

Dear New Yorkers,
亲爱的纽约市民，

As you are aware, the City is currently responding to the novel coronavirus, and we want to make sure that you are provided with the most up-to-date information. **New York State on PAUSE is extended through 5/15. Non-essential workforce is directed to continue to work from home until at least 5/15.**

纽约市目前正在积极应对新冠病毒(COVID-19)，市长办公室将推出每周中文疫情社区资源和信息。州长宣布“纽约暂停居家避疫行政令”将延长至 5/15/2020. 非必要行业员工必须在家上班至 5/15。

Please note the following summary and resource of COVID-19 updates as of April 19, 2020. Please contact Xiaomin Zhao at (646) 306-9287 or via email at xzhao@cityhall.nyc.gov if you have questions.

4/19/2020 疫情社区信息和资源包括以下。如有问题，请联系市长办公室赵晓敏。电话：(646) 306-9287 电邮：xzhao@cityhall.nyc.gov。

1. Anti COVID-19 Stigma / 杜绝有关新冠肺炎 (COVID#19)的污名、偏见、歧视与仇恨
2. Education / 教育
3. Food Resource / 食物
4. Small Business / 小商家
5. Health + COVID-19 Testing / 医疗 + 心理健康 + 新冠病毒测试点
6. Benefits / 福利申请
7. Jobs / 工作机会
8. DACA / 童年入境者暂缓遣返行动 (DACA)
9. How to help NYC / 如何帮助纽约市
10. Others / 其它资源

(Please note: MOIA has created Resources for Immigrant Communities During COVID-19 Pandemic. Translation of this webpage will be available soon)

请注意: 市长移民事务办公室 (MOIA) 建立疫情资源综合网站，所有市民都可以获得许多市府服务。网站也将提供中文网页翻译。详细资料请等入：

<https://www1.nyc.gov/site/immigrants/help/city-services/resources-for-immigrant-communities-during-covid-19-pandemic.page>

1. ANTI-STIGMA COVID-19

Let's work together to put an end to bias incidents and hate stemming from #COVID-19 stigma. 让我们共同努力，杜绝有关因新冠病毒 (COVID-19)成为歧视与仇恨的源头。

- The New York City Commission on Human Rights (CCHR), the Office for the Prevention of Hate Crimes (OPHC), and the NYPD are actively monitoring and responding to reported incidents. They have created a fact sheet providing information on how to file bias and hate crime related to COVID-19.
 - If you or someone you know has been physically harassed or assaulted because of your identity—including your race, ethnicity, or religion—please call 911.
 - If you or someone you know has been harassed or discriminated against by a business, employer, or landlord because of your identity—please call 311 and say, “human rights.”
 - [See and share the new fact sheet](#) (available in multiple languages)

市人权局 (CCHR)、市长移民事务办公室(MOIA)、市长刑事司法办公室(MOJC)、以及市长预防仇恨犯罪办公室(OPHC)开启社区教育，有关杜绝因新冠病毒 (COVID-19)引起的歧视和仇恨。

- 如果你或你认识的人由于身份（包括种族、民族或宗教信仰）受到肢体骚扰或袭击，请致电 911.
- 如果你或是你认识的人由于身份受到企业、雇主或房东骚扰或歧视，请致电 311 并说出 “human rights”（人权）。
- [See and share the new fact sheet](#) (请点击这里可以索取中文海报)

2. EDUCATION/教育

Remote learning will continue for the rest of the 2019-2020 school year as schools remain closed. 2019-2020 学年学校关闭将继续在家远程学习。

- Families can request to have an internet-enabled device delivered to your home. Fill out a device request form at coronavirus.schools.nyc.gov/RemoteLearningDevices or call 311 for support. 教育局为有需要的学生家庭提供免费网络和租借平板电脑 (iPad)。如有需求，请登入网址申请电子设备：coronavirus.schools.nyc.gov/RemoteLearningDevices
- For more information about remote learning, activities for students, and technical support go to schools.nyc.gov/learn-at-home or call 311 and say “Schools” to be connected to DOE’s Parent Support Line. 有关远程学习、学生活动和技术支持等更多信息。请访问网站 schools.nyc.gov/learn-at-home 或是 拨打 311 说 “Schools” 学校会自动会联系到教育局的父母支持热线 (DOE’s Parent Support Line):
- [View this message in multiple languages.](#) 请点击这里索取多语言其它资料。

Regents Exams scheduled for June are cancelled: The New York State Education Department (NYSED) and the Board of Regents have cancelled the June 2020 Regents administration. As a result, students who intended to take any June 2020 Regents may be eligible for a June 2020 Regents exemption. [See more information here.](#)

纽约州教育局 (NYSED) 和教育理事会 (Board of Regents) 已经取消今年 6 月份的州会考 (Regents Exams)。因此，有打算参加 6 月份州会考的学生可能有资格获得豁免。详细资料请看：[See more information here.](#)

Family Welcome Centers / 家庭欢迎中心

- Family Welcome Centers are prepared to assist remotely with enrollment and placement of new admissions, questions around admissions, information about offers, and waitlists. 家庭接待中心 (Family Welcome Centers) 将提供远程服务包括：新招生服务和安置、回答入学问题、学校录取和候补名单等问题。

- Reach out via email to connect with someone in your borough who can assist you remotely:

如有问题，请家长联系：

- Bronx/布朗士: bronxfwc@schools.nyc.gov
- Brooklyn/布录仑: brooklynfwc@schools.nyc.gov
- Manhattan/曼哈顿: manhattanfwc@schools.nyc.gov
- Queens/皇后区: queensfwc@schools.nyc.gov
- Staten Island/史登岛: StatenIsland@schools.nyc.gov

Multilingual Learners: Every school is creating a remote learning plan to ensure that English language learners (ELLs), Multilingual Learners (MLLs), and former English language learners receive targeted instruction in English with the appropriate amount of support in their home language.

多语言学习者 (Multilingual Learners): 每所学校都在制订在家远程学习计划，以确保英语学习者 (ELLs)、多语言学习者 (MLLs)、和以前英语学习者获得针对性的英语指导并提供相应的母语支持。

Multilingual DOE materials / 教育局多语言材料

- In addition, [here you can find a running inventory of translated documents on the DOE website and Infohub.](#) This inventory will be updated in real time.

此外，你可以在教育局网站和上找到翻译文档。这些信息将及时更新。

- **Free Online Tutoring for Students / 免费在线学生作业辅导**
Through the New York Public Library, students can receive one-on-one free online homework help from one-on-one tutors, daily from 2–11 PM. Tutors are available in English and Spanish, from early elementary through high school grades, in core subject areas. Video content and other resources are also available 24 hours a day. Families will need a New York Library card to access this service, and can apply for a card here.
纽约公立图书馆给学生提供免费 1 对 1 线上作业辅导。F2F2 有兴趣的家庭需要持有纽约公立图书馆卡，或 没有图书卡的可上网申请。
 - ✚ 每天下午 2 点到 11 点。
 - ✚ 辅导员讲英文和西班牙语
 - ✚ 学生包括小学到高中，辅导主要学习科目
 - ✚ 图书馆也有提供 24 小时视频和其它学习资讯
 作业补习网址：<https://www.nypl.org/about/remote-resources/kids-and-teens/homework-help-brainfuse>
 申请纽约市图书馆卡网址：<https://www.nypl.org/books-music-movies/ebookcentral/simplye>

3. **FOOD RESOURCE /食物**

- **Grab and Go Expanding for All New Yorkers:** In this time of historic high unemployment, we understand more New Yorkers are experiencing food insecurity for the first time. To this end, the city offers grab and go meals for all New Yorkers. No one is turned away, and participants are able to pick up three meals. We appreciate all of you who shared this information with you constituents. The hours are:
 - 7:30am - 11:30am for families and children
 - 11:39am - 1:30pm for adults
 To find a location, text “NYCFOOD” or “COMIDA” to 877-877 or visit <https://www.schools.nyc.gov/school-life/food/F2free-meals>

现在向所有纽约市民提供**免费外带便餐**。

- 从 4/3/2020 开始，所有的儿童和成人每天可以免费领取三餐。没有人会被拒之门外。
- 纽约市五大行政区将会设立 435 个供餐点。
 - ❖ 儿童和家庭可以在上午 7:30AM → 11:30AM 之间取餐
 - ❖ 成人可以在上午 7:30AM → 下午 1:30PM 之间取餐
 - ❖ 寻找您附近的供餐点，你可以写 “Food” 发短信给 877-877 或是 登入以下网址：<https://www.schools.nyc.gov/school-life/food/free-meals>

- **Meals for seniors** - DFTA has transitioned to 100% meal delivery, rather than grab and go, for senior center users. Seniors should call their local senior center for more information if they haven't already received meals. They can also call DFTA's Aging Connect at **212-AGING-NYC** (212-244-6469) or 311.

老人送餐服务： 纽约市老人局（DFTA）已经全面转向给老人中心的老人提供送餐服务。如果您暂时没有收到送餐，请联系您原本去的老人中心要求他们帮忙登记。获取更多信息，请拨打（212）244-6469。或是拨打 311 要求连接纽约市老人局

- Other Food Assistance Resource /纽约市其它有关食物服务资讯
<https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>

- **NYC Food Delivery Assistance** / 纽约市送食物服务
 - If you cannot leave your home to get food, do not have anyone who can bring you food, and you are not able to use private delivery options, you may be eligible to get meals delivered directly to your home.
如果你不能离开家买食物、或是没有亲戚朋友帮忙送食物、或是你无法叫私人送食物服务，你可能符合[纽约市送食物服务](#)。
 - Go to [NYC.gov/GetFood](https://www1.nyc.gov/GetFood) or call 311 and say “Get Food” for information.
详细资料请上网：[NYC.gov/GetFood](https://www1.nyc.gov/GetFood) 或是拨打 311 说 “索取食物” (Get food)
 - We're looking out for each other during this crisis and are ready to feed New Yorkers in need.
市府会尽量提供各种办法让有需要的市民拿到食物。

- **SNAP online ordering:** NYers can use their SNAP benefits to order online. For more info head to:
持有**粮食补助券** (SNAP) 可以上网订购食物：
<https://www1.nyc.gov/site/hra/help/snap-online-shopping.page>

- **One Week of Free Groceries:** The Department of Probation, Neighborhood Opportunity Network (NeON) Nutrition Kitchens, in partnership with the Food Bank of NYC and the NYC Young Men's Initiative (YMI) have opened five kitchens -- one in each borough -- to distribute free food, available to any New Yorker who needs it: <https://www1.nyc.gov/site/neon/programs/nutrition-kitchen.page>

一周免费杂货： 市缓刑局 (Dept. of Probation)，邻里机会网络 (NeON) 营养厨房部与纽约市食品银行 (NYC Food Bank) 和纽约市青年倡议组织 (YMI) 合作 -- 开设了五个厨房，每个市区一个，来分派免费食物，给所有需要的纽约居民：
<https://www1.nyc.gov/site/neon/programs/nutrition-kitchen.page>

4. SMALL BUSINESS/小商业资讯

- **Small Business Loans:** The application for the Federal Paycheck Protection Program (PPP) opened on 4/3/2020 for businesses and nonprofits under 500 people. More information [here](#). Loans for: payroll up, interest on mortgages, rent, and utility payments. The City is still providing the Small Business Continuity Fund-- loans for businesses with up to \$75,000 to businesses with up to 99 employees.

小商业贷款咨询: 联邦薪资保护计划 (PPP) 从 4/3/2020 开放申请, 为雇佣 500 员工以下的小企业和非牟利组织。贷款用于可支付薪资、房贷利息、房租和水电费。网址:

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

纽约市仍在提供“小商家持续性贷款基金”(Small Business Continuity Fund), 为员工 99 人以下的小商家, 如果销售额下降 25%或更多, 将有资格申请高达 75,000 元的贷款, 以确保小商家的持续性。

网址: <https://www1.nyc.gov/site/sbs/businesses/covid19-business-outreach.page>

5. HEALTH / 医疗资讯

- As a reminder, vulnerable New Yorkers who have symptoms or questions about COVID-19 can call 1-844-NYC-4NYC to connect with a medical provider from Health and Hospitals.

如果你有新冠病毒 (COVID-19) 症状或是疑问, 可以联系纽约市公立医院咨询。请拨打: 1-844-NYC-4NYC (1-844-692-4692)。

- **Immigration Status:** Please reassure your constituents who are undocumented that they will not be turned away from healthcare because of immigration status or ability to pay. 如果你是无证移民或是有经济能力困难, 你不会被拒提供新冠病毒 (COVID-19) 相关的医疗服务。

- **Health Insurance** - If you have constituents who are uninsured, the NY State of Health Department recently announced a Special Enrollment Period in response to Coronavirus through 5/15/2020.

如果你现在没有医疗保险, 纽约州卫生健康局 (NYS Health Department) 提供在 5/15/2020 前可以登记医保。申请资料:

请上网/Visit their [website](#) or 请拨打电话/call 1-855-355-5777 to check eligibility.

- **Mental Health Resources:** This is a stressful time for New Yorkers. Resources are available for New Yorkers by contacting 1-888-NYC-WELL or Texting “WELL” to 65173. For more information visit: <https://nycwell.cityofnewyork.us>
 - We’re also connecting older New Yorkers who are feeling isolated with friendly volunteers to talk with over the phone. Tell your network about the **Friendly Visiting Program** -- they can call **212-AGING-NYC (212-244-6469)**.
 - For other mental health resources, including for veterans and caregivers, visit: https://thrivenyc.cityofnewyork.us/mental_health_support_while_home

疫情期间大家如有心理辅导需要的，请拨打：888-NYC-We11（888-692-9355）或是发“WELL”发短信传给 65173 或是登入网址寻求帮助：<https://nycwell.cityofnewyork.us>

 - 如果老人家在家觉得孤独需要和其他人联系聊天，请拨打 212-244-6469 和义工联系。
 - 如果你是退伍军人、看护人员等可以登入索取其它心理健康资源。

- **Family Justice Centers:** While the centers are physically closed, anyone can call any of our borough centers for help with safety planning, mental health and planning, legal help, or help in connecting to law enforcement agencies. For more information please visit: <https://www1.nyc.gov/site/ocdv/get-help/covid-19-update.page> or call our 24-hour Domestic Violence Hotline at 1-800-621-4673.
 纽约市家庭司法中心 (Family Justice Centers) 在疫情期间办公室关闭，但仍然继续提供安全庇护服务包括：安全计划、心理治疗服务、法律援助、或是联系相关的市府部门。
 请登入网址索取资料: <https://www1.nyc.gov/site/ocdv/get-help/covid-19-update.page>
 请拨打 24 小时家暴热线: 1-800-621-4673

- **Testing:**
 The tests will be prioritized for residents 65 and older with preexisting conditions who live in those surrounding communities. To get a test, residents should call 311 for more information and ask for more information on community testing.
 Sites opening 4/17/2020:
 - Brooklyn: H+H Gotham Health, East New York
 - Bronx: H+H Gotham Health, Morrisania
 - Staten Island: Vanderbilt Health Center, Clifton
 Sites opening Monday 4/20/2020:
 - Manhattan: Sydenham Family Health Center, Harlem
 - Queens: H+H Queens Hospital, Jamaica
 Patients’ test results will be available within one to two days via phone call and electronically through MyChart.

新冠病毒测试:

新冠病毒测试会优先提供给在以下社区中 65 岁以上且已经患有疾病的居民。要进行测试，居民可以致电 311 以获取更多信息，并可以要求更多有关社区测试的信息。

4 月 17 日开始的测试点:

- 布碌仑: H+H Gotham Health, East New York
- 布朗士: H+H Gotham Health, Morrisania
- 史登岛: Vanderbilt Health Center, Clifton

4/20/2020 星期一开始的测试点:

- 曼哈顿: Sydenham Family Health Center, Harlem
- 皇后区: H+H Queens Hospital, Jamaica

病人的测试结果会在一到两天内通过电话和网上 MyChart 通知。

The city is announcing a separate partnership with One Medical and 1199 SEIU to open five *additional* testing site, one in each borough. These test sites will all be open 9:00AM - 6:00PM by Monday -- the Brooklyn and Queens sites are already open. They'll perform 3,500 tests per week by appointment only and will be focused on testing:

- NYC residents who are 65 and older with preexisting conditions
- Frontline 1199SEIU workers
- Essential workers and other vulnerable populations, including adult care employees or those who work with people with disabilities

To get an appointment for a test, call 1-888-ONEMED1 or go to onemedical.com and use code NYCCARE30.

市府还宣布了与 One Medical 和 1199 SEIU 分别合作建立了额外 5 个测试点，每个市区一个。这些测试点会在星期一早上 9 点到下午 6 点开门 - 布碌仑的和皇后区的都已经开始了。她们每星期会做 3500 个测试，需要预约，而且着重测试以下人员:

- 65 岁以上已患有疾病的纽约居民
- 在 1199SEIU 前线的工作人员
- 重要的工作人员和其他脆弱人群，包括成人护理人员或照顾残疾人士的工作人员。

要预约测试，请致电 1-888-ONEMED1 或上网去 onemedical.com 并使用代码 NYCCARE30。

6. BENEFITS / 福利申请

- The City has created a website for coronavirus information: nyc.gov/coronavirus. 市府建立一个综合疫情网站可以收索所有有关疫情服务的信息。
网址: nyc.gov/coronavirus
- **SNAP:** Anyone who may be eligible for SNAP or cash assistance can sign up from home by visiting [ACCESS HRA](#).
如有需要申请粮食补助券或是现金补助, 可以上网申请:
<https://a069-access.nyc.gov/accesshra/>
- **SNAP online ordering:** NYers can use their SNAP benefits to order online. For more info head to:
持有**粮食补助券 (SNAP)** 可以上网订购食物:
<https://www1.nyc.gov/site/hra/help/snap-online-shopping.page>
- The State Department of Labor created this [chart](#) to guide individuals seeking unemployment benefits after passage of the federal CARES Act. The Act provides enhanced Unemployment Insurance (UI) benefits and Pandemic Unemployment Assistance (PUA) for New Yorkers.
纽约州劳工部 (NYS Department of Labor) 建立了这个[图表](#)来引导大家如何申请“联邦关怀法案”(CARES Act) 中的失业金。该法案为纽约市民提供了更强的失业保险 (Unemployment Insurance, 简称 UI) 福利和全球大流行性病毒失业援助 (Pandemic Unemployment Assistance, 简称 PUA)。网址如下:
<https://labor.ny.gov/ui/cares-act.shtm>
- The [Unemployment Benefits and Health Insurance FAQ](#) also provides guidance for those recently unemployed due to COVID-19.
[失业福利和健康保险常见问题解答](#)为最近因为新冠病毒导致失业的人提供指南。

- **Benefits available for New Yorkers** - We've created a visual representation of eligibility for various government benefits called "I've been affected by Coronavirus (COVID-19). What are some of the benefits I may be eligible for?" You can find it online here: <https://access.nyc.gov/coronavirus-covid-19-updates/#section-2s>. Monitor nyc.gov/workers for ongoing updates about workplace laws as NYC seeks to stop the spread of COVID-19

纽约市建立线上福利申请资格表，以显示申请各种政府福利的资格。

表格名叫“我受到新冠病毒（COVID-19）的影响，我可以申请哪些政府福利？”

网址：<https://access.nyc.gov/coronavirus-covid-19-updates/#section-2s>.

你可以去 nyc.gov/workers 查看有关纽约市试图阻止 COVID-19 传播的工作场所法律的最新信息。

- **Services for folks in need:** <https://www1.nyc.gov/site/em/resources/covid-19-services-resources.page>
如需其它服务，请登入：<https://www1.nyc.gov/site/em/resources/covid-19-services-resources.page>

7. Workers/Jobs /工作机会

- NYC Health + Hospitals is hiring for 500 non-clinical positions. Jobs include patient transport, clerical staff, and cleaning staff.
纽约市公立医院现有招收 500 份非临床工作包括：运输病人、文职、清洁工作等职位。详细请访问：
 - [Learn more and apply here.](#)
- The City of New York is hiring licensed TLC drivers to deliver food to New Yorkers in need during the COVID-19 crisis. 出租车和轿车委员会 (TLC) 请有 TLC 驾照的司机帮忙送餐，工薪每小时 \$15。详细资料请登入网址：
 - [Learn more or sign up here.](#)
- NYCHA is hiring temporary per diem workers to assist with maintenance at properties throughout the city. 政府楼在春季有提供暂时工作机会来帮忙楼宇维修，工薪每小时 \$15 元。如果你是政府楼居民你可以联系你所在区域的政府楼管理办公室。详细资讯请访问：
 - [See more information here.](#)

8. **For DACA Recipients:** For help renewing your application call MOIA’s ActionNYC at 1-800-354-0365 (we may even be able to help you out with the renewal fee).

童年入境者暂缓遣返行动 (DACA): 如果你需要 DACA 续期帮忙, 请拨打市长移民事务办公室(MOIA) 的“纽约行动法律援助”(ActionNYC)。

电话: 1-800-354-0365 (如果你有经济困难, 办公室也可能帮忙申请费用协助)

9. HOW TO HELP NYC /如何帮助纽约市

- Individuals and organizations can donate money, medical supplies, or Personal Protective Equipment for front line workers. Visit the [Help Now NYC webpage](#) for more information.

个人和组织可以为前线工作者捐赠钱、医疗用品、或个人防护设备。详细资料请登入网址: [Help Now NYC webpage](#)

10.Others / 其它资源

- **[New COVID-19 Immigrant Emergency Relief Program](#):** The City announced a new Mayor’s Fund partnership with Open Society Foundations to provide emergency monetary relief for undocumented workers and their families affected by COVID-19 related job loss and facing financial distress.
 - Reaffirms pressing need to ensure all New Yorkers, regardless of immigration status, are included in citywide COVID-19 response and relief efforts.
 - Citywide network of community based organizations and worker centers will disseminate one-time emergency relief payments to eligible New Yorkers, and assist individuals with information or enrollment for other forms of relief and resources.

[新 COVID-19 移民紧急救济计划](#): 纽约市宣布与 Open Society Foundation 建立起一个新的市长基金用来提供紧急现金救济给受到新冠病毒影响失业和面临财务困境的无证的工人及家庭。

- 再次确保所有纽约市民, 不管什么移民身份, 都是包括在 COVID-19 的应对和救济工作当中。
- 由社区组织和工人中心组成的市区网络将向符合条件的纽约居民分发一次性紧急救济金, 并协助个人获得信息或登记其它的救济和资源。

- **Hotel Rooms:** In order to fight the spread of COVID-19 within households that are in particularly high-risk communities, the city is offering **11,000 free hotel rooms** for people who need to quarantine. Hotel rooms will be offered based on referrals from H+H and community health providers, beginning Wednesday, April 22. These will be targeted in particular to people in overcrowded homes, health care workers regardless of symptoms, and New Yorkers experiencing homelessness.

酒店房间：为了应对在特别高风险社区家庭中的病毒传播，市府为需要隔离的人提供了 **11,000 个免费酒店客房**。从星期三 4/22/2020 开始，酒店房间将会提供给市公立医院和社区医疗服务人员推荐的人。这些房间将特别提供给在拥挤住房的人，医护人员（有无症状都可以）以及无家可归的市民。

- **Increasing capacity at 311:**
Calls have increased from an average of 55,000 per day to up to 200,000 per day. The city is working to ensure that priority calls are able to be answered quickly:
 - Calls related to food will get an immediate response.
 - Launched the ability to report social distancing complaints by texting photos to 311-692 or via the 311 app.
 - Hiring 120 additional call center staff.
 - If you have non-urgent inquiries, please submit a service request online: nyc.gov/311 or call after 7PM.

增加 311 的接听能力：

致电 311 的电话已经从平均每天 5 万 5 拨打次数增加到 20 万拨打次数。纽约市正在努力确保优先电话可以被快速接听：

- 有关食物的电话会立刻得到答复。
- 开始有报告社交疏离投诉的功能，通过将照片短信发送到 311-692 或通过 311 应用程序。
- 雇用额外 120 名呼叫中心工作人员。
- 如果您有非紧急的咨询，请在网上提交服务请求：nyc.gov/311 或在晚上 7 点之后致电 311。