WHAT ARE THE SYMPTOMS?
Symptoms of COVID-19 include: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell. The CDC believes at this time that symptoms of COVID-19 may appear 2 to 14 days after exposure.

HOW DOES IT SPREAD?
The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another.
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

For more information about COVID-19, please visit coronavirus.gov

NYC is distributing free face coverings. These cloth face coverings will be distributed in a variety of locations. You can find a map of distribution sites here: https://www1.nyc.gov/site/coronavirus/resources/facecoverings.page

WHAT TO DO IF YOU ARE SICK
Call your healthcare professional if you are experiencing any symptoms associated with COVID-19, have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled from an area with ongoing spread of COVID-19.
- For help finding a health care provider: 311.
- For a testing appointment, please call 1-844-NYC-4NYC.
- To find information on testing sites, please call my office at 718-358-6364.
**Mortgage Relief:** Effective March 24, the Governor announced state-regulated financial institutions to waive mortgage payments for 90 days.

**Eviction Protection:** All residential and commercial evictions are suspended through August 20. At this time, there is no rent suspension in effect. However, late payment fees for missed payments during the moratorium are banned, and renters facing hardship can use their security deposit to pay rent. Utility shut-offs have also been suspended.

**Home Energy Assistance Program extension:** The application period for the regular and emergency HEAP benefit is extended through June 30, 2020 or until the funds allocated to these components are exhausted, whichever occurs first.

- For more information, please visit [https://access.nyc.gov/programs/home-energy-assistance-program-heap/?step=how-to-apply](https://access.nyc.gov/programs/home-energy-assistance-program-heap/?step=how-to-apply).

**Rent Arrears and Cash Assistance:** If your work schedule was reduced and you are unable to pay your rent, you can apply for a Cash Assistance special grant request to get emergency benefits.

- Online Application: [https://a069-access.nyc.gov/accesshra/](https://a069-access.nyc.gov/accesshra/) OR Call 718-557-1399 for help from HRA.

**NYCHA Rent Hardship:** Residents experiencing income loss may qualify for NYCHA's rent hardship program.


- Any NYCHA resident experiencing a loss of income is being encouraged to request an Interim Recertification for any decrease in income that will last more than two months by visiting: [https://selfserve.nycha.info/](https://selfserve.nycha.info/).

- Residents with further questions or concerns should contact NYCHA's customer contact center at 718-707-7771. For more information, please visit: [https://www1.nyc.gov/site/nycha/index.page](https://www1.nyc.gov/site/nycha/index.page)

**Homebase:** If you are at risk of homelessness and need emergency rent assistance. For more information, please visit [https://www1.nyc.gov/site/hra/help/homebase.page](https://www1.nyc.gov/site/hra/help/homebase.page) OR Call 311 for more information.

**Temporary Rooms Through NYC COVID-19 Hotel Program:** The City of New York's COVID-19 Hotel Program provides free hotel stays to eligible New Yorkers who cannot isolate where they live. For more information, please visit [nyc.gov/covid19hotels](https://nyc.gov/covid19hotels).

For more city resources, please visit [https://access.nyc.gov/coronavirus-covid-19-updates/](https://access.nyc.gov/coronavirus-covid-19-updates/)

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**PLEASE CONTACT MY OFFICE WITH QUESTIONS OR CONCERNS:**

**EMAIL:** meng.house.gov/contact

**PHONE:** 718-358-6364 to be connected to a staff member during business hours.

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[https://meng.house.gov](https://meng.house.gov)
FINANCIAL ASSISTANCE FOR BUSINESSES AND INDIVIDUALS

PAYCHECK PROTECTION PROGRAM
This loan program provides loan forgiveness for retaining employees by temporarily expanding the traditional SBA 7(a) loan program. For more information, please visit https://www.sba.gov/funding-programs/loans/paycheck-protection-program-ppp.

FEDERAL SBA ECONOMIC INJURY DISASTER LOAN (EIDL)
Small businesses seeking SBA disaster loan relief are first encouraged to contact a representative from the New York Small Business Development Center (SBDC). You can contact the Queens College SBDC at sbdc@qc.cuny.edu, LaGuardia SBDC at sbdc@lagcc.cuny.edu, York College SBDC at sbdc@york.cuny.edu. For more information, please visit https://disasterloan.sba.gov/.

ECONOMIC INJURY DISASTER LOAN (EIDL) ADVANCE
This loan advance will provide up to $10,000 of economic relief to businesses that are currently experiencing temporary difficulties. For more information, please visit https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/economic-injury-disaster-loan-emergency-advance.

SBA EXPRESS BRIDGE LOANS
Enables small businesses who currently have a business relationship with an SBA Express Lender to access up to $25,000 quickly. For more information, please visit https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/sba-express-bridge-loans.

SBA DEBT RELIEF
The SBA is providing a financial reprieve to small businesses during the COVID-19 pandemic. For more information, please visit https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/sba-debt-relief

NYC FINANCIAL ASSISTANCE
The City will offer financial assistance to small businesses to help lessen the economic impact of the coronavirus. Businesses may qualify for low-interest loans and employee retention grants.
- NYC Employee Retention Grant Program: https://www1.nyc.gov/nycbusiness/article/nyc-employee-retention-grant-program (The NYC Employee Retention Grant Program is no longer accepting applications.)
- If you would like to be updated about any new local, state or federal financial assistance programs that become available, please provide your information on NYC Small Business Services website. For more information, please visit: https://www1.nyc.gov/site/sbs/businesses/covid19-business-financial-assistance.page

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PUBLIC SCHOOLS AND FOOD ASSISTANCE
All NYC public schools, including 3K and pre-K programs, are closed effective March 16 and will be closed for the rest of the 2019-2020 school year. For more information, please visit: https://www.schools.nyc.gov/

Grab-and-Go meals will be available at all Meal Hubs from 7:30 AM to 1:30 PM, Monday through Friday. Kosher Meals are available at 16 sites and Halal meals are available at all 400+ sites. To find a location, text "NYCFOOD" or "COMIDA to 877-877 or visit https://www.schools.nyc.gov/school-life/food/free-meals

SENIOR CENTERS
Effective March 16, Mayor de Blasio has mandated that all senior centers in New York City must be closed and shift to meal deliveries for older adults.
- If you need help finding a health care provider, call 311.
- If you need someone to talk to, call: 1-888-NYC-WELL or Text WELL to 65173.
- If you have questions about senior center closure or meal delivery, please call 311.

Aging Connect: Aging Connect is the City’s direct link to aging services.
- Call 212-AGING-NYC (212-244-6469) for senior who need supplies or food delivery.

U.S. POSTAL SERVICE
To date, there are no changes with branch office hours or mail delivery.
For more information, please visit: https://www.usps.com/

BEWARE OF SCAMS
Do not respond to calls, emails, or other communications claiming to be from the U.S. Treasury Department and offering COVID-19 related grants or stimulus payments in exchange for personal financial information, or an advance fee, tax, or charge of any kind, including the purchase of gift cards.
- To report scams, visit FBI website at www.ic3.gov
- To report Price Gouging, call 311 or visit: nyc.gov/dcwp
- To report harassment, call 311 or 1-888-440-HATE.

MEDICARE
Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. When a vaccine for COVID-19 becomes available, it will be covered by Medicare Part D.

For more information on coverage, please visit: https://www.medicare.gov/medicare-coronavirus

Telehealth: Medicare has temporarily expanded its coverage of telehealth services to respond to the current Public Health Emergency.
- Please visit: https://www.medicare.gov/coverage/telehealth for additional information.
- Or call 1-800-MEDICARE (1-800-633-4227)

INTERNAL REVENUE SERVICE
The due date for filing federal income tax returns AND making federal income tax payments has been automatically postponed to July 15, 2020. The IRS is also distributing rebate checks to eligible recipients. For more information, please visit: https://www.irs.gov/
### SOCIAL SECURITY ADMINISTRATION

All local Social Security offices will be closed to the public for in-person service effective March 17, 2020.

For critical issues, contact your local office directly via the telephone number listed at [https://secure.ssa.gov/ICON/main.jsp](https://secure.ssa.gov/ICON/main.jsp).

If you cannot complete your Social Security business online, please call 1-800 -772-1213. For more information, please visit: [https://www.ssa.gov/](https://www.ssa.gov/)

### VETERANS AFFAIRS

Veterans experiencing COVID-19 symptoms—such as fever, cough, and shortness of breath—are encouraged to call their VA medical facility or call MyVA311 (844-698-2311, press #3 to be connected).

Please visit [www.va.gov/coronavirus](http://www.va.gov/coronavirus) for the most up to date information.

### WORKER RIGHTS AND BENEFITS

**Paid Safe and Sick Leave:** Governor Cuomo signed a bill guaranteeing job protection and pay for New Yorkers who have been quarantined as a result of novel coronavirus. For more information, please visit [https://www1.nyc.gov/site/dca/about/paid-sick-leave-law.page](https://www1.nyc.gov/site/dca/about/paid-sick-leave-law.page)

**Unemployment Insurance:** The federal CARES Act provides enhanced Unemployment Insurance benefits and Pandemic Assistance (PUA) for New Yorkers. This includes payments to workers not traditionally eligible for unemployment benefits. For more information, please visit [https://www.labor.ny.gov/home/](https://www.labor.ny.gov/home/) or call (888) 209-8124.

### U.S. CITIZENSHIP AND IMMIGRATION SERVICES

Effective March 18, USCIS is suspending in-person services at its field offices, asylum offices and Application Support Centers (ASCs) to help slow the spread of COVID-19. USCIS plans to begin reopening offices on or after June 4, unless the public closures are extended further. In the meantime, please call 800-375-5283 for assistance with emergency services.

USCIS field offices will send notices to applicants and petitioners with scheduled appointments and naturalization ceremonies impacted by this closure. USCIS asylum offices will send interview cancellation notices and automatically reschedule asylum interviews. When the interview is rescheduled, asylum applicants will receive a new interview notice with the new time, date and location of the interview.

For more information, please visit: [USCIS.gov/coronavirus](http://USCIS.gov/coronavirus)

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### COMMUNITY RESOURCES ON CORONAVIRUS

**Please contact my office with questions or concerns:**

**EMAIL:** [meng.house.gov/contact](meng.house.gov/contact)

**PHONE:** 718-358-6364 to be connected to a staff member during business hours.

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