



"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."

– **Assemblyman
Nader J. Sayegh**

New York State Assembly
Albany, NY 12248

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Permit No. 75

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

Visit www.elections.ny.gov
for more information.

Stay home, save lives.

**Assemblyman
Nader J. Sayegh**

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
Visit 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
- **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
- **Child Care Resources for Parents and Providers:**
www.ocfs.ny.gov/programs/childcare

Local Resources

- **Westchester County Department of Health**
914-813-5000
- **Hudson Valley Region 2-1-1 by United Way**
Use 2-1-1 to get help with health and human services questions or issues, such as basic needs assistance, health care options, abuse prevention, drug recovery, mental health care, disaster resources and more. **211**

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. The federal CARES Act provides enhanced UI benefits and Pandemic Unemployment Assistance (PUA) for New Yorkers. Visit 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.
- 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.
- 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.

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 for more information.

Department of Motor Vehicles

The state Department of Motor Vehicles (DMV) has closed all offices, but many essential services can still be found online. DMV staff are also available by phone to answer questions. To help New Yorkers avoid potential hardship, the DMV has extended any driver's licenses, non-driver identification, vehicle registration, 45-day temporary registration issued by auto dealers or yearly vehicle inspections to expire March 1 or after until further notice. Visit www.dmv.ny.gov or call 518-486-9786 to learn more.

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 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.