



Academy of Medical  
& Public Health Services



Academy of Medical & Public Health Services

## **COVID-19 Resource Guide**

*Always there. We will care for you.*

# ABOUT AMPHS

Academy of Medical & Public Health Services (AMPHS) is a not-for-profit health service organization with a triple aim to identify barriers to health and wellness in underserved immigrant communities; coordinate truly needed primary care with social assistance; and deliver care with dignity and empathy to marginalized New Yorkers. Services at AMPHS are provided for free, to anyone, regardless of documentation status. They include: health screenings and consultations, social assistance, mental health therapy and physical therapy, immigrant rights workshops, adult literacy English classes and health education.

During COVID-19, AMPHS has opened a Virtual Community Health Center offering its services online. We are also circulating regular multilingual coronavirus updates through newsletters and weekly Facebook Live sessions and providing cash assistance and care packages for our communities with financial need. Through its community public health interventions, AMPHS lends to the empowerment of individuals and communities to create their own local and culturally-sensitive health and wellness paradigms.

This guide provides resources for free and confidential help for you and your family during these difficult times.

Visit us at: 5306 Third Avenue, 2nd Floor, Brooklyn, NY 11220

**[www.amphsonline.org](http://www.amphsonline.org) | 212-256-9036 | [info@amphsonline.org](mailto:info@amphsonline.org)**

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Revised May 2020

For a digital and regularly updated version of this guide, visit: <https://bit.ly/covid-resources-eng>

# COVID Resources

## HEALTH

For AMPHS COVID-19 FAQ visit: [www.amphsonline.org/covid.html](http://www.amphsonline.org/covid.html)

If you feel sick or have symptoms, you should call and seek guidance from a health professional or call the state's helpline: **1-888-364-3065** or the city's help-line **311**.

For regular updates from NYC, text **"COVID"** for English or **"COVIDESP"** for Spanish to **692692**

NYS Coronavirus Hotline for confidential emotional support: **1-888-364-3065**

Price Gouging Hotline: **800-697-1220**



## MENTAL HEALTH

For information about mental health services (provided in Spanish and English) at AMPHS or to make an appointment with a therapist: **212-256-9036**

If you're feeling anxious, stressed or overwhelmed, connect with trained counselors at NYC Well by: calling **888-NYC-WELL**

Interpreters are available for 200+ languages. Stay on the line, and you will be connected with a counselor who can connect you to translator services.

Texting **WELL** to **65173**. *When prompted:*

English: text 1 • Español: text 2 • 中文: text 3

Chating online at: [nyc.gov/nycwell](http://nyc.gov/nycwell) in numerous languages.

New Yorkers can call the COVID-19 Emotional Support Hotline at **1-844-863-9314**

# DOMESTIC ABUSE SURVIVORS

NYC's 24-hour Domestic Violence Hotline: **800-621-4673**

National Domestic Violence 24-hour Hotline

Phone: **1-800- 799-7233**

Text **"LOVEIS"** to **22522**

Online: **thehotline.org**

NYC Family Justice Center facilities are currently only offering services by phone for immediate safety planning, shelter assistance, and other resources.

From Monday to Friday, 9 AM - 5 PM, call your nearest FJC

Brooklyn: **718-250-5113**

# HOUSING

Housing Court Answers Hotline: **212-962-4795**

Available in English/Spanish. Tuesday – Thursday, 9 am – 5 pm

Mobilization for Justice's Housing Rights Project: 212-417-3888

Available Monday-Friday, 9 AM- 5 PM

Anyone with knowledge of City Marshals' attempts to execute on warrants of eviction can report this activity by calling DOI's Bureau of City Marshals at **212-825-5953**.

# JOBS

\*work authorization is required for these programs\*

The **City's Workforce1 Career Center** launched a Virtual Center to help New Yorkers prepare for, and connect to, jobs across New York City's five boroughs and in every sector of the economy, at **718-960-2458** or at **[www1.nyc.gov/site/sbs/careers/virtual-wf1cc.page](http://www1.nyc.gov/site/sbs/careers/virtual-wf1cc.page)**

Current employment opportunities include Stop & Shop, Fresh Direct & PBM Guardian Industry Services.

CAMBA is hiring essential workers.

To view the listings visit:

**[www.camba.org/careers/current-openings/essential-workers-urgent-positions/](http://www.camba.org/careers/current-openings/essential-workers-urgent-positions/)**

The City of New York is hiring 1000 contact tracers to support citywide response efforts.

View listings here: **<https://bit.ly/contacttracers>**

## LEGAL

If you have questions about immigration and public benefits, call the free, confidential ActionNYC hotline at **800-354-0365**, Monday to Friday from 9 a.m. to 6 p.m. to access timely and trusted information and connections to legal help.

You may also call New Americans Hotline: **1-800-566-7636**

If you know someone who is being detained or being apprehended for deportation, call the Immigrant Defense Project at: **212-725-6422**.

The Legal Information for Families Today (LIFT) has a 24/7 bilingual Spanish/English hotline for families in need or those who need assistance navigating family court: **212-343-1122**.

Brooklyn Legal Services continues to serve individuals who are not a current client and are seeking help with a legal issue. To be connected by phone, call **718-487-2300** Monday through Friday from 9 AM - 5 PM

You can also email **info@bka.org** for assistance. If you leave a message or send an email, include your name, phone number, email address (if you have one), and a brief description of your legal issue or question.

A Better Balance provides information about paid leave and sick time as well as workplace rights around caring for oneself or one's family. If you have any questions you can reach their helpline at **1-833-633-3222**.

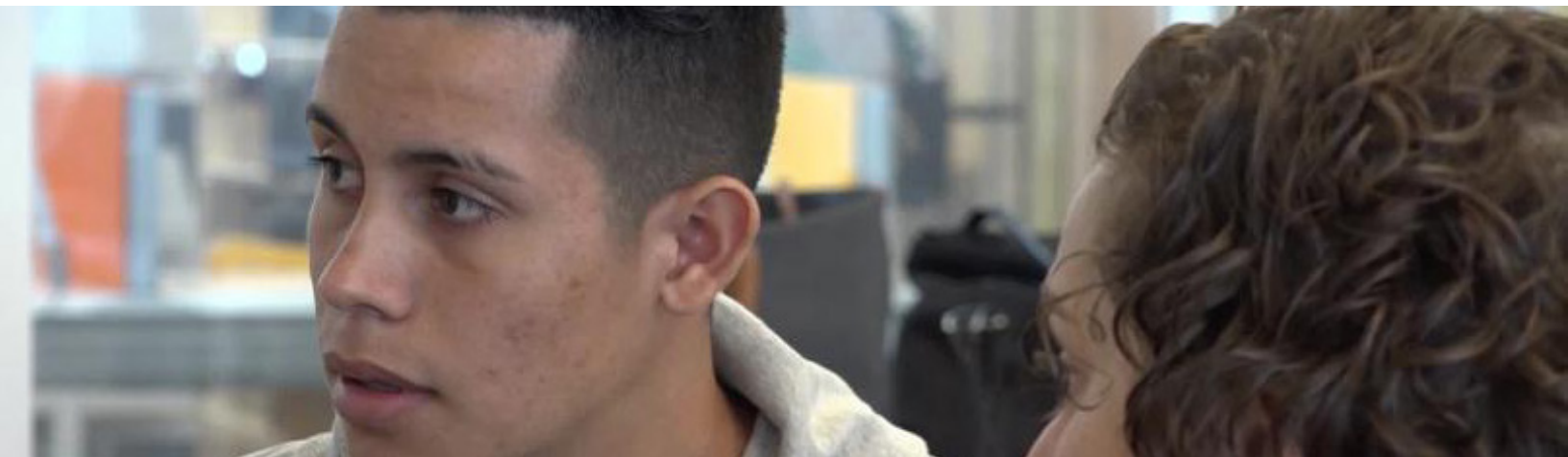
Volunteers of Legal Service (VOLS)

Unemployed Workers' Helpline: **347-521-5720**

Main VOLS Office Number: **212-966-4400**

Her Justice Helpline for family and matrimonial law issues for people who identify as women:  
**718-562-8181**

Available Thursdays from 10 AM- 1 PM



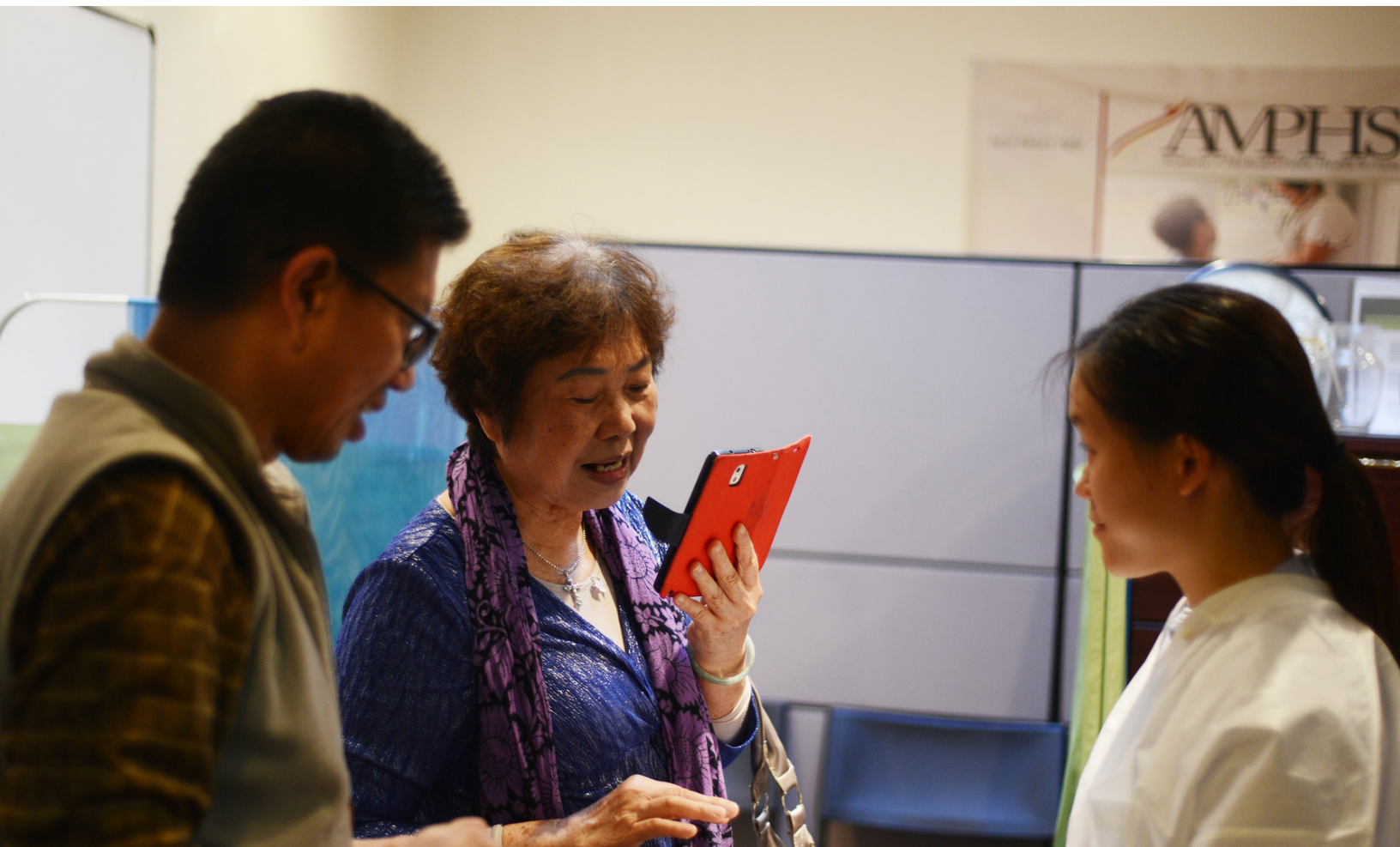
# STIGMA/RACISM/DISCRIMINATION

Call **311** and say “human rights” to report discrimination or harrassment in housing, at work, or in public places based on your race, national origin, immigration status, disability or other protected classes under the NYC Human Rights law.

You can also call **718-722-3131** to report discrimination to the NYC Commission on Human Rights directly.

Call **911** if you are a victim of a hate crime or you witness what you believe to be a hate crime. NYPD officers will not ask about immigration status of anyone seeking help and language assistance is available.

NY Residents can report any discriminatory actions to New York State Attorney General Leticia James and team via call at **800-771-7755** or email at **[civil.rights@ag.ny.gov](mailto:civil.rights@ag.ny.gov)**



# SUNSET PARK FOOD RESOURCES

ORGANIZATION	TYPE	ADDRESS	HOURS	CONTACT	WEBSITE
NYC Government	Meal delivery	N/A	24/7	311	<a href="https://cv19engagementportal.cityofnewyork.us/?locale=en#/display/5e7555117ad6750216160409">https://cv19engagementportal.cityofnewyork.us/?locale=en#/display/5e7555117ad6750216160409</a>
PS 971	Take-home Meals	6214 4th Ave, Brooklyn, NY 11220	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.nokidhungry.org/">https://www.nokidhungry.org/</a>
PS 1	Take-home Meals	309 47th St, Brooklyn, NY 11220	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.nokidhungry.org/">https://www.nokidhungry.org/</a>
PS 94	Take-home Meals	5010 6th Ave, Brooklyn, NY 11220	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.nokidhungry.org/">https://www.nokidhungry.org/</a>
PS 896	Take-home Meals	736 48th St, Brooklyn NY 11220	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.schools.nyc.gov/freemeals">https://www.schools.nyc.gov/freemeals</a>
PS 172	Take-home Meals	825 4th Ave, Brooklyn NY 11232	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.schools.nyc.gov/freemeals">https://www.schools.nyc.gov/freemeals</a>
PS 169	Take-home Meals	4305 7th Avenue, Brooklyn, NY 11232	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.schools.nyc.gov/freemeals">https://www.schools.nyc.gov/freemeals</a>
IS 136	Take-home Meals	4004 4th Ave, Brooklyn, NY 11232	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.schools.nyc.gov/freemeals">https://www.schools.nyc.gov/freemeals</a>
Sunset Park HS	Take-home Meals	153 35th St, Brooklyn, NY11232	Mon-Fri, 7:30-1:30 for kids and families, 11:30-1:30 for adults	311	<a href="https://www.schools.nyc.gov/freemeals">https://www.schools.nyc.gov/freemeals</a>
NYU Langone Family Support Center	Food Pantry	6025 6th Ave, Brooklyn, NY 11220	By appointment Only; Friday 10-12 Pick-up	718-630-7186 Mandarin: 347-403-9519	<a href="https://nyulangone.org/patient-family-support">https://nyulangone.org/patient-family-support</a>
OLPH Food Pantry	Food Pantry	545 60th St, Brooklyn, NY 11220	1st and 2nd Saturdays 10-12:00pm	347-603- 3738	<a href="https://olphbkny.org/parish-outreach">https://olphbkny.org/parish-outreach</a>
Salvation Army Sunset Park	Food Pantry	520 50th St, Brooklyn, NY 11220	Tues, Thurs, Fri at 10 am (arrive by 9/9:30). Must bring photo ID.	718-438-1771 ex 0	<a href="https://newyork.salvationarmy.org/location/sunset-park/">https://newyork.salvationarmy.org/location/sunset-park/</a>
Holding Hands Ministries Food Pantry	Food Pantry	6324 7th Ave, Brooklyn, NY 11220	Saturdays 8:00am-12:30pm	347-779-4579	<a href="https://www.facebook.com/hhmrcc/">https://www.facebook.com/hhmrcc/</a>
Center for Family Life	Food Pantry	443 39th Street, Brooklyn, NY 11232	Mon, Tues, Fri 10:00am-1:00pm Wed- Thurs 11:00 - 1:00 PM	718-492-3585	<a href="https://sco.org/featured-programs/center-for-family-life/">https://sco.org/featured-programs/center-for-family-life/</a>
Our Lady of Angels	Food Pantry	336 73rd Street, Brooklyn, NY 11209	Wed 9:30 AM- 12:30 PM, 1:30-3:00 PM	718-680-6344	<a href="http://ccbq.org">ccbq.org</a>
Bay Ridge Home Delivered Meals	Meal delivery for Seniors	411 Ovington Ave, Brooklyn, NY 11220	By appointment only	718-748-0650	
World Harvest Community Center	Food Pantry	6324 7th Ave, Brooklyn, NY 11220	Mondays 8-3	718-238-4000	<a href="https://whccny.org/">https://whccny.org/</a>
Roots Cafe	Food Pantry	639 5th Ave, Brooklyn, NY 11220	Monday to Sunday, 9:00AM-3:30 PM	929-301-5535	<a href="https://www.facebook.com/rootsbrooklyn/posts/690531638187014">https://www.facebook.com/rootsbrooklyn/posts/690531638187014</a>
Masbia of Boro Park	Food Pantry	5402 New Utrecht Avenue, Brooklyn, New York 11219	Monday-Thursday 2:00 PM -7:00PM	718-289-0635	<a href="https://www.masbiaboropark.org/">https://www.masbiaboropark.org/</a> <a href="http://www.masbia.org/covid19">www.masbia.org/covid19</a>
St. Agatha's Church	Food Pantry	702 48th Street, Brooklyn, NY 11220	Monday-Friday 7: 30 AM- 1:00 PM; Must bring your own bagging	718-436-1080	<a href="https://stagatha-brooklyn.org/">https://stagatha-brooklyn.org/</a>

# COMMUNITY COVID-19 FAQ

## 1. What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory viral illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that can cause mild to severe respiratory illness.

## 2. Why are some people experiencing more severe symptoms compared to others?

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

## 3. Is the virus airborne? How long can it stay in the air for?

There have been a few early studies showing that the virus can remain airborne and stay in the air for hours. At this point, our best recommendations are to stay at home as much as you can. If you need to go outside, maintain at least 6 feet distance.

## 4. How do I recognize the symptoms of COVID-19? How is it different from the common cold or allergies? Should I seek care if I have any of these symptoms?

The common symptoms of COVID-19 are:

- Cough
- Sore throat
- Fevers
- Shortness of breath/ trouble breathing

Some of these symptoms are similar to that of the flu or common cold and seasonal allergies, but if you are experiencing NEW cough, sore throat, runny nose, or fever, you should stay home for 7 days since the onset of their symptoms AND after 72-hours without fever (without the use of fever-reducing drugs, such as Tylenol and ibuprofen). If you have worsening breathing, you should call your doctor to get evaluated.

## 5. Do home remedies (such as swabbing each nostril with rice vinegar, drinking warm ginger water, acupressure points) prevent transmission of the virus?

We cannot comment on the effectiveness of these prevention strategies. We encourage you to continue with home remedies, but please keep in mind the following:

- Stay at home, especially if you feel sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your coughs and sneezes with a tissue, not with your hands. Put the tissue in the trash.
- Avoid close contact with people who are sick. If someone at home is sick, stay in a different room and keep at least 6 feet distance.
- Avoid touching your face with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or disinfecting wipes.



## 6. Does drinking water frequently prevent developing COVID-19?

It is important to stay hydrated, but studies have not shown that drinking water can prevent the progression of COVID-19. Please see the res-ponse to question #5 for prevention strategies.



## **7. Is it true that people with Type O blood type are less likely to contract the virus, while those with Type A are more likely?**

This is a relatively new virus and we do not have enough information right now. In the meantime, we should assume that everyone is equally susceptible. Please see the prevention strategies listed in the response to question #5.

## **8. Should I wear a mask?**

A face covering is now recommended as one of the precautions we can take to prevent the spread of COVID-19, from both symptomatic and asymptomatic individuals. However, it should be combined with physical distancing & frequent hand hygiene. When wearing a mask, make sure it covers your mouth AND nose. Please reserve medical grade masks--incl. N95 masks and surgical masks, for health care workers.



## **9. Friends and family in other countries got prompt COVID testing, but my doctor turned me down. Why?**

If you only have mild symptoms, you do NOT need testing. A positive test will not change what a doctor tells you to do to get better. The best course of action is to stay at home and limit contact with other people (see response to question #5). If you experience worsening breathing, please call your doctor right away.

## **10. I've heard that the government will spray disinfectant solution in the air at night. Is that true?**

There have been false reports of planes spraying disinfectant solution in the air during the nighttime. While it is true that the virus can become airborne (see question #3), this is NOT a current action from the government and may cause more harm than good. It is important to stay hydrated, but studies have not shown that drinking water can prevent the progression of COVID-19. Please see the response to question #5 for prevention strategies.

## **11. The Governor has issued an New York State on PAUSE effective March 21, 2020. Does that mean I will be fined if I leave my house?**

No, the Governor issued a 10-point plan to limit the amount of person-to-person contact and to promote social distancing. It prohibits non-essential gatherings of any size and requires the closure of physical operations of all non-essential businesses. There will be fines and mandatory closure for any business not in compliance. Essential businesses, which include health facilities, utilities, airports, food makers, grocery stores, farms, convenience stores, laundromats, funeral homes and banks, can still remain open without being fined, but must take measures to create a 6-foot distancing between individuals.

## **12. Are hand dryers effective in killing the new coronavirus?**

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

## **13. Can spraying alcohol or chlorine all over your body kill the new coronavirus?**

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

# HOW TO STAY HEALTHY IN THE AGE OF COVID-19

The immune system, which protects us from disease such as COVID-19, is complex and is influenced by genetics and many lifestyle factors such as diet, exercise, sleep, and stress. While the most important means to protect your family from COVID-19 are to practice social distancing, proper hygiene, and frequent handwashing, it is also incredibly important during this time to take additional steps to maintain a healthy immune system.

Although it may be difficult during quarantine, making healthy lifestyle decisions--even the smallest choices--can protect and strengthen our immune system.

## Maintain a balanced, nutritious diet, high in fruits and vegetables

Though no one food or combination of foods can protect you from a virus, foods that are high in the following vitamins/ minerals, when eaten as part of a well-balanced diet, help maintain a healthy immune system:

**Beta Carotene:** sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

**Vitamin C:** citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

**Vitamin D:** fatty fish, eggs, milk and 100% juices that are fortified with vitamin D

**Zinc:** beef and seafood, wheat germ, beans, nuts and tofu.

**Probiotics:** yogurt and kimchi.

**Protein:** milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

## Be active and engaged

Many gyms and workout studios currently offer free at-home workouts to keep people moving in the safety of their home. YouTube is also always a good source for free workout videos as well

YMCA- On demand videos: [ymca360.org/#/](https://www.ymca360.org/#/)

Join Planet Fitness daily at 7PM on their Facebook for live streamed 20-min and under "work-ins"

305 Fitness offers cardio dance live streams twice a day on YouTube at 12 p.m. and 6 p.m.

Orange Theory Fitness, Workout of the day at [orangetheoryfitness.com](https://www.orangetheoryfitness.com)

## Limit health compromising habits

Limit alcohol consumption; drink in moderation

According to the CDC, up to one drink for women and up to two drinks for men

Don't smoke and avoid drug use

## Get adequate sleep regularly

7-9 hours for adults, children need 8-14 hours, depending on their age.

## Prioritize mental health

Use credible sources of information about the disease outbreak and limit screen time and exposure to media

## Maintain daily routines

Focus on positive thoughts and on the things we have control over

Grief is natural and most people are resilient

If you are in need of professional mental health support, see our resource list.

# Census 2020 is Here!

## What is the Census?

The Census is a count of every person living in the United States.

## Why is the Census important?

The Census affects how over  
**\$600 BILLION**  
gets distributed for



and much, much, much more!

New York receives over  
**\$53 BILLION**  
in federal funding each year.

New York loses  
**\$2,600**  
for every person  
not counted.

## How can I complete the Census?

The Census can be completed  
online, by phone, or by paper.



Visit <https://2020census.gov/> today!

COMPLETED THE CENSUS? ENTER OUR RAFFLE TO RECEIVE A GIFT!  
[https://bit.ly/amphs\\_icount3](https://bit.ly/amphs_icount3)





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5306 3rd Ave, 2nd Floor  
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