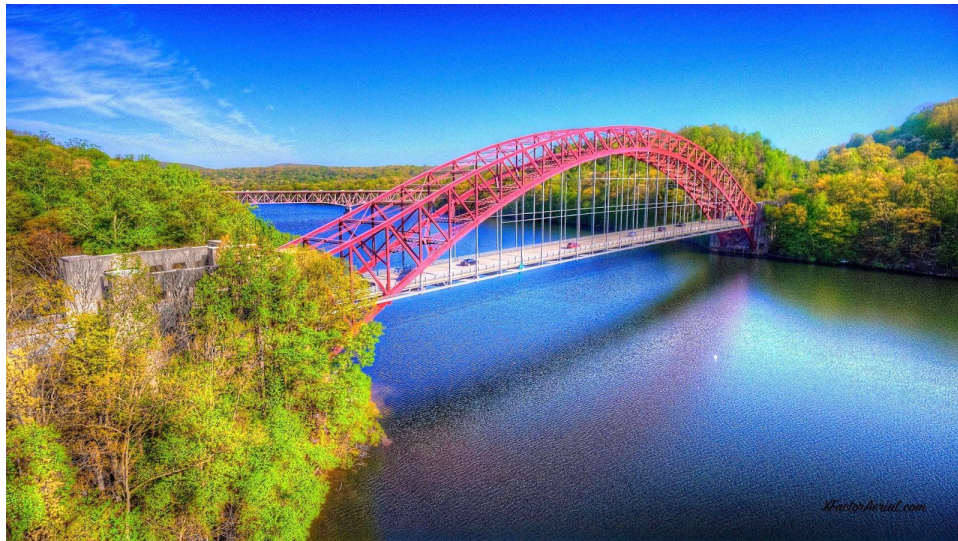


# COVID-19 WESTCHESTER COUNTY HEALTH INFORMATION & COMMUNITY RESOURCES

## New York Medical College Valhalla, New York

This live document is organized and regularly updated by medical students at New York Medical College and is intended to provide important information regarding the COVID-19 outbreak to the NYMC community as well as the Westchester County community at large. It contains outbreak updates and statistics, health and wellness information specific to COVID-19, in addition to community resources available in Westchester County. Thank you to the students at the NYU School of Medicine for inspiring us to distribute up-to-date and community-centered information in such a way. The NYU School of Medicine document for information about New York City can be found [here](#).

Leer en español [aquí](#).



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# COVID-19 OUTBREAK INFORMATION

## COVID-19 OUTBREAK UPDATES (WESTCHESTER COUNTY, NEW YORK)

- COVID-19 outbreak statistics for New York State as of April 24th (11:21AM) from [The New York Times](#):
  - Cases: 263,460
  - Deaths: 15,740
- COVID-19 outbreak statistics for Westchester County as of April 24th (11:33AM) from [John Hopkins Corona Resource Center](#):
  - Cases: 25,959
  - Deaths: 863
- New York State is now on **PAUSE**. Learn more about PAUSE [here](#).
  - The 10-point New York State on PAUSE plan is as follows:
    - Effective at 8PM on March 22nd, all non-essential businesses statewide will be closed.
    - Non-essential gatherings of individuals of any size for any reason (parties, celebrations, or other social events) are canceled or postponed at this time.
    - Any concentration of individuals outside their home must be limited to workers providing essential services and social distancing should be practiced.
    - When in public, individuals must practice social distancing of at least six feet from others.
    - Businesses and entities that provide other essential services must implement rules that help facilitate social distancing of at least six feet.
    - Individuals should limit outdoor recreational activities to non-contact and avoid activities where they come in close contact with other people.
    - Individuals should limit use of public transportation to when absolutely necessary and should limit potential exposure by spacing out at least six feet from other riders.
    - Sick individuals should not leave their home unless to receive medical care and only after a telehealth visit to determine if leaving the home is in the best interest of their health.
    - Young people should also practice social distancing and avoid contact with vulnerable populations.
    - Use precautionary sanitizer practices such as using isopropyl alcohol wipes.
- The below local, county, and state resources also offer up-to-date information:
  - [Westchester County Department of Health: Coronavirus Disease \(COVID-19\)](#) or 1-866-588-0195
  - [COVID19FAQ@westchestergov.com](mailto:COVID19FAQ@westchestergov.com) (responses can be sent in English or Spanish)
  - [New York State Department of Health: Novel Coronavirus \(COVID-19\)](#) or 1-888-364-3065
  - News updates and announcements from the local government in Westchester County can be found [here](#).
  - A compilation of resources specific to the city of White Plains has been created and can be accessed [here](#).

## FACILITY CLOSURES

- All non-essential businesses and gatherings of any size statewide are now closed.
- Essential businesses are required to implement rules that help facilitate social distancing of six feet at minimum. The definition of an essential business can be found [here](#).
- All restaurants, bars, and cafes are now take-out or delivery only for food and beverage (including alcohol).
  - Updated lists of open restaurants have been compiled by [Westchester Magazine](#) and the [White Plains Business Improvement District](#).
- All public and private schools in Westchester County are closed to students and staff, excluding essential staff functions as defined by each school district. Additional information can be found [here](#).
- Westchester County non-profit closures can be found [here](#).
- Westchester County Government Services closures can be found [here](#).
- Operating hours for the Westchester Health Department Clinics in White Plains and Yonkers can be found below:
  - Sexual Health Clinics are by appointment only. No walk-in patients will be accepted.
    - Yonkers: every other Monday, 3PM-6PM
      - The next clinic dates are April 6 and April 20.
    - White Plains: Wednesday, 11AM to 4PM.
  - Tuberculosis Clinics are medication pick-up only by appointment. No walk-in patients will be accepted.
    - Yonkers: every other Monday, 3PM-6PM
      - The next clinic dates are April 6 and April 20.
    - White Plains: Thursday, 11AM to 7PM.
  - Immunization Clinics are closed until further notice.
  - For urgent situations, contact the clinic and ask to speak with a clinic nurse or clinician.
    - White Plains Clinic: (914) 995-5800
    - Yonkers Clinic: (914) 231-2500

## PUBLIC TRANSPORTATION

- Limit use of public transit to only if absolutely necessary.
  - If using public transit, limit potential exposure by spacing out at least six feet from others
- Senior citizens and other high risk individuals should avoid public transportation. Find alternative transportation resources [here](#).
- All **Bee-Line Bus System** passengers must enter and exit buses from the rear-door. The first three rows of seats on all fixed route transit buses will be roped off in an effort to further distance passengers and drivers.
  - Special accommodations will be made for handicapped passengers.
- **Metro-North** is no longer accepting cash fare payments at its ticket counters or on trains. Credit card payments are still accepted and customers can use cash at a ticket vending machine. Customers with smartphones are encouraged to use the [MTA eTix app](#) to pay directly from their phones.

## TRAVEL RESTRICTIONS

- At present, it is essential for individuals to:

- Limit all non-essential travel within Westchester County.
    - Individuals can leave their homes to get food, care for friends and relatives, exercise, seek necessary health care, and travel to essential jobs.
  - Avoid public transit unless absolutely necessary.
    - If an individual must use public transit, then maintain social distancing of 6 feet at minimum.
  - If you have a fever, cough, shortness of breath, or otherwise feel unwell, please do not use public transit.
    - Sick individuals **should not** leave their homes unless to receive medical care and **only after** a telehealth visit to determine if leaving the home is in their best interest.
    - Wash hands using soap for at least 20 seconds after using public transportation.
- 

## COVID-19 OUTBREAK UPDATES (NATIONWIDE)

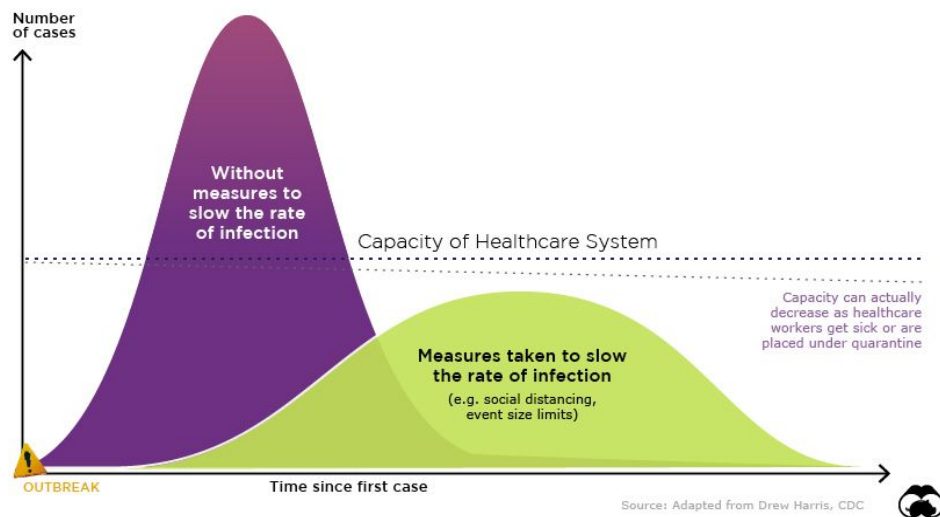
- COVID-19 outbreak statistics for United States as of April 24th (11:32AM) from [John Hopkins Corona Resource Center](#):
    - Cases: 870,468
    - Deaths: 50,031
  - The President declared the COVID-19 outbreak a national emergency on March 1st, 2020.
  - Current social distancing guidelines have been extended through April 30th
  - COVID-19 outbreak statistics from the CDC are updated daily at noon and can be found [here](#).
  - It is important to avoid social gatherings > 10 people.
  - It is essential to follow directions provided by state and local authorities.
  - Please avoid all discretionary travel, shopping, or social visits.
  - The below national resources may offer additional up-to-date information:
    - The CDC provides recommendations, guidelines, and FAQs regarding the COVID-19 outbreak [here](#).
    - [The President's Coronavirus Guidelines for America](#)
-

# COVID-19 GENERAL HEALTH INFORMATION

## COVID-19 SYMPTOMS

- Symptoms associated with COVID-19 vary from person to person and include, but are not limited to fever, dry cough, and shortness of breath.
  - Most common symptoms include fever, fatigue, dry cough
  - Many people also experience muscle pains, shortness of breath, sputum production
  - Some people have reported experiencing nausea, diarrhea, and other gastrointestinal symptoms
  - There are some suggestions that you might lose your sense of smell, which might be a helpful indicator if you have no other symptoms!
  - [Coronavirus Checker](#) provides a screening tool based on CDC guidelines to assess symptoms and recommend appropriate care.
- Young individuals may be asymptomatic or present with symptoms that mimic a cold or the flu. However, these individuals may still be carriers of the virus and may spread the virus to those who they come into contact with, especially those who are most vulnerable.
  - The most vulnerable populations to contracting COVID-19 include the elderly as well as those with pre-existing heart or lung issues including hypertension, diabetes, and coronary artery disease.
  - These individuals are at a greater risk of developing serious disease associated with COVID-19 requiring hospitalization and/or respiratory support such as a ventilator (which is a machine to help you breathe).
- It is essential to practice **social distancing** at this time in an attempt to “**flatten the curve.**”
  - The “curve” refers to the projected number of people who will get infected with COVID-19 over a certain period of time.
  - In order to not overwhelm hospitals and healthcare systems, it is essential to slow the spread of the virus and therefore “flatten the curve.”
  - In order to do this, it is important to self-isolate when sick and maintain social distance.
  - Additional information on this effort can be found [here](#).

Flattening the COVID-19 Case Curve



- There is **no accepted treatment for COVID-19.**

- If an individual is admitted to the hospital and tests positive for COVID-19, then he or she will receive supportive care such as IV fluids and oxygen.
- A list of hospitals in Westchester County can be found [here](#).
- Research is currently underway to identify pre-existing drugs or develop new drugs to combat COVID-19. These efforts will likely take months to ensure drug safety and efficacy.

## WHAT TO DO IF YOU ARE SICK & WHEN TO GO TO THE DOCTOR

1. If you can manage your symptoms at home:
  - a. Separate yourself from other people in your home and do not leave your home except to receive medical care.
  - b. Monitor your symptoms closely.
  - c. Call your healthcare provider, describe your symptoms, and follow the instructions given by your healthcare provider.
2. If you are concerned about your symptoms:
  - a. Call before going to a doctor's office or ER and tell them your symptoms.
  - b. Follow the care instructions given by your healthcare provider and local health department.
3. Emergency Warning Signs for COVID-19 i.e. **WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION**
  - a. Difficult breathing or shortness of breath
  - b. Persistent pain and pressure in the chest
  - c. Lips/face turning blue
  - d. New confusion or inability to arouse
4. If you decide to call 911:
  - a. Notify the operator that you may have COVID-19, and if possible, put on a facemask before medical help arrives.

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## HOW TO GET TESTED

- [Carbon Health](#) is a national COVID-19 testing center locator.

### Westchester County

New Rochelle: Glen Island Park

- **Appointment Only:** appointments made by calling 888-364-3065
- Open Daily from 7AM-7PM

Valhalla: Westchester Medical Center Health Network (WMCHHealth)

- **Appointment Only and Mandatory referral from a WMCHHealth Physician**
- Drive through coronavirus specimen collection for current and former WMCHHealth patients with verified COVID-19 testing appointment
- Contact physician's office first if experiencing symptoms to determine if you meet screening criteria

Yonkers: St. Josephs' Medical Center (127 South Broadway, Yonkers)



- Tent located near ER for screening and testing
- People are screened at the tent

## Rockland County

Anthony Wayne Recreation Area

- **Appointment Only:** appointments made by calling 888-364-3065
- Open Daily from 7AM-7PM

Additional testing sites outside Westchester County can be found [here](#).

## DIFFERENT TESTS AVAILABLE

- There are currently two testing options:
  - **Nasal Swab** - this test is a nasal swab that uses molecular testing to determine the presence of viral genomic material. This test is only useful to tell if someone is currently **active** with an infection.
  - **Antibody Testing** - this test is a blood draw that uses serological analysis to measure an individual's antibody response corresponding to COVID-19. Antibodies are part of the body's immune mechanism to fight off infection, and remember a past infection to build immunity to specific antigens (foreign invaders). This test will tell if an individual has **recovered** from COVID-19.
- Recent coverage of antibody testing from CNN found [here](#).
- Helpful video from WSJ explaining the antibody test can be found [here](#).

## HOW TO GET YOUR TEST RESULTS

- If you were tested at the mobile site on Glen Island (New Rochelle), then you will be contacted with your results by the New York State Department of Health. You may also access your test results directly:
  - [Create a patient portal account with BioReference Laboratories to access your results.](#)
  - [Follow these instructions to create a BioReference patient portal account.](#)
  - You can also contact BioReference Laboratories at (833) 469-5227.
- If you were tested at another laboratory facility or private health care provider, then be sure to inquire if there is a patient portal or phone line where you can obtain your results.
- Regardless of the site at which you were tested, if your test result was positive (detected or presumptive positive), then the Westchester County Department of Health will contact you.
- Additional information can be found [here](#).

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## PREVENTION & PREPAREDNESS RESOURCES

### HOW TO PROTECT YOURSELF & YOUR CONTACTS

- Wash hands frequently with soap and water for at least 20 seconds.

- If soap and water are not available, then an alcohol-based hand sanitizer with at least 60% ethanol or 70% isopropanol can be used. Additional information can be found [here](#).
- A bleach solution can be prepared if disinfecting products are not available.
  - Use 5 tablespoons (⅓ cup) bleach per gallon of water or 4 teaspoons per quart of water (DO NOT mix bleach with alcohol, ammonia, or vinegar).
- Information about disinfectants that can be used against COVID-19 can be found [here](#).
- Wash hands every time after blowing your nose, coughing, sneezing, etc.
- Avoid touching public surfaces.
  - If touching public surfaces is unavoidable, then be sure to wash hands after.
- Avoid touching your face, nose, and eyes.
- Disinfect highly-touched surfaces daily at home.
  - Homemade bleach solution as an alternative to commercially available disinfectant: ⅓ cup of bleach per gallon of water OR 4 teaspoons bleach per quart of water
- Practice social distancing and avoid social gatherings.
  - It is especially important to self-isolate if you begin feeling ill.
- Make every possible effort to avoid contact with people who are sick.
- The CDC has outlined additional strategies to protect yourself and others [here](#).

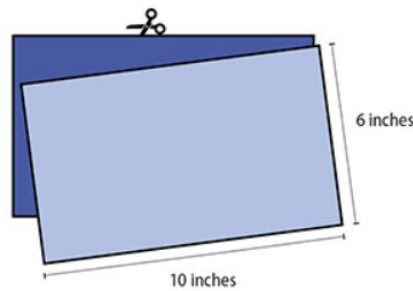
## HOME PREPAREDNESS

- General advice: **Plan as if there was a winter storm.**
- A list of food resources in Westchester County can be found below.
- Establish a plan with emergency contacts such as friends, family, and neighbors to prepare for what to do if you or a loved one become ill.
- Call your physician and local pharmacy to set up home deliveries of necessary medications and medical supplies.
  - A list of pharmacies in Westchester County can be found [here](#).
- It is important to understand your health insurance and what benefits are available to you at this time.
  - Additional information can be found through the [Health Insurance Information Counseling and Assistance Program \(HIICAP\)](#).
- If you are currently caring for someone who is sick, please review the CDC recommendations at [Caring For a Sick Loved One](#).

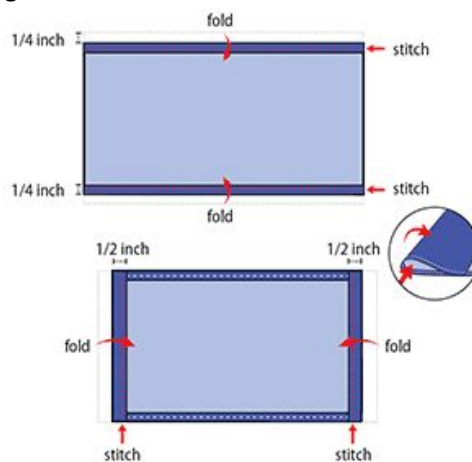
## MASK SAFETY (HOW TO MAKE THEM & HOW TO CLEAN THEM)

- The CDC recommends wearing a cloth face covering whenever going out in a public setting (such as grocery stores, pharmacies, and elsewhere).
- Cloth coverings should not be used on children under 2 years old, anyone who is unconscious or has trouble breathing, or anyone who is unable to remove the mask without assistance.
- Surgical or N-95 masks are not recommended as these supplies are needed for healthcare workers and other first responders.
- **How to properly wear a mask:**
  - Masks should fit snugly, but comfortably against the side of the face.
  - Masks should include multiple layers of fabric.
  - Masks should be secured with ties or ear loops.
  - Masks should allow for breathing without restriction.

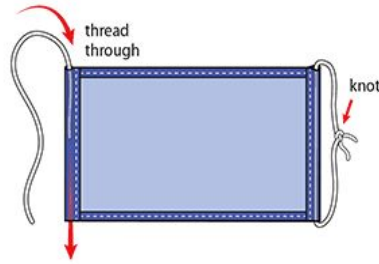
- **How to properly clean a mask:**
  - Masks should be washed routinely depending on frequency of use.
  - Masks can be washed in a normal washing machine.
  - Masks can also be hand washed with warm water and soap and left to air dry.
- **How to safely remove a mask:**
  - Be careful not to touch your eyes, nose, or mouth area.
  - Wash your hands immediately.
- The CDC guidelines for how to make your own facemask can be found below:
  - **Sewn Cloth Face Covering**
    - **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 mask as if it was a single piece of fabric.



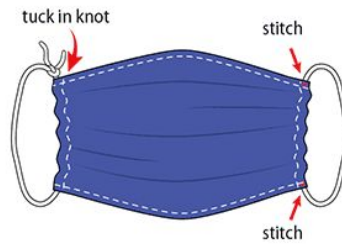
- **2.** Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.



- **3.** Run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Use hair ties or elastic headbands if you don't have elastics. If you only have string, you can make the ties longer and tie the mask behind your head.

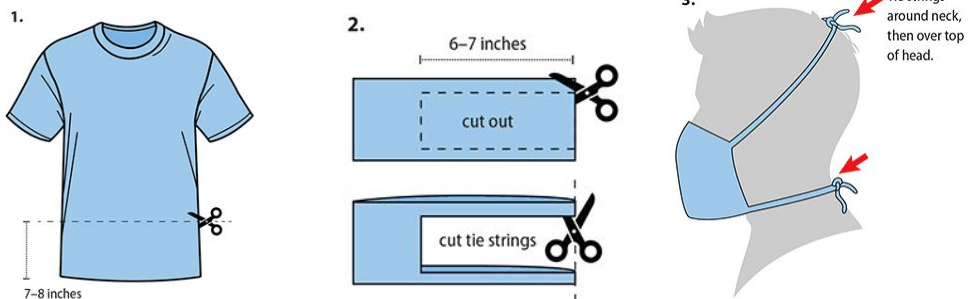


- 4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



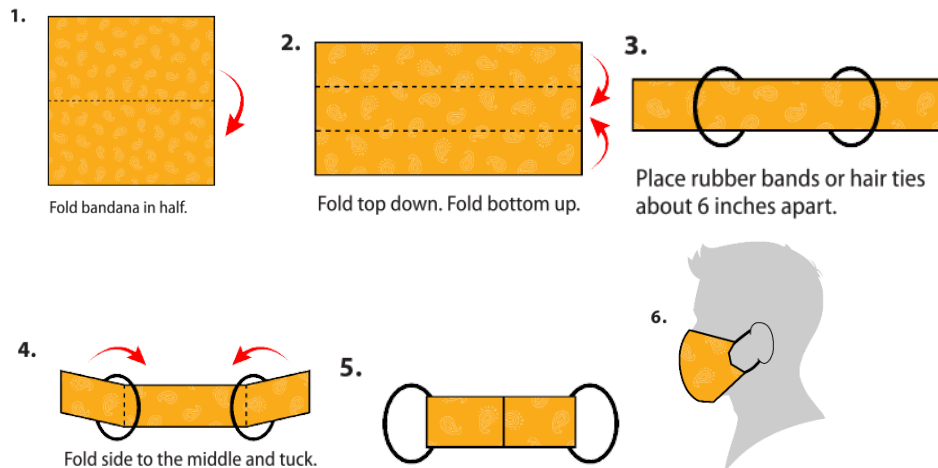
- **No Sew Face Covering Method**

- Materials needed: T-shirt and scissors



- **No Sew Bandana Face Covering:**

- Materials needed: bandana, rubber bands, scissors



- Additional information and assistance on creating masks can be found [here](#).

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## TELEMEDICINE

- Telemedicine has played a huge role during this time, allowing patients and healthcare providers to communicate safely and responsibly.
- In doing so, patients are able to contact their physicians and seek advice, education, test results, and several other services.
  - Northwell Health Physician Partners:
    - For more information or to make an appointment, click [here](#).
  - Caremount Medical Virtual Visits:
    - For more information or to make an appointment, download the app [here](#).
  - Westmed Virtual Visits:
    - For more information or to schedule a virtual visit, click [here](#).
  - Medicaid Telehealth:
    - If you receive medicaid and would like to learn more about which medicaid services can be delivered through telehealth, click [here](#).
  - Telehealth Intervention Programs for Seniors (TIPS):
    - For more information, click [here](#).

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## FREQUENTLY ASKED QUESTIONS CONCERNING COVID-19

### What populations are at an increased risk of severe illness from COVID-19?

- Older adults are at an increased risk because the immune system declines as individuals age. In addition, the incidence of pneumonia in older adults is higher than that in younger people.
- Individuals with underlying medical conditions (such as heart disease, diabetes, lung disease, asthma, HIV, or immunocompromised state) are at an increased risk.
  - Immunocompromised status includes individuals on chemotherapy or immunosuppressants.
- Pregnant women experience multiple changes in their bodies that may put them at a higher risk for viral infections, including influenza.
  - How can pregnant women avoid getting sick?
    - Cover your cough i.e. cough into your sleeve or elbow.
    - Avoid people who are sick.
    - Ensure proper handwashing technique with soap and water.
    - Stay home is possible.
  - Can COVID-19 be passed onto the fetus?
    - Currently, the scientific community is unsure of the risk of COVID-19 transmission between mother and fetus.
    - Based on preliminary reports from China, four pregnant women who had contracted COVID-19 and were positive at the time of delivery, did not transmit the virus to their babies.

- Their infants tested negative for the virus and did not experience any complications.
  - Is breastfeeding safe if a mother tests positive for COVID-19?
    - The current CDC guidelines report that mothers breastfeeding face to face should wear a face mask while breastfeeding and also practice good hand hygiene before each feeding.
    - If a mother and newborn are temporarily separated, then it is recommended that the mother express her own breast milk using a breast pump only after practicing hand hygiene. After breastfeeding is complete, the breast pump should be thoroughly washed and disinfected. A healthy caregiver should feed the milk to the newborn.

## What is the risk of my child becoming sick with COVID-19? Are the symptoms of COVID-19 different in children than in adults?

- Based on available evidence at present, children do not appear to be at a higher risk for contracting COVID-19 than adults. While some children and infants have been infected with COVID-19, adults constitute the majority of known cases.
- The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 infection have generally presented with milder symptoms. Reported symptoms in children include cold-like symptoms (such as fever, runny nose, cough), nausea/vomiting, and diarrhea.
- It is not yet known whether some children with underlying medical conditions or special healthcare needs may be at a higher risk for severe illness.

## How long can the COVID-19 virus survive on surfaces?

- At present, it is unclear how the COVID-19 virus surviving on surfaces translates to its infectivity.
- Nonetheless, below are survival periods for the COVID-19 virus on different surfaces:
  - Aerosol: 3 hours
  - Copper: 4 hours
  - Cardboard: 24 hours
  - Plastic & Stainless Steel: up to 2-3 days
- Additional information can be found [here](#).

## How do I practice effective social/physical distancing?

- Stay at home as much as possible.
- Get groceries and/or meals delivered if possible. If delivery is not an option, then please minimize trips to the grocery store (once a week at maximum).
- Limit contact to your immediate household as much as possible.
- Avoid visiting individuals at high risk (especially at nursing homes or retirement homes). If these individuals require food or supplies, try delivery options or dropping off goods at their door.
- Reschedule all nonessential doctor/dentist appointments.
- Spending time outdoors (such as hiking, walking, or biking) is fine. When going outdoors, remember to:

- Avoid close contact with others and maintain a distance of at least 6 feet.
  - Avoid games and activities that require close contact.
  - Avoid frequently touched surfaces and objects (such as playground equipment).
  - Refrain from sharing equipment (such as bicycles, helmets, balls, or frisbees).
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - Cover your cough and sneezes with tissue and discard said tissue in a closed container.
  - Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol when you return indoors.
-

# COVID-19 WESTCHESTER COMMUNITY RESOURCES

## FOOD RESOURCES IN WESTCHESTER COUNTY

### Food Banks

- Food pantries in Westchester County can be found [here](#) and [here](#) (also includes phone numbers).
- [Feeding Westchester](#) is a member of Feeding America, which is a nationwide network of more than 200 food banks.
  - Feeding Westchester is coordinating scheduled Drive-Thru food distribution locations during the COVID-19 outbreak.
  - Due to overflow in previous distributions, in order to receive service, individuals will need to fill out a form to be notified of the next distribution's time and location.
    - This form can be accessed [here](#).
  - Feeding Westchester's mobile food trucks will also be having food distributions throughout the month of April.
    - This month's distribution schedule and any updates including cancellations can be accessed [here](#).
  - These resources are available to all Westchester County residents.
- A map displaying COVID-19 food banks across the country can be found [here](#).
- [mRelief](#) can be used to determine if you qualify for food stamps.

### School Lunches for Children

- The Westchester County School District Food Distribution Plan can be found [here](#).
- Below are specific food distribution sites:
  - Bedford, New York
    - Two local schools are providing 2 days' worth of meals to identified families of children who currently receive free/reduced breakfast and lunch (3 days per week from 10AM-1PM).
  - North Castle, New York
    - Kenneth B. Clark Academy from 11AM-1PM.
  - Hendrick Hudson, New York
    - Hendrick Hudson High School Cafeteria from 10AM-1PM
  - Lakeland, New York
    - Lakeland Copper Beech Middle School from 11AM-1PM
  - Mount Pleasant, New York
    - Westlake Elementary School lobby from 9:30AM-11AM
    - Free grab and go breakfast and lunches available for students who currently receive free/reduced breakfast and lunch
    - Additional information from the Mount Pleasant Central School District can be found [here](#).
  - Mount Vernon, New York
    - Hamilton School from 9AM-10:30AM
    - Graham School from 9AM-10:30AM



- Benjamin Turner Middle School from 9AM-10:30AM
  - Traphagen School from 9AM-10:30AM
  - Grimes School from 9AM-10:30AM
- New Rochelle, New York
  - New Rochelle High School House IV parking lot from 9AM-1PM
  - 95 Lincoln (WESTCOP) from 9AM-4PM
  - 345 Main Street (New Rochelle Housing Authority) from 9AM-4PM
  - Trinity Elementary School from 9AM-1PM
  - Columbus Elementary School from 9AM-1PM
  - New Rochelle City Park from 9AM-4PM
- Ossining, New York
  - Free grab and go breakfast and lunches available to all Ossining students Monday-Friday at Park Elementary School and Ossining High School between 10AM-12PM or 2PM-4PM
  - Additional information can be found [here](#).
- Peekskill, New York
  - Woodside Elementary School from 9AM-12PM
  - Oakside Elementary School from 9AM-12PM
  - Hillcrest Elementary School from 9AM-12PM
  - Peekskill Middle School from 9AM-12PM
  - Peekskill High School from 9AM-12PM
- Pelham, New York
  - Food will be distributed at Siwanoy Elementary School and Hutchinson Elementary School from 8AM-10AM and 11AM-1PM
- Port Chester, New York
  - Free breakfast and lunch is distributed at all 4 elementary schools from 11AM-1PM to all students through March 31.
  - Additional information can be found [here](#).
- Rye City, New York
  - Breakfast and lunch is available at Rye High School from 8AM-12PM
- Somers, New York
  - Somers High School from 9:30AM-12PM
- Tarrytown, New York
  - Sleepy Hollow Middle School from 10AM-1PM
- Valhalla, New York
  - Grab and go lunches are available for pick up every weekday from 11AM-1PM at Valhalla Middle School, Valhalla High School, and Virginia Road School
  - Additional information can be found [here](#).
- White Plains, New York
  - Breakfast and lunch are available to students starting March 23rd between 10AM-1PM:
    - White Plains High School Field House parking lot
    - Church Street parking lot
    - Rochambeau High School lot
    - Post Road School parking lot
- Yonkers, New York
  - 10 sites for 'Grab and Go' breakfast and lunch are open from 8:30AM-11:30AM
    - Enrico Fermi School: 27 Poplar St, Yonkers

- Eugenio Maria de Hostos MicroSociety School: 75 Morris St, Yonkers
- Martin Luther King, Jr. Academy: 135 Locust Hill Ave, Yonkers
- Roosevelt Early College Studies High School: 631 Tuckahoe Rd, Yonkers
- Scholastic Academy for Academic Excellence: 77 Park Hill Ave, Yonkers
- School 5: 118 Lockwood Ave, Yonkers
- School 13: 195 McLean Ave, Yonkers
- Thomas Cornell Academy: 15 St. Mary's Street, Yonkers
- Yonkers Montessori Academy: 160 Woodlawn Ave, Yonkers
- Yonkers Middle High School: 150 Rockland Ave, Yonkers
- Yorktown, New York
  - Yorktown Community Services is distributing lunch bundles to students.
  - Additional information can be found [here](#).

## Early Grocery Openings for Elderly/Vulnerable Populations

- **Sam's Club**
  - Sam's Club locations nationwide are offering early shopping hours every Tuesday and Thursday from 7AM-9AM for seniors and those with disabilities or compromised immune systems, including pharmacy and optical centers.
  - Additional information can be found [here](#).
- **Stop & Shop**
  - All stores are opening from 6AM-7:30AM to exclusively serve customers 60+.
  - Additional information can be found [here](#).
- **Target**
  - Every Wednesday, stores will reserve the first hour of operation for seniors and those with underlying health conditions.
  - Additional information can be found [here](#).
- **Trader Joe's**
  - The first hour of shopping (9AM-10AM) at all locations is dedicated to senior service each day.
  - Additional information can be found [here](#).
- **Walgreens**
  - Every Tuesday from 8AM-9AM will be dedicated for seniors-only shopping.
  - Additional information can be found [here](#).
- **Walmart**
  - The first hour of opening every Tuesday is reserved for seniors.
  - Additional information can be found [here](#).
- **Whole Foods**
  - All store locations are opening one hour early to exclusively serve those 65+ or immunocompromised.
  - Additional information can be found [here](#).

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## CHILDCARE IN WESTCHESTER COUNTY

## Childcare Available for White Plains First Responders & Healthcare Workers

- Childcare is available at Post Road Elementary School (175 W Post Rd, White Plains, NY) from 9AM-3PM 5 days a week.
- Please provide proof of employment (work ID) at child drop-off when dropping off a child.
- The service is available to ALL Westchester County residents and healthcare workers/first responders who live outside of Westchester County but work in the county.
- The service is provided regardless if the child is in private school or public school.
- For more information, click [here](#).
- YMCA in White Plains hosts Emergency Child Care for working families, find more [here](#).

## Childcare Resource and Referral Guide

- A continuously updated resource guide for childcare providers and parents seeking childcare can be found [here](#).

## Westchester County Childcare Subsidy Office

- Westchester County offers subsidized childcare for eligible families.
- In response to the COVID-19 outbreak, the hours for the Westchester County DSS Child Care Subsidy Unit have been temporarily changed to 9AM-5PM (Monday-Friday).
- For more information, click [here](#).

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## HOUSING IN WESTCHESTER COUNTY

### New York State-Wide Eviction Ban

- New York State officials have implemented a state-wide eviction ban during the COVID-19 epidemic.
- For more information, click [here](#).

### Westchester County Housing Programs

- For information on safe, fair, and affordable housing in Westchester County, click [here](#).

### Emergency Housing & Homeless Services

- If you are in need of emergency housing, please contact the [Department of Social Services in Westchester County \(Homeless Services\)](#) or 914-995-5938 (during business hours) or 914-995-2099 (after hours and weekend hours).
- For more information, click [here](#).

### Homeless Shelters & Resources

- Lifting Up Westchester (35 Orchard St, White Plains) has been helping their hungry and homeless neighbors by providing them with healthy food, safe shelter and a plan to get through this pandemic.
- Meals at their soup kitchen have transitioned from sit down meals to grab and go healthy brown bag lunches.
- For more information, click [here](#).

## Emergency Assistance

- The Department of Social Services provides assistance to adults and families going through emergency situations.
- For more information, click [here](#).

## Eviction Prevention

- If you are facing a threat of eviction, please be sure to seek counseling through one of the resources listed [here](#).

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## EMPLOYMENT IN WESTCHESTER COUNTY

### Paid Family Leave

- Governor Cuomo signed emergency legislation guaranteeing job protection and pay for New Yorkers who have been quarantined as a result of COVID-19 on March 18, 2020.
- This legislation applies to workers in the event they, or their minor dependent child, are subject to an order of mandatory or precautionary quarantine or isolation issued by the state of New York, the Department of Health, local board of health, or any government entity duly authorized to issue such order due to COVID-19.
- Most workers will receive financial compensation by using a combination of benefits.
- These benefits are not available to employees who are able to work through remote access or other means.
- Paid Family Leave can also be used to care for a family member with a serious health condition.
- Additional information on benefits can be found from New York State [here](#).

### Paid Sick Leave

- The above mentioned emergency legislation signed by Governor Cuomo on March 18, 2020 enacts emergency paid sick leave to guarantee workers job protection and provide financial compensation while they are on a mandatory or precautionary quarantine due to COVID-19.
- Additional information on benefits can be found from New York State [here](#).

### Disability Benefits

- Individuals who have contracted COVID-19 themselves or who have been exposed to it and are accordingly quarantined can apply for Disability Benefits through New York State.
- Additional information on benefits can be found from New York State [here](#).

## Workers' Compensation

- Individuals who have contracted COVID-19 themselves or who have been exposed to it and are accordingly quarantined while in the regular course of their job such as healthcare workers can apply for Workers' Compensation through New York State.
- Additional information on filing a claim can be found from New York State [here](#).
- The New York State Workers' Compensation Board's response to COVID-19 can be found [here](#).

## Unemployment Benefits

- Individuals whose working hours have decreased or have lost their employment due to COVID-19 can apply for Unemployment Benefits through New York State.
- New York State is waiving the previously mandated 7-day waiting period and the stipulation for proof of active job searching for people who are out of work due to COVID-19.
- Parents who must decrease work hours or have lost their employment due to COVID-19-associated school closings in order to care for their children may qualify for Unemployment Benefits through New York State.
- Additional information on filing a claim can be found from New York State [here](#).

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## RESOURCES FOR SPECIFIC COMMUNITIES

### Healthcare Providers

- The below local, state, and national organizations offer information and resources for healthcare providers:
  - Westchester County Department of Health: Coronavirus (COVID-19) Physicians Corner can be accessed [here](#).
  - New York State Department of Health: Novel Coronavirus (COVID-19) Information for Providers can be accessed [here](#).
  - CDC Information for Healthcare Professionals can be accessed [here](#).
  - MSSNY Compilation of Physician Resources can be accessed [here](#).
  - AMA Information Hub can be accessed [here](#).
  - COVID-19: An ACP Physician's Guide + Resources can be accessed [here](#).
  - COVID-19 Palliative Care Tips can be found [here](#).
  - Contact your [state legislators](#) about PPE [using this template from AMWA](#).
- The New York State medical board, and all U.S. state medical boards, are implementing new guidelines in response to the national emergency caused by COVID-19:
  - Please visit the [COVID-19 Weekly Healthcare Provider Update Compilation](#) for additional information.

- **Healthcare Provider Reciprocity:** New York State temporarily allows physicians in good standing, who are licensed out of state, to practice medicine in New York while abiding by all state-specific laws.
- **Provider Reinstatement:** New York State temporarily reinstates physicians in good standing who retired, work non-clinically, or left for family reasons
- **Telemedicine:**
  - NYS Telehealth Parity Law requires commercial insurers and Medicaid to reimburse for any telehealth service that would have been covered in person.
  - New York State temporarily allows rapid approval of telemental health services for initial assessment, eases requirements for who can deliver telemental health services and who must be present during telemental health services
- **Continuing Education:** New York State temporarily allows all licensees whose registrations are due to renew prior to June 1, 2020 to take continuing education in the appropriate subject area as a self-study via a Department-approved provider.
- **Medicaid Coverage Update:** New York State temporarily expands coverage of telehealth services to include additional originating and distant sites, telehealth applications and practitioner types.
  - For further guidance for medicaid providers, click [here](#).
- **Medicare Provider Enrollment Relief:**
  - For any questions, please contact [Noridian Healthcare Solutions, LLC](#) (Medicare Administrative Contractors as of June 2019):
    - The toll-free Hotline Telephone Number: **1-866-575-4067**
    - Hours of Operation: **8:00 am – 6:00 pm CT**
- **Elective Surgery:** New York State orders all elective surgeries to be cancelled to maximize hospital bed capacity.
- Current guidelines for all states can be found [here](#).

## People with Disabilities

- The [National Council on Disabilities](#) will remain open, but in-person appointments have been canceled. The office can be contacted [here](#).
- The [Westchester Office for People with Disabilities](#) will remain open Monday-Friday 9AM-5PM, but in-person appointments have been canceled.
  - Transportation information can be found [here](#) or (914) 995-2960
  - ParaTransit Reservations: (914) 995-7272
  - Main Office: (914) 995-2957
  - TTY: (914) 995-7397
  - Sign Language Interpreter: (914) 995-2956
- Information about the ADA, the Rehabilitation Act, and COVID-19 can be found [here](#).

## Older Adults (65+)

- [Matilda's Law](#) was enacted by Governor Cuomo on March 22nd, 2020. It stated that individuals over 70 years old or who are immunocompromised should:
  - Remain indoors at all times, unless outside for solitary exercise.
  - Screen all visitors and aids with a thermometer.

- Wear a mask when in the company of others, and encourage others to wear a mask when in your company.
- Do not visit households with multiple people.
- Stay 6 feet away from others.
- Avoid public transportation unless urgent and absolutely necessary.
- Westchester County Department of Senior Programs and Services can be accessed [here](#).
- Local grocery stores with senior citizen hours can be found [here](#).
- The CDC COVID-19 resources specific to older populations can be accessed [here](#).
- New York Academy of Medicine resources for older populations can be found [here](#).

## Racial Equity & Social Justice

- [Racial Equity Tools](#) is an organization that supports individuals and groups working to achieve racial equity. This organization has compiled COVID-19 Racial Equity & Social Justice Resources that can be accessed [here](#).
  - These resources include information regarding analysis of the pandemic, outbreak response, health and community care, organizing and solidarity, resource building and rapid response, virtual work and online engagement, and more.

## Undocumented Communities and Immigrants

- COVID-19 testing and coverage for undocumented immigrants is public charge exempt. Additional information can be found [here](#).
- Nationwide resources for undocumented immigrants have been compiled [here](#).
- [Neighbors Link](#) is a community center located in Mount Kisco, New York that is dedicated to helping immigrant families integrate into the community.
  - The organization provides legal services, workforce development, ESL development, early childhood education and development programs, and academic support for school-age immigrants.
- [Hudson Valley Justice Center](#) provides free legal counsel in civil matters. Services are provided in English and Spanish. The office can be reached at 914-308-3490 ext. 4.
- Undocumented immigrants can still receive healthcare without insurance. This includes emergency room care, community health centers, migrant health centers, free clinics, and public hospitals. Healthcare facilities can be found via the resources below:
  - [Find a health center](#)
  - [Buscar un centro de salud](#)
  - [Find a free or charitable clinic](#)
- United We Dream has compiled healthcare resources for undocumented immigrants in each state. These resources can be accessed [here](#).
- If you are an undocumented immigrant and experiencing a medical emergency, most emergency rooms and hospitals that receive federal funding and cannot turn away patients.
- Pregnant women and children under 18 can get care in New York regardless of immigration status.
- [Open Door](#) (914-OD-CARES) is a family medical center that accepts patients regardless of immigration status as well as individuals without health insurance.

- The organization has a sliding scale for uninsured individuals. Additional information about the sliding scale can be found [here](#).
- The cost of a medical visit is often \$20 or less and testing is discounted.
- All payments can be made in instalments.
- The organization also works with pharmacies to provide affordable medications to uninsured individuals.
- Open Door locations include:
  - [Ossining](#) (165 Main Street) offers medical services, women’s health services, dental services, behavioral health services, podiatry services, and specialty services.
  - [Portchester](#) (5 Grace Church Street) offers medical services, women’s health services, dental services, behavioral health services, podiatry services, and specialty services.
  - [Sleepy Hollow](#) (300 N. Broadway) offers medical services, women’s health services, dental services, behavioral services, and specialty services.
  - [Mamaroneck](#) (689 Mamaroneck Ave) offers medical services, behavioral health services, and support services.
  - [Mount Kisco](#) (30 West Main Street) offers medical services, dental services, behavioral services, podiatry services, support services, and women’s health services.
  - [Brewster](#) (155 Main St) offers medical services, women’s health services, dental services, behavioral health services, podiatry services, and specialty services.
- [Mount Vernon Neighborhood Health Center \(MVNHC\)](#) (107 West Fourth St) accepts people regardless of immigration status as well as individuals without health insurance and has a sliding scale for uninsured individuals. For appointments, call 914-699-7200.
  - The MVNHC network which also includes
    - [Greenburgh Health Center](#) (295 Knollwood Rd, White Plains) can be contacted at 914-989-7600.
    - [Yonkers Community Health Center](#) (30 South Broadway, Yonkers) can be contacted at 914-968-4898.

## Jewish Community

- The Westchester Jewish Council offers Remote Engagement Resources that can be accessed [here](#).
- From the Westchester Board of Rabbis:
  - Follow the guidelines of the CDC and other authorities with respect to attending school, working from home, community gatherings, school attendance, and all other personal and communal precautionary measures.
  - Synagogues should suspend public worship services, religious school, and adult education. When possible – given a synagogue’s religious practices – these activities should be conducted virtually.
  - Lifecycle observances should be limited to the fewest number of people possible and large celebrations should be postponed.
  - Shiva visits should be conducted by phone or video.



- People should observe Shabbat in their own homes rather than attending gatherings in one another's homes.

## Asian American, Native Hawaiian, and Pacific Islanders

- The Asian & Pacific Islander American Health Forum has compiled in-language resources concerning COVID-19 that can be accessed [here](#).
  - This organization focuses on national policy advocacy aiming to improve the health and well-being of Asian American, Native Hawaiian, and Pacific Islander communities.

## Hispanic Population

- [Neighbors Link](#) is a community center located in Mount Kisco, New York that is dedicated to helping immigrant families integrate into the community.
  - The organization provides legal services, workforce development, ESL development, early childhood education and development programs, and academic support for school-age immigrants.
- [Hoy Health](#) provides telemedical (remote) access to bilingual (English- or Spanish-speaking) doctors. This organization offers discounts on medications as well as chronic condition management programs.

## LGBTQ Community

- If you have been experiencing stress or uncertainty during the COVID-19 crisis and are part of the LGBTQ community, please explore the following resources:
  - The Trevor Project can be accessed [@TrevorProject](#) or (866) 488-7386.
  - The LGBT National Help Center can be accessed [@gltNatlHelpCtr](#) or (800) 246-7743.
- Ithaca College has compiled LGBTQ-specific resources for the COVID-19 outbreak that can be accessed [here](#).
- Local LGBTQ Community Centers can be found [here](#).
- Planned Parenthood provides birth control, emergency contraception, and LGBTQ services. Resources can be accessed via the [PP Direct App](#).
  - All standard services (including LGBTQ services) are available with or without insurance.
  - Planned Parenthood locations can be found [here](#).

## Trans Community

- If you have been experiencing stress or uncertainty during the COVID-19 crisis and are part of the trans community, please explore the following resources:
  - The [TransLife Line](#) can be accessed [@TransLifeline](#) or (877) 565-8860.
  - The [Transgender Law Center](#) has organized virtual community gatherings that can be accessed [here](#).

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## DOMESTIC/SEXUAL VIOLENCE RESOURCES

If you are concerned about being quarantined in an unsafe environment, please reach out to the following national or local resources:

## Nationwide Domestic/Sexual Violence Resources

[The National Domestic Violence Hotline](#) 1-800-799-7233 or 1-800-787-3223

The hotline is 24/7 and provides counseling in over 200 languages.

[The National Sexual Assault Hotline](#) 1-800-656-4673

The hotline is 24/7 and provides counseling services in both English and Spanish.

[Trans LifeLine](#) 1-877-565-8860

The hotline is available from 10AM-4AM and provides peer support services by trans individuals.

## Westchester County Domestic/Sexual Violence Resources & Shelters

[SAAVE \(Sexual Assault, Abuse and Victim's Empowerment\)](#) 1-833-220-2444

Westchester Medical Center Health Network's SAAVE program offers crisis intervention and counseling services for victims and their significant others, who have been affected by sexual assault and/or misconduct. The toll-free hotline is 24/7 and provides services in both English and Spanish. The hotline is certified by the New York State Department of Health.

[Hope's Door](#) 888-438-8700

This men & women's shelter is located in Hawthorne, NY. The hotline is 24/7 and provides counseling services in both English and Spanish.

[My Sister's Place](#) 800-298-7233

This men & women's shelter is located in White Plains, NY. The hotline is 24/7.

[Putnam/Northern Westchester Women's Resource Center](#) 845-628-2166

This women's shelter is located in Mahopac, NY. The hotline is 24/7.

## Rockland County Domestic Violence Shelters

[Center for Safety & Change](#) 845-634-3344

This women's shelter is located in New City, NY. The hotline is 24/7.

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## MENTAL HEALTH RESOURCES

If you have been experiencing anxiety or stress in general or regarding the COVID-19 outbreak specifically, please review the following resources or contact the following organizations for guidance:

## Nationwide Mental Health Resources

[CDC: Mental Health and Coping During COVID-19](#)

The CDC has provided suggestions on how to cope with stress and anxiety regarding COVID-19.

[Crisis Text Line](#)

Crisis Text Line provides free, 24/7 support via text message. Text HOME to 741741 to be connected with a real live crisis counselor. The site also provides tips for coping with Coronavirus related anxieties.

[MoodPath](#)

Moodpath is a leading mental health app with COVID-specific information, exercises, and daily check-ins.

[National Suicide Prevention Hotline](#) 1-800-273-8255

The hotline is 24/7 and provides emotional support as well as crisis intervention.

[Disaster Distress Helpline](#) 1-800-985-5990

The hotline is 24/7 and provides counseling for individuals experiencing distress due to disasters.

[Trevor Project](#) 1-866-488-7386

The hotline is 24/7 and provides emotional support for LGBTQ youth.

[Shine: Care for Your Corona Anxiety](#)

This online toolkit provides resources for dealing with uncertainty or anxiety regarding COVID-19.

## Westchester County Mental Health Resources

[Mental Health Association of Westchester \(MHA\)](#) 914-345-0700

This organization offers information about mental health issues and resource/referral information.

[LOFT: LGBTQ Community Service Center](#) 914-948-4922

This organization offers support groups, social activities, advocacy, health and wellness information, and education for the LGBTQ community.

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## VOLUNTEER OPPORTUNITIES

- Volunteer opportunities in Westchester County can be found [here](#).
- Westchester County is calling for retired or currently non-working nurses to respond to the COVID-19 crisis. Information about Call All Nurses can be found [here](#).
- New York is calling for recently retired health professionals to volunteer to be “on call” if there is a need. Additional information can be found [here](#).
- New York is assembling a volunteer State Technology SWAT Team to support the COVID-19 response. Additional information can be found [here](#).
- New York has established a Volunteer and Donation Assistance Program. Additional information can be found [here](#).

## BLOOD DONATION

- There is an increased demand for blood donations at this time, both from healthy individuals as well as [from those who have recovered from the virus](#).
- Plasma from fully recovered individuals contains antibodies that are able to attack the virus and is currently being evaluated as a treatment option for ill individuals. If you have fully recovered from a COVID-19 infection [click here to learn more about donating plasma](#).
- If you are interested in donating blood, please make an appointment online at [New York Blood Center](#) or at (800)-933-2566.
- Below are nearby New York Blood Center sites for donation:

### Westchester County:

Elmsford Donor Center  
525 Executive Boulevard, Elmsford, NY 10523

### Rockland County:

Rockland Donor Center  
25 Smith Street Nanuet NY 10954

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## HELP YOUR HEALTHCARE WORKERS

- New York has a critical need for protective equipment (such as masks, gowns, and gloves) at this time. If you are part of a business (such as tattooing, salons, painters, or construction) that uses such equipment, consider donating.
    - If you have unused supplies and wish to donate, please call 646-522-8477 or email [COVID19supplies@exec.ny.gov](mailto:COVID19supplies@exec.ny.gov).
  - New York is also in need of companies to be creative in order to supply crucial gear our healthcare workers need at this time.
    - New York will pay a premium and is offering funding for solutions.
    - If you have creative ideas to solve current supply demands, please call 212-803-3110.
    - Information for manufacturers interested in making necessary equipment can be found [here](#).
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## MONETARY DONATIONS

[Feeding Westchester](#)

[United Way of Westchester and Putnam](#)

[No Kid Hungry](#)

[Lifting Up Westchester](#)

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