



"The COVID-19 pandemic has uprooted our daily lives. My staff and I are working remotely, but we are still here for you. If you need any assistance or information, contact us by phone or email. Please stay safe and healthy."

– **Assemblymember  
Deborah J. Glick**

New York State Assembly  
Albany, NY 12248

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All eligible voters can  
vote by mail in the June 23  
primary elections.

Visit [www.elections.ny.gov](http://www.elections.ny.gov)  
for more information.

**Stay home, save lives.**

**Assemblymember  
Deborah J. Glick**

**We're all  
in this together**

**Look inside**  
for important  
COVID-19  
updates and  
resources



# COVID-19 Information and Resources

Stay informed and learn about resources available during the COVID-19 crisis:

- **New York State Department of Health:**  
888-364-3065 | [www.ny.gov/coronavirus](http://www.ny.gov/coronavirus)  
Visit [now.ny.gov/page/s/coronavirus-updates](http://now.ny.gov/page/s/coronavirus-updates) to sign up for email updates from the state Department of Health.
- **Centers for Disease Control and Prevention (CDC):**  
[www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html](http://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html)
- **New York City Resources:**  
[access.nyc.gov](http://access.nyc.gov)  
[www1.nyc.gov/site/coronavirus/index.page](http://www1.nyc.gov/site/coronavirus/index.page)
- **Mental Health Hotline:** For free and confidential emotional support, consultation and referral to a local provider, call: 1-844-863-9314
- **New York State Domestic Violence Hotline:**  
1-800-942-6906 | NYC: 1-800-621-HOPE
- **Child Care Resources for Parents and Providers:**  
[www.ocfs.ny.gov/programs/childcare](http://www.ocfs.ny.gov/programs/childcare)

## Local Resources

- **Community Service Society:**  
A range of free supports related to health insurance issues, student loan management, financial coaching, and more. Visit [www.cssny.org](http://www.cssny.org) or call 212-254-8900 for information.
- **Greenwich House:**  
Essential community supports including senior services, mental health therapy, and recovery services. Visit [www.greenwichhouse.org](http://www.greenwichhouse.org) or call 212-242-4140 or 212-691-2900.

# State and Federal COVID-19 Resources

## Unemployment Insurance

If you've lost employment because of the COVID-19 crisis and need help paying your bills, call 1-888-209-8124 or visit [labor.ny.gov/unemploymentassistance.shtm](http://labor.ny.gov/unemploymentassistance.shtm). The federal CARES Act provides enhanced UI benefits and Pandemic Unemployment Assistance (PUA) for New Yorkers. Visit [labor.ny.gov/ui/cares-act.shtm](http://labor.ny.gov/ui/cares-act.shtm) to learn more.

## Federal CARES Act

- Authorizes recovery checks for U.S. taxpayers, which are being sent out now. If you have not received your check, visit [www.irs.gov/coronavirus/economic-impact-payments](http://www.irs.gov/coronavirus/economic-impact-payments).
- New York small businesses are eligible for \$33.8 billion in emergency loans to help retain employees. Go here for more info: [www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources](http://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources).
- All private insurance plans are required to cover COVID-19 treatments and vaccines and all coronavirus tests are free.
- Funding is provided for hospitals, community centers and food banks.

## Sick and Paid Leave Benefits Are Available

New state law provides sick leave and benefits to isolated or quarantined workers. To learn how much you qualify for, visit [paidfamilyleave.ny.gov/COVID19](http://paidfamilyleave.ny.gov/COVID19).

## SNAP Benefits

To help New Yorkers provide for their families, the state made \$200 million in emergency funding available to expand SNAP benefits, enabling all eligible recipients to receive the maximum benefit amount in April. Visit [otda.ny.gov/SNAP-COVID-19](http://otda.ny.gov/SNAP-COVID-19) for more information.

# Vital COVID-19 Updates



## Tax Day

The deadline for filing both your state and federal taxes has been moved from **April 15** to **July 15**.

## Be Counted in the Census!

New York needs a complete census count so we get our fair share of federal funding for everything from hospitals to public schools. The national deadline to complete the census is **August 14**. Respond by mail, by phone or online. Visit [my2020census.gov](http://my2020census.gov) to fill out the questionnaire online or learn more.



## Blood Donation

The Red Cross is calling on eligible donors to do their part and help prevent blood shortages. To schedule an appointment, call 1-800-733-2767.



## June Regents Canceled

To protect the health and safety of students and teachers, all June Regents exams are canceled. Graduation requirements have also been adjusted to ensure students aren't adversely impacted by this necessary change.



New York's essential workers are working hard every day to provide critical services and keep our state moving forward. We'll always have their backs.