

Assemblymember
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Assembly District 109

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The state is continuing to adjust our response to this crisis on a daily basis which will impact your day-to-day life. My office has developed the following resource and information guide **which will be updated daily** to help Capital Region residents and families plan for the disruption to daily lives in the coming days and weeks by accessing the following resources and information:

COVID-19
CAPITAL REGION
RESOURCE GUIDE
FOR FAMILIES AND
INDIVIDUALS

ASSEMBLYMEMBER
PATRICIA FAHY

[To stay apprised of New York State COVID-19 updates and case-count, utilize the NYS Dept. of Health's COVID-19 page linked here.](#)

[This information can found here in a shareable format and will be updated daily.](#)

Statewide Public Restrictions:

- Casinos, movie theaters/entertainment venues, gyms/fitness centers, bars/restaurants, are closed indefinitely. Please note: takeout and delivery service are permitted **24/7**.
- Public gatherings of 50+ are banned in NYS.
- Local governments are required to reduce staffing levels by 50% by allowing non-essential employees to work from home.
- State workers throughout New York who are non-essential are asked to work from home.
- Private businesses are strongly advised to close if possible/close by 8 PM each day excluding grocery stores, gas stations, and pharmacies. More restrictions on private businesses may be forthcoming.
- The New York State Department of Motor Vehicles has moved to appointment-only transactions.
- Visitation at all NYS Department of Corrections and Community Supervision facilities is suspended until April 11th.

- The New York State Capitol is now closed to visitors.
- State, county, and local park fees are waived.

Local Restrictions:

Albany Mayor Kathy Sheehan and Albany Police Chief Eric Hawkins have announced that time-limit parking regulations have been lifted at both Washington Park and Lincoln Park until further notice to create additional parking opportunities throughout the City during the COVID-19 outbreak. Other parking regulations, including parking within 15 feet of a fire hydrant or at a crosswalk, continue to be in effect in both parks. The City of Albany is asking residents to continue to comply with alternate-side parking regulations throughout the City to help facilitate the continued collection of solid waste and recycling as scheduled. **For more information on what City of Albany services and resources continue to be available during this crisis, please visit this page.**

Nonprofit Resources + Information (donation links):

- United Way of the Greater Capital Region fights for the health, education and financial stability of every person in our community. The well-being and safety of our partners, staff and neighbors is always our top priority. They are committed to supporting our community through the challenges and implications of the COVID-19 outbreak. Co-led by the United Way and the Community Foundation, **The Capital Region Community COVID-19 Response Fund** has been established to provide flexible resources to 501c3 organizations in our region working with communities who are disproportionately impacted by coronavirus and the economic consequences of this outbreak. One-time operating grants will help fund frontline human services organizations that have deep roots in the community and strong experience working with vulnerable communities. **Learn More About The Fund here. Contributions to the Capital Region Community COVID-19 Response Fund can be made online at this link: COVID-19 RESPONSE FUND** or text COVID19 to 41444. Donations can also be mailed to: The Community Foundation, 2 Tower Place, Albany, NY 12203. Interested donors and partners, please contact John Eberle at jeberle@efgcr.org
- Life Path New York (Formerly Senior Services of Albany) is looking for donations to continue its critical services and support for the Capital Region's Senior Community. Donate online or call + make checks payable to: LifePath 28 Colvin Ave., Suite 2 Albany, NY 12206.

Child Care Resources + Information:

Individuals who need child care or who would like to provide child care (such as college students who may be home or others who have availability) should call Tricia Howland at 518-426-7181 ext. 315 or Paulann Beardsley at 518-426-7181 ext. 306 at Brightside Up (previously known as the Capital District Child Care Council) <https://www.brightsideup.org/> Governor Cuomo has granted OCFS the authority to temporarily waive selective regulatory requirements. More information is available at <https://ocfs.ny.gov/main/news/COVID-19/>.

Ways to Support Our Small Businesses + Main Streets:

Check-in with your favorite small businesses to see if they are offering remote ordering or service, and [use the list compiled below by 99.5 The River for takeout ordering](#) for some of our region's restaurants and eateries — check with your local establishments before ordering.

What is there to do? Recreational Tips + Resources:

New York State has waived fees for all state, county, and local parks. Please remember to utilize social distancing at all times. Get outside and keep yourself active at any of these Capital Region state parks:

- Cherry Plain
- John Boyd Thacher State Park
- Peebles Island
- Falls View Park

- Max V. Shaul State Park
- Saratoga Spa State Park
- Grafton Lakes
- Mine Kill State Park
- Schodack Islands
- Hudson River Islands
- Moreau Lake State Park
- Thompson's Lake

School Resources + Information:

☐ All NYS schools will close for a period of 2 weeks starting Wednesday, March 18. *To clarify:* Superseding local closure decisions, all schools in New York State will mandatorily close from Wednesday, March 18, to Wednesday, April 1.

Albany City School District: Schools listed below will open to students from 11:30 a.m. until 1 p.m. daily. Grab and Go lunch and breakfast for the following day will be available for pick-up with student/school ID:

- Albany High School (Washington Avenue entrance), 700 Washington Ave.
- Albany School of Humanities (ASH), 108 Whitehall Road
- Arbor Hill Elementary School, 1 Arbor Drive
- Giffen Memorial Elementary School, 274 South Pearl St.
- Tony Clement Center for Education, 395 Elk St.
- William S. Hackett Middle School, 45 Delaware Ave.

Bethlehem Central School District: Beginning Tuesday, March 17, free grab-and-go breakfast and lunch for children will be available for pick up at Bethlehem Central High School. Those picking up meals should come to the Van Dyke Road entrance near the cafeteria. To keep traffic disruption to a minimum, please note the following pick-up schedule for M — F:

- 8 a.m. to 9:30 a.m. — Last names beginning A-M
- 9:30 a.m. to 11 a.m. — Last names beginning N-Z

☐ [Due to the closing of Albany City Schools, the Mater Christi Food Pantry](#) will be offering families with school-aged children a pantry visit once every week, to replace the loss of school lunches during the closure. Call for an appointment at 518-596-6691.

Don't see your school listed? [Visit this page for more school district information or check with your individual district for more information.](#)

☐ The 180-day rule for K-12 public schools to receive state funding is waived.

Community Resources + Information:

☐ Albany Public Library locations will close until Monday, March 30th. The Altamont Free Library, Bethlehem Public Library, Guilderland Public Library, and Voorheesville Public Library are closed until further notice.

☐ Capital District YMCA's branches are closing for one week, beginning Monday, March 16th. Please note: Albany Public Library librarians and staff are here to help during the closure. Email them with your questions at askalibrarian@albanypubliclibrary.org anytime between 10 am-6 pm

Monday-Friday and we'll get you an answer. Get help with your library account, info on how to download eBooks, and much more.

Utilities and Labor Resources + Information:

- Evictions, including current orders of eviction, and other nonessential housing court proceedings are suspended until further notice. More information on other nonessential NYS court proceedings forthcoming.
- Does your workplace need training to protect against COVID-19? NYCOSH is available to conduct virtual trainings for unions, workers' centers, community organizations, employers, and workplaces throughout New York State to educate and inform on best practices. The trainings will also be a space for workers to strategize on how to improve preparedness in their facilities and to keep New York's workforce safe. Contact us today at lara@nycosh.org to schedule your free training today.
- Charter will offer free access to Spectrum broadband and wifi for 60-days for K-12 and college student households for distance-based learning. To enroll call 1-844-488-8395. Installation fees will be waived for new student households. Charter is partnering with school districts to ensure local communities are aware of these tools to help students learn remotely. Charter will open its Wi-Fi hotspots across its footprint for public use.
- AT&T will not cut-off the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic. They will waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic, and keep their public Wi-Fi hotspots open for any American who needs them.
- Verizon will help customers and small businesses disrupted by the impact of COVID-19 and will waive late fees and keep residential and small business customers connected.
- National Grid is suspending the collection of bill payments for 90 days.
- The New York State Department of Labor has waived the 7-day waiting period for unemployment benefits for workers laid off due to the virus. The legislature will vote on paid sick leave for most private-sector workers very shortly.
- The New York State Department of Public Service is prohibiting service cut-off to utility customers unable to pay due to the virus.

What To Do If You Feel Sick:

- Primary care providers and practices should call (518) 447-4580 to request a test from NYSDOH — New York State Health Department.
- Are you experiencing all symptoms of COVID19? Call ahead to your doctor to discuss your symptoms, let them guide you in the right direction, and/or call NYS DOH at 1-888-364-3065.
- Capital Region hospitals have erected makeshift tents, repurposed space and established drive-thru lanes where people can come to have swabs taken for COVID-19 testing. No walk-ins allowed. They will only test on a doctor's order in order to prioritize those at high-risk.

The **Center for Disease Control (CDC)** and the **NYSDOH** recommends that individuals should follow these guidelines to prevent the spread of the virus:

1. Wash your hands regularly, **2.** cover your cough or sneeze, **3.** avoid touching your face, **4.** avoid close contact with others and large public gatherings if possible, and **5.** stay home if you are sick. Individuals who are experiencing symptoms and may have traveled to areas of concern or have been in contact with somebody who has traveled to these areas should **call ahead to their health care provider before seeking treatment in person.** Even if you have not been in contact with an infected person or an affected area, but are experiencing **all** symptoms of COVID-19, **you should call NYSDOH at 1-888-364-3065 to receive guidance on what to do and how to self-quarantine.**

Higher Risk Population Related Information

- Populations such as; **older adults, people living with cardiovascular issues, diabetes, lung disease, and other immuno-compromised people** are at higher risk of experiencing severe symptoms and hospitalization.
- **Please read the CDC's guidelines and advice linked here** for those populations considered 'high-risk' and best practices to prevent infection.

Health-Insurance Related Information

- Testing for COVID19 in New York State is at **no cost to the patient, whether in person or tele-health regardless of health insurance provider**, thanks to an initiative spearheaded by Governor Cuomo, in the interest of removing financial barriers to testing and care.

Paid Sick Leave Related Information

- The state will guarantee **two full weeks of paid leave for all state workers** who are subject to a mandatory or precautionary order of quarantine as a result of the novel coronavirus. Employees will not have to charge accruals during the time taken off work for quarantine. This will apply to all state employees, regardless of civil service classification, bargaining unit, and regardless of part-time or accrual status.
- **Next week**, the state Legislature will vote on a **Paid Sick Leave proposal for most private-sector employees** in New York State.

Nursing Home and Healthcare Settings-Related Information

- **All nursing home and senior assisted living facility visits are prohibited in New York State. Please check with your individual Nursing Home or Assisted Living facility** to see what restrictions or other guidelines that may have been implemented as a response to COVID-19.
- The CDC has posted guidelines for visitors concerned about visiting family members or friends in these facilities **which can be found here**.
- NYSDOH has posted similar guidelines and how nursing homes and similar facilities should prepare, **which can be found here**.

To protect the public's health, you are encouraged to stay at home, avoid public gatherings, and practice social distancing of at least a 6-foot radius. Should you have any questions during this time please do not hesitate to utilize my office as a resource at (518) 455-4178 or fahyp@nyassembly.gov. [#CapitalRegionStrong](https://twitter.com/CapitalRegionStrong)

Guidance on Avoiding Exposure:

Stay informed about the CORONAVIRUS



Information from the
New York State Assembly



How can I protect myself?

You should take steps commonly used to prevent the spread of illnesses, such as:

- frequently washing your hands with soap and water for at least 20 seconds
- avoiding touching your eyes, nose and mouth
- covering your cough or sneeze with a tissue
- staying home when you're sick
- avoiding contact with someone who is sick
- disinfecting frequently touched objects and surfaces at home and at work

For updates and more information, visit the New York State Department of Health website at www.ny.gov/coronavirus or call 888-364-3065.

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