

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. If you have any questions, please feel free to contact Xiaomin Zhao at (646) 306-9287 or via email [xzhao@cityhall.nyc.gov](mailto:xzhao@cityhall.nyc.gov).

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。如果你有问题, 请联系市长办公室赵晓敏手机(646) 306-9287 或是发邮件 [xzhao@cityhall.nyc.gov](mailto:xzhao@cityhall.nyc.gov).

COVID-19 weekly resource include:  
疫情社区信息和资源包括:

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. Buildings & Tenants
6. Health / 医疗 + 心理健康
7. Benefits / 福利申请
8. NYCHA/ 政府楼
9. Jobs / 工作机会
10. How to help NYC / 如何帮助纽约市
11. Others / 其它资源

## 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。

- Please help share: **5 Things You Should Know About Discriminatory Harassment Under the NYC Human Rights Law**

纽约市人权法案关于 5 歧视、骚扰件应知事项 (中文版)

<https://www1.nyc.gov/site/cchr/media/discriminatory-harassment-factsheet.page>

- CCHR has released video education series on how to report COVID-19 related harassment and hate crime in the following Asian languages.  
纽约市人权委员会 (CCHR) 提供以下视频社区教育, 有关新冠病毒(COVID-19)引起的歧视和仇恨的受害者可以打 311 或是 911 举报。  
粤语/Cantonese: <https://twitter.com/NYCCHR/status/1245441672252620800>  
福州话/Fujianese dialect: <https://twitter.com/NYCCHR/status/1245128444884770816>  
韩文/Korean: <https://twitter.com/NYCCHR/status/1243615967357345797>  
国语/Mandarin: <https://twitter.com/NYCCHR/status/1243258140956725251>

- Call 311 to report any COVID-19 related discrimination to the New York City Commission on Human Rights (CCHR). Call 911 if you are a victim of or witness a hate crime.  
请拨打 311 说 “Human Rights” 向纽约市人权委员会 (CCHR) 报告任何与新冠病毒 COVID-19 相关的歧视。  
如果您是仇恨犯罪的受害者或目击证人，请拨打 911。
- Go to <https://www1.nyc.gov/site/cchr/media/covid19.page> for more info  
请登入网址索取更多有关新冠病毒(COVID-19)反歧视资料

## 2. EDUCATION/教育

- DOE remote learning device request  
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。  
[https://coronavirus.schools.nyc/RemoteLearningDevices?fbclid=IwAR1RWTCLTGH8YORlweETDTEB-7nmNe\\_39cEN3QHOSKywwFpBVPDUM3QEks](https://coronavirus.schools.nyc/RemoteLearningDevices?fbclid=IwAR1RWTCLTGH8YORlweETDTEB-7nmNe_39cEN3QHOSKywwFpBVPDUM3QEks)
- **Information about school meals and remote learning /有关教育局远程学习和食物资讯:**  
<https://infohub.nyced.org/in-our-schools/operations/coronavirus-communications>
- **Information about Regional Enrichment Centers:**  
纽约市为坚守一线工作者、医疗工作者、运输人员和其它基本服务行业人员提供孩子看护服务 (Regional Enrichment)。如有需要，请登入网址申请：  
<https://www.schools.nyc.gov/enrollment/enrollment-help/regional-enrichment-centers>

## 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, today marked the start of 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/free-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>

- **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>

#### 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>

- **Stop the Spread / 请配合呆在家阻止新冠病毒的传播 (中文海报):**  
<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/stop-the-spread-poster.pdf>
- **Guidance for Employers and Employees about COVID-19 Mandates:**  
给雇主和员工有关纽约市阻止新冠病毒传播的工作场所法律更新  
(中文法律信息海报)  
<https://www1.nyc.gov/assets/dca/downloads/pdf/workers/Complying-with-NYC-Workplace-Laws-During-COVID-19-SimplifiedChinese.pdf>

## 5. BUILDINGS & RESIDENTS / 楼宇和租客资讯

- **For Tenants/Landlords - Disinfection Guidance for Buildings:**  
纽约市卫生健康局 (DOHMH) 提供有关楼宇和租客相关的资料。网址：  
<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-residential-buildings-faq.pdf>
- **Residential Property Tax Payment Deferral Program:**  
疫情期间住家地税将实施减免计划、分期付款以及延迟交地税等三项政策。  
详细资料请登入网址：  
<https://portal.311.nyc.gov/article/?kanumber=KA-03188>

## 6. 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.  
**Retweet:** <https://twitter.com/NYCImmigrants/status/1242887545228333057?s=20>  
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 4/15/2020.  
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4/15/2020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.
  - H+H visitor policy 纽约市公立医院探访政策：  
[https://hhinternet.blob.core.windows.net/uploads/2020/03/coronavirus\\_patientPolicy.pdf?hero](https://hhinternet.blob.core.windows.net/uploads/2020/03/coronavirus_patientPolicy.pdf?hero)
  - **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](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-Well（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。
- **More Data** - We know you have asked for more data about COVID cases. DOHMH has added different breakdowns of the available data to their website in an effort to be as

transparent as possible. Please note, the numbers are constantly changing, and there is sometimes a lag

纽约市健康卫生局 (DOHMH) 提供有关新冠病毒 (COVID-19) 案例分类数据资料包括: 案例、死亡、住院、邮区:

- [Big City Emergency Managers Data Tracker](#) (*new*)
  - [Case counts](#) (including age, gender and borough breakdown)
  - [Deaths](#) (including age, gender and borough breakdown along with pre-existing conditions)
  - [Hospitalizations](#) (including age, gender, and borough breakdown)
  - [Emergency Department Surveillance](#) (date by age group)
  - [Percent of patients testing positive by zip code](#)
- **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

## 7. BENEFITS / 福利申请

- 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](https://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](https://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>

- **People with disabilities:** reach out on Twitter to @NYCDisabilities, 311 or visit <http://nyc.gov/disability> or connect via video phone at **646-396-5830**.

残障人士服务：可跟踪推特 @NYCDisabilities 拨打 311

或是登入网址 <http://nyc.gov/disability> 或是拨打视频电话 (646) 396-5830

## 8. NYCHA/政府楼

- **Seasonal Jobs at NYCHA:** NYCHA is currently hiring temporary workers to assist with maintenance at our properties throughout the city. The job will last as needed throughout the spring season at a rate of \$15/hour. For more info and to apply, your constituents who are NYCHA residents can contact their local NYCHA Property Management Office.

Click [here](#) for more details.

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。点击[这里](#)来了解更多讯息。

- **NYCHA** - [NYCHA's journal](#) has information about how they are responding to COVID-19. There is [this flyer](#) for hardship reductions for NYCHA residents struggling to pay rent.

政府楼 - [政府楼日志](#)中包含有关他们如何回应新冠病毒的信息。请点击这本[传单](#)为有经济困难付房租的居民提供帮助。

## 9. Workers/Jobs /工作机会

- **Jobs** - The City's Workforce1 Career Center launched a Virtual Center (or call 718-960-2458) to help New Yorkers prepare for, and connect to, jobs across New York City's five boroughs and in every sector of the economy. Current employment opportunities include Stop & Shop, Fresh Direct & PBM Guardian Industry Services.  
纽约市就业指导中心 (Workforce1) 启动了一个虚拟中心 (或致电 718-960-2458) 帮助市民和经济各个领域的工作提供培训与联系。当前的就业机会包括 Stop & Shop, Fresh Direct 和 PBM Guardian 工业服务。
- **TLC Driver Jobs:** 出租车和轿车委员会 (TLC) 请有 TLC 驾照的司机, 工薪每小时 \$15。详细资料请登入网址:  
<https://cv19engagementportal.cityofnewyork.us/#/display/5e7634997ad67502161607c2>
- **State List of Essential Business/Services:** 疫情期间纽约州 “必要商业和服务可持续运营名单” (essential business/services)  
<https://www.governor.ny.gov/news/governor-cuomo-issues-guidance-essential-services-under-new-york-state-pause-executive-order>
- **Report Labor Issues:** please contact 311, the Attorney General's office at (212) 416-8700 or via email at [Labor.Bureau@ag.ny.gov](mailto:Labor.Bureau@ag.ny.gov)  
**报告劳工问题:** 可以打 311, 或者联系州总检查官的办公室, 电话 (212)416-8700, 或发邮件到 [Labor.Bureau@ag.ny.gov](mailto:Labor.Bureau@ag.ny.gov)
- **Free Citibike / 疫情期间免费 Citi Bike (花旗单车)** 详细资讯请登入网址:  
<https://www.citibikenyc.com/critical-workforce-membership-press-release>

## 10. HOW TO HELP NYC /如何帮助纽约市

- **Support Our Healthcare Staff!** We all raised more than \$1.6 million from private donors in the last week alone to provide comfort items to front line staff (including meals, groceries, taxi rides, and hotel rooms). Please tell folks to donate here:  
[nychhc.networkforgood.com](http://nychhc.networkforgood.com)  
**援助一线医疗人员:** 纽约市府从私人捐款给一线医疗人员提供: 食物、杂货、出租车、和旅馆服务。如果兴趣, 可以登入网址捐款。



- **Supplies / 物资捐助:**

- Please visit our new website for all the ways NYers can get and offer help with all issues related to COVID-19: [www.nyc.gov/helpnownyc](http://www.nyc.gov/helpnownyc)

如何帮助纽约市 或是 你需要帮助, 请登入网址: [www.nyc.gov/helpnownyc](http://www.nyc.gov/helpnownyc)

- **Individuals/Organizations/Companies** offering to **DONATE PPE**: Visit [www.nyc.gov/ppedonations](http://www.nyc.gov/ppedonations)

个人、机构或是公司如有兴趣捐赠口罩、防护服、手套等医疗物资品, 请登入网址。

- **Companies** who have **stock on hand** and are offering to **DONATE or SELL** medical supplies and equipment (e.g. gowns, masks, ventilators, face shields): <http://www.nyc.gov/covidsuppliers>. Those offers will be vetted and respondents will be contacted if there is interest.

如果公司有兴趣捐赠 或是 卖医疗物资和器具包括: 防护服、口罩、呼吸机和面罩。市府将会进行审查然后通知。请登入网址索取详细资料。

- **Local manufacturers** and industry sector companies looking **to begin producing** supplies: <https://edc.nyc/covid-19-emergency-supply-sourcing-manufacturing>

生厂商如有兴趣开始生产医疗物资品, 请登入网址索取详细资料。

- **Food and other non-medical donations** should go through [www.nyc.gov/donate](http://www.nyc.gov/donate)  
**Note:** We are not accepting food donations directly to the City but this site provides a platform to connect with organizations in need of food.

如你有兴趣捐赠食物或是其它非医用品, 请登入网址索取详细资料。请注意: 市府不接受直接食物捐赠, 但是会帮忙联系有需要食物捐赠的机构。

- We now also have a phone number that folks can use for donations: **1-833-NYC-0040**

如你有兴趣咨询如何捐赠, 请拨打电话: 1-833-NYC-0040 (1833-692-0040)。

- **Information about space:** We are still identifying and standing up new hospital capacity. We are particularly interested in private spaces that may not be yet on our radar. For those you know who have space they want to offer, please have them fill out this space survey here: <https://www1.nyc.gov/site/em/ready/share-your-space-survey.page>.

如果你知道哪些地方可以用来做临时医院病床, 请上网填写资料。

<https://www1.nyc.gov/site/em/ready/share-your-space-survey.page>.

## 11.Others / 其它资讯

- **Map of Essential Construction:** DOB has created a new map tool that identifies essential or emergency construction sites which are allowed to continue working to help implement the ban on non-essential construction:

在疫情州长“居家防疫行政令”下，市楼宇局 (DOB) 建立一个新的线上查询可知哪些建设工程和紧急工程是可以在这期间运营的。网址：

<https://www1.nyc.gov/assets/buildings/html/essential-active-construction.html>

- **Non-Injury Collision Pilot:** To save resources particularly during the ongoing coronavirus outbreak, NYPD is expanding its Staten Island non-injury collision pilot citywide, beginning Monday, April 6. This means that vehicle collisions resulting only in property damage are not required to be reported to the police. Instead, drivers exchange information and file a report with the Department of Motor Vehicles online, rather than having to wait for the NYPD to respond. The pilot demonstrated increased response times to more serious collisions, a decrease in 911 calls, and reduced traffic. More information here.

**无伤者车祸：**从 4/6/2020 开始，在疫情期间，为了节省警察局的人源，911 将屏蔽和转移任何有关“无伤者撞车事故”的电话，这是扩大了去年在史登岛的为期六个月的试点项目。例如如果你有“无伤者非紧急撞车导致车损坏”发生，不需要报警等警察来登记撞车报告。车主可以互相交换资料，然后登入纽约州交通局 (DMV) 网址报告“无伤者车祸”。这一政策将减少回应非紧急事故的 911 呼叫，让警察更加关注与严重相关的紧急呼叫，减少警力负担和改善交通堵塞。

- **NYC COVID-19 Engagement Portal:** DOITT has developed a portal, as a new tool to help guide the City's response to the COVID-19 pandemic. The portal is available in 11 languages and allows New Yorkers to self-report COVID-19 information and will help New York City both better communicate with affected people and identify areas that may need enhanced response. Inputs are confidential. People without internet access or who need help, can call 311.

纽约市信息技术和通讯部门 (DOITT) 建立一个网站，作为一个新工具来帮忙知道纽约市对新冠病毒的反应。该网址提供 11 种语言版本，并允许市民自我报告新冠病毒的信息，并将帮助市府与受影响的人更加容易沟通，并确定可能需要帮忙的领域。输入的内容是保密的。无法上网的或是需要帮助的人请拨打 311。

- **Text 'COVID' to 692-692** to get important COVID-19 related updates sent straight to your phone. You can text 'COVIDESP' to get updates in Spanish.

请你写“COVID”发短信给 692-692，你将得到有关市府新冠病毒的最新英文资讯。如需西班牙语资讯，请写“COVIDESP”发短信给 692-692

- **General FAQ website from DOHMH:** 纽约市健康卫生局 (DOHMH) 有关新冠病毒的资讯 (有中文资料)  
<https://www1.nyc.gov/site/doh/covid/covid-19-main.page>
- **OATH:** <https://www1.nyc.gov/site/oath/hearings/hearing-online.page>  
NYC Office of Administrative Trials and Hearings (OATH) 负责全市各执法机构发布的涉嫌违规案件进行听证会, 例如卫生局、消费局和计程车管理局机构。如果你有 OATH 罚单或是听证会, 请上网参与或是要求听证会。
- **NYCEM pets planning** / 如果你有宠物, 请登入网址索取最新资讯:  
<https://www1.nyc.gov/site/em/ready/pets.page>