented immigrants with a one-time monetary emergency relief.
  - \$400/individual
  - \$800/couple or single parent with children
  - \$1,000/family with multiple adults and children
  - for more information, click [here](#).

### **SMALL BUSINESS**

- The Federal Government is offering programs to support small businesses:
  - **Paycheck Protection Program** provides a loan that will be forgiven if employees are retained on payroll for a period of time. For more information, click [here](#).
  - **Economic Injury Disaster Loan** is a low interest loan to cover expense beyond payroll costs. For more information, click [here](#).
- New York City Small Business Services has a host of other services for small businesses including grant and loan opportunities. For more information, click [here](#).

**In-District Businesses open/closed** provided by **Flatbush Avenue BID and Church Avenue BID**: Visit Flatbush Avenue Business Directory [here](#) and Church Avenue Business directory [here](#). Businesses open/closed list provided by **Flatbush Development Corporation**: Visit Flatbush Business Corridor Directory [here](#). Includes businesses located in:

- Cortelyou Road (Coney Island Ave. - Ocean Ave.)
- Coney Island Avenue (Cortelyou Road - Foster Ave.)
- Newkirk Plaza
- Newkirk Avenue (Coney Island Ave. - Ocean Ave.)
- Foster Avenue (Coney Island Ave. - Ocean Ave.)
- Ditmas Park

**WHAT TO DO IF YOU ARE SICK WITH COVID-19**



# What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

## Separate yourself from other people in your home

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Clean your hands

Wash your hands often 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, you should wash them thoroughly with soap and water.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., shortness of breath or difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office keep other people from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>.

## Discontinuing home isolation

Patients confirmed to have COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. Current information on COVID-19 is limited; home precautions are conservative and based on general recommendations for other diseases, like Middle Eastern Respiratory Syndrome (MERS).



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

**STAY INFORMED**

**STAY INFORMED**

about  
**coronavirus**



**Health officials** are working tirelessly to protect public health and contain this virus. And, as your representative in Albany, I am working to ensure that our state is putting the health and safety of our families first.

Remember **COVID-19** can affect any community and we must stand by one another during this time, not alienate, threaten or discriminate against others.

For questions you can also reach out to the New York State's novel coronavirus hotline at **1-888-364-3065**. For continuous updates, you can visit the following websites:

- [Center for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)

*The CDC also now has the option for you to sign up for weekly updates on COVID-19.*

New Yorkers Can Sign Up for Email Updates [Here](#) and Ask

Questions About COVID-19 [Here](#)

New Yorkers Can Find More Information About the New COVID-19 Paid Sick Leave Law [Here](#)

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Assemblymember Rodneyse Bichotte represents the 42nd Assembly District in Brooklyn covering Ditmas Park, Flatbush, East Flatbush and Midwood. She is currently the **Chair of the Subcommittee on Oversight of Minority and Women-Owned Business Enterprises (MWBEs)**, and serves on the following committees: **Housing, Government Operations, Education, Banks, Health, and Higher Education**. She is also a member of the Task Force on Women's Issues and sits on **Governor Cuomo's Domestic Violence Advisory Council and Mayor De Blasio's MWBE Task Force**.

As a current Assemblymember, District Leader, and Chair of Brooklyn Democratic Party, Rodneyse Bichotte has been an outspoken advocate on issues concerning **immigration, education, economic development, unemployment, education reform, health care access, senior citizen centers, affordable housing, school safety, women's and LGBTQ rights**, as well as other issues affecting the quality of life in the community.

Learn more about  
Rodneyse Bichotte by visiting her websites:  
<http://nyassembly.gov/mem/Rodneyse-Bichotte>  
and [www.rodneysebichotte.net](http://www.rodneysebichotte.net)

**STAY CONNECTED**

