

Westchester NY COVID-19 Resource List

New York Medical College (NYMC) has compiled the following list of resources for the Westchester community during the COVID-19 pandemic. Please see below for resources that may be of use to you during this time, and please do not hesitate to reach out for help. You may also direct your questions to NYMC: nymccovid19resources@gmail.com

Food Resources

Early Grocery Openings for Elderly/Vulnerable Populations: Many grocery stores (including but not limited to [Stop & Shop](#), [Sam's Club](#), [Trader Joe's](#), [Whole Foods](#), [Target](#)) are now opening early for exclusively elderly populations - contact stores for specific hours/days.

School Lunches for Children: [The Westchester County School District Food Distribution Plan](#) can be found on Westchestergov.com.

Food Pantries: Lists of local food pantries can be found on needhelppayingbills.com and hudson211.org.

Childcare

Several providers are still offering childcare ([Post Road Elementary School](#), [YMCA in White Plains](#)) and Westchester County is offering subsidies to eligible families ([Westchester County Childcare Subsidy Office](#)).

Housing

New York State has implemented a state-wide **eviction ban** during the COVID-19 epidemic. Assistance for eviction prevention can be found on homes.westchestergov.com/tenants/eviction-prevention.

[Emergency housing services & homeless shelters](#) are also providing aid to those in need.

Employment

New York State emergency legislation guarantees job protection and pay for those affected by COVID-19. Affected individuals may be eligible for [Disability and Unemployment Benefits](#).

Resources for Specific Communities

For People with Disabilities: [The National Council on Disabilities](#) and [Westchester Office for People with Disabilities](#) are remaining open, but in-person appointments have been cancelled. They can still be reached by phone.

Older Adults: [Matilda's Law](#) in New York State provides a list of guidelines for individuals over 70 years old or who are immunocompromised. Several grocery stores have enacted senior citizen hours and several organizations have resources for older populations.

Racial Equity & Social Justice: [Racial Equity Tools](#) is an organization that supports individuals and groups working to achieve racial equity and has published COVID-19 specific resources online.

Undocumented Communities & Immigrants: Several justice centers, community centers, and healthcare centers are available to provide services ([Neighbors Link](#), [Hudson Valley Justice Center](#), [Open Door](#), [Mount Vernon Neighborhood Health Center](#)). COVID-19 testing and coverage for undocumented immigrants is public charge exempt.

Jewish Community: [The Westchester Jewish Council](#) and [Westchester Board of Rabbis](#) have put out resources and guidelines for COVID-19.

Asian American, Native Hawaiian, and Pacific Islanders: [The Asian & Pacific Islander American Health Forum](#) has compiled in-language resources concerning COVID-19.

Hispanic Population: Telehealth and local community centers ([Neighbors Link](#), [Hoy Health](#)) are available to help provide bilingual services.

LGBTQ Community: [The Trevor Project](#) (866-488-7386) and [LGBT National Help Center](#) (800-246-7743) can still be accessed via phone. Other local community centers ([Planned Parenthood](#), [LOFT: LGBTQ Community Service Center](#) (914-948-4922)) are still providing services and resources.

Trans Community: [The Trans LifeLine](#) (1-877-565-8860) and [Transgender Law Center](#) can be accessed over the phone or virtually.

Domestic/Sexual Violence Resources

Nationwide hotlines are still available to access via phone for counseling: [The National Domestic Violence Hotline](#) (1-800-799-7233), [The National Sexual Assault Hotline](#) (1-800-656-4673). Westchester & Rockland County have several local shelters that are accessible via phone: [Sexual Assault, Abuse and Victim's Empowerment](#) (1-833-220-2444), [Hope's Door](#) (888-438-8700), [My Sister's Place](#) (800-298-7233), [Putnam/Northern Westchester Women's Resource Center](#) (845-628-2166).

Mental Health Resources

There are many nationwide and local hotlines and resources that are available 24/7 for counseling and emotional support: [National Suicide Prevention Hotline](#) (1-800-273-8255), [Disaster Distress Helpline](#) (1-800-985-5990), [Mental Health Association of Westchester \(MHA\)](#) (914-345-0700).

Volunteering & Donating

There are many ways you can help your community at this time, including volunteer opportunities, donating blood, supporting your healthcare workers, and donating money to organizations.

More information can be found in this comprehensive compilation of resources (English + Spanish)

Website: <https://bit.ly/3cJMHgR>



COVID-19: Getting Tested: Westchester County

General Information

- ❑ Symptoms vary between individuals, but the most common symptoms include fever, dry cough, fatigue, and shortness of breath. Most symptoms can be managed at home, but monitor for worsening symptoms.
- ❑ **Seek medical attention if you develop:** Worsening difficulty breathing, persistent pain/pressure in the chest, lips/face turning blue, new confusion
- ❑ If you do see your primary care doctor, contact your doctor prior to your arrival so they can take the needed precautions
- ❑ Testing is FREE to all eligible New Yorkers as ordered by a health care provider or by calling the NYS COVID-19 hotline: 1-888-364-3065
- ❑ REMEMBER: Some that are infected will not exhibit any symptoms, which is why it is important to practice social distancing

Who can I contact if I feel sick?

- **Telehealth Services**
 - Governor Cuomo announced insurance companies are required to waive co-pays for telehealth visits
 - Utilize telehealth services before going to the doctor's office, urgent care, or the ER if possible
- **Westchester County Department of Health**
 - People under self-quarantine: call 866-588-0195
 - People inquiring about testing: call 888-364-3065

Testing Locations (updated 5/2/2020)

New Rochelle

Glen Island Park

- Appointment Only: appointments made by calling 888-364-3065
- Open Daily from 7am-7pm

Yonkers

St. Joseph's Medical Center (127 South Broadway, Yonkers)

- Tent located near ER for screening and testing
- People are screened at the tent

St. John's Riverside Hospital ParkCare Pavilion (2 Park Ave)

- Must live in the 10701 Zip code and sign up before getting tested
- Set up appointment by calling the state's COVID-19 Hotline: 1-888-364-3065

Valhalla

Westchester Medical Center Health Network

- **Appointment Only and Mandatory referral from a WMCHHealth Physician**
- Drive through coronavirus specimen collection for current and former WMCHHealth patients with verified COVID-19 testing appointment
- Contact physician's office first if experiencing symptoms to determine if you meet screening criteria

Mount Vernon

Mount Vernon Neighborhood Health Center (107 W 4th St.)

- Hours 9 a.m - 5 p.m. Monday-Friday
- Appointment Only: appointments can be made by calling 888-364-3065

Where can I find more information about COVID-19 in New York?

Westchester County Department of Health: <https://health.westchestergov.com/>

Numbers for New York County Offices: nysacho.org/directory/

New York State Information: <https://coronavirus.health.ny.gov/know-your-rights#testing>

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