



NYS Senator Andrea Stewart-Cousins
907 Legislative Office Bldg.
Albany, NY 12247

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Getting Help During This Time

—Important Information From Senator Andrea Stewart-Cousins—

NYS Senator Andrea Stewart-Cousins Temporary President and Majority Leader

Although the District Office is closed, my staff is available to take your phone calls and emails - and can even arrange virtual meetings.

35th District E-Mail: scousins@nysenate.gov
Website: stewartcousins.nysenate.gov

District Office:
28 Wells Ave., Bldg. #3, 5th Fl.
Yonkers, NY 10701
Phone: (914) 423-4031

Albany Office:
907 Legislative Office Bldg.
Albany, NY 12247
Phone: (518) 455-2585

[andrea.stewartcousins](https://www.facebook.com/andrea.stewartcousins)

[@AndreaSCousins](https://twitter.com/AndreaSCousins)

Resources:

For more information on these and other coronavirus-related actions, please go to the NYS Department of Health website:
<https://coronavirus.health.ny.gov/home> or call 1-888-364-3065

Westchester County government has a dedicated webpage on the County's Department of Health site:
<https://health.westchestergov.com/component/content/category/155-news>
Residents can call 211 for information

Westchester County Department of Senior Programs and Services:
(914) 813-6300 | Website: <http://www.westchestergov.com/seniors>

Visit www.cdc.gov/coronavirus/2019-ncov/index.html for more information

Español

cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf
cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf

What You Need to Know About the Coronavirus

Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

Symptoms may appear 2-14 days after exposure and include:

- Fever
- Cough
- Shortness of breath

Staying Healthy

- Everyone should wear masks when in the supermarket or any other public place to protect more vulnerable individuals.
- The use of a mask, however, does not eliminate the 6 feet social distancing guidelines.

What to Do If You Are Sick With Coronavirus

- Call ahead before visiting your doctor. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Stay home except to get medical care.
- People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Dear Friends,

We are all in situations that we never dreamed we could be in. Our worries run the gamut from staying healthy to our ability to make ends meet. I have been working closely with the Governor and with my colleagues to provide as much stability and security as possible. Here are some actions that have been taken by the State and federal governments that you should know about.

- **The Governor has extended the State tax filing deadline to July 15.**
- **The 7-day waiting period for unemployment insurance is waived. Even if you file late, your benefits begin the day you lost your job.**
- **As a result of the federal stimulus package (CARES), self-employed people and single contractors are now eligible for unemployment insurance if they had to close down their business during this period. They should apply to the State DOL at <https://labor.ny.gov/unemploymentassistance.shtm> or (888) 209-8124. *Because of the large call volume, please be patient when calling.***
- **Emergency paid sick leave will be given to any employee who is in quarantine due to exposure to the coronavirus. The law also guarantees job security in these cases.**
- **Mortgage payments and fees for overdrafts, ATMs and credit cards have been waived for 90 days based on financial hardships. To apply, see your lending institution.**
- **NYS schools remain closed through April 29. June Regents exams are cancelled.**
- **Westchester County continues to receive supplies of N95 masks, surgical masks, surgical gloves and gowns and face shields as needed from the State.**
- **Those facing financial hardship can delay their life insurance payments for 90 days and their property and casualty insurance for 60 days. Individuals should go to their carriers to apply.**
- **The presidential primary and other special elections will now be held on June 23rd. Any school board and village elections are postponed until at least June 1st.**
- **All evictions are delayed for 90 days.**
- **Car inspections and emissions testing that were supposed to be done after March 31 are delayed indefinitely.**