GENERAL SITUATION

New York State Governor Andrew Cuomo announced that New York City indoor dining capacity will expand to 75% beginning May 7, detailing a swath of other easing of restrictions that further signal the State is making progress in its fight against Covid-19. He added that the move brings New York City up to par with other areas across the State. In addition, gyms and fitness centers in New York City will also expand to 50% capacity beginning May 15. Statewide, hair salons, barber shops and other personal care services can expand to 75% beginning May 7. Lastly, Gov. Cuomo rescinded the executive order that established the state's “micro-cluster zone” strategy – requiring limitations in certain zip codes amid spikes – as he says the State has made great progress against the virus.

New York City Mayor Bill de Blasio announced that New York City would fully reopen on July 1. He added that "this is going to be the summer of New York City". However, he acknowledged the final call to reopen would be made by the State of New York.

Mayor de Blasio announced that mental health check-ins will be provided free of charge at all NYC vaccination sites starting today. The check-ins will be offered to people after they have received their vaccinations. It is part of a broader commitment to offering affordable mental health care for all New Yorkers, an initiative that includes the establishment of the Mayor's Office of Community Mental Health.

New York: Walk-in vaccinations are now open to all residents 16 years of age and older at state-run mass vaccination sites in New York. That means that no appointment is necessary if you visit a state-run vaccine site like the Javits Center in Manhattan and Yankee Stadium in the Bronx. There's one caveat, though. You don't need an appointment at the state-run sites if you're getting your first shot. But you do need an appointment for your second dose.

New Jersey: All six of New Jersey's mega-sites are offering walk-in vaccinations. You do not need an appointment to get vaccinated at these sites, and you do not need to be a resident of a specific county to get vaccinated at that county's mega-site.

Connecticut Governor Ned Lamont announced that Connecticut is preparing for further easing of COVID-19 restrictions on Saturday, 1 May though mandatory indoor mask-wearing rules will stay in place. Outdoor restrictions will be lifted on businesses, such as mask-wearing when social distancing can't be observed. Also, the rule that alcohol can't be served without food will be lifted, essentially allowing outdoor bar service. Additionally, table seating outdoors will no longer be limited to eight people and business curfews will be moved back from 11 p.m. to midnight. Beginning May 19, all remaining business restrictions will end, including capacity limits on movie
theaters and outdoor gatherings. Gov. Lamont said he expects the state will issue guidance, but it will essentially be left up to the businesses to decide what COVID safety measures to maintain.

Washington, D.C. Mayor Muriel Bowser announced that starting Saturday, May 1, D.C. residents and workers will be able to walk up to vaccination sites to get their first dose without needing an appointment. Walk-up vaccinations will be available at 11 high-capacity vaccination sites across all eight wards. Here are the locations and hours of D.C.’s vaccine sites. Each site will offer either Pfizer, Moderna or Johnson & Johnson shots on Saturday, so check the city’s schedule if you have a preference.
NEW YORK STATE

How to renew your driver’s license in New York State. Click here.

Virtual Community Calendar - Virtual events, community info and more.

The Mayor of New York has set up the COVID-19 Emergency Relief Fund, with donations going to support healthcare workers and essential staff, local small businesses, displaced hourly workers, families, youth and vulnerable New Yorkers.

For a full list of NYC City Agency service updates see: https://www1.nyc.gov/nyc-resources/city-agency-service-updates.page

HEALTHCARE

How Do I Find a vaccination site in or near my NYC neighbourhood? You can find a COVID-19 vaccine site using the Vaccine Finder tool. The finder is designed to make the process easier for New Yorkers to find provider locations closest to their home and to schedule an appointment.


How to get vaccinated in New York State:
In New York State you can use the "Am I Eligible" app or https://am-i-eligible.covid19vaccine.health.ny.gov/ to check your eligibility and schedule an appointment. NY State also has a hotline to schedule a vaccine: 1-833-NYS-4VAX (1-833-697-4829).

How to get vaccinated in New York City:
In New York City you can visit www.nyc.gov/vaccinefinder to make an appointment for a vaccine online. The phone number to schedule a vaccine is 877-VAX-4NYC (1-833-697-4829).

Find a test site near you: click here

COVID-19 Diagnostic Testing, NYU Langone Health (results available within 1-2 days)

Notify NYC alerts in العربية, বাঙালি, 中文, Français, Kreyòl Ayisyen, Italiano, 한국어, Polski, Русский, Español, اَردو or ייִדיש: https://on.nyc.gov/change-language.
To refer your friends and family to this service please visit https://a858-nycnotify.nyc.gov/notifynyc/Home/ReferAFriend.

The state is partnering with the Kate Spade New York Foundation and Crisis Text Line to provide a 24/7 emotional support service for frontline health care workers: workers can text NYFRONTLINE to 741-741 to access these emotional support services.
MASS TRANSIT

The Subway has resumed regular service, though there is no service between 2 and 4 a.m.

Busses are running at regular service. Fare payment is now required on all busses and boarding will be through the front door.

LIRR to restore previous timetable by March 29

While ridership remains lower than normal levels, the MTA is encouraging riders to avoid the rush-hour commute if they can. See COVID-19 updates here.

NYC Ferry: https://www.ferry.nyc/

NY Department of Motor Vehicles (transactions and services impacted by COVID-19): https://dmv.ny.gov/offices

NY Department of Motor Vehicles (online transactions): https://dmv.ny.gov/more-info/all-online-transactions
NEW JERSEY

For updated information on the New Jersey Motor Vehicle Commission’s Licensing Centers and Vehicle Centers please click here. Most renewals, replacements, changes of address, and other transactions can be processed online.

See N.J. reopening guides here.

HEALTHCARE


How to get vaccinated in New Jersey:
You can reserve your spot to get a vaccine now by pre-registering at https://covidvaccine.nj.gov/. The site asks questions to determine when you are eligible to receive a vaccination.

This is the New Jersey COVID-19 information hub.

For more information on COVID-19 in NJ: https://www.nj.gov/health/cd/topics/ncov.shtml

The following link lists most of the healthcare providers in the United States and their actions in relation to COVID-19:
https://www.ahip.org/health-insurance-providers-respond-to-coronavirus-covid-19/

MASS TRANSIT

New Jersey Transit has resumed normal service, with increased vehicle frequency where possible to reduce occupancy. Please view more details here.

Please visit the NJ Transit website for specific schedule information.
CONNECTICUT


For more information on COVID-19 in CT: https://portal.ct.gov/Coronavirus

For information on the Connecticut Department of Motor Vehicles click here. Most Driver’s Licences, ID cards and vehicle registrations have been extended through December 2020.

HEALTHCARE UPDATES

CVS Pharmacy is beginning vaccinations this week at two Connecticut locations, according to the company. CVS locations in Putnam and Waterford are now accepting appointments for eligible Phase 1b residents, including people ages 75 and over and long-term care residents and staff, its website states.


All COVID-19 testing sites in Connecticut: https://www.211ct.org/search/67201508

The following link lists most of the healthcare providers in the United States and their actions in relation to COVID-19: https://www.ahip.org/health-insurance-providers-respond-to-coronavirus-covid-19/

If you are displaying symptoms consistent with those of COVID-19, and are unable to get into contact with your primary care physician, please reach out to one of the following hotlines:
Hartford Healthcare Hotline: (860) 972-8100
Yale New Haven Health: (833) 484-1200
Bristol Hospital Coronavirus Info Line: (860) 261-6855
Stamford Health: (203) 276-4111

MASS TRANSIT

Amtrak and commuter trains through eastern Connecticut: https://www.visitconnecticut.com/state/train-information/

Bus services Hartford, CT/NYC/Hartford, CT:
Metro-North: http://www.mta.info/mnr
PENNSYLVANIA

For updated information on COVID-19 from the State government, click here.

PA residents are encouraged to download the COVID Alert PA app.

HEALTHCARE UPDATES


Testing sites in Pennsylvania can be found here.

For more information on COVID-19 in PA:
https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx

The following link lists most of the healthcare providers in the United States and their actions in relation to COVID-19:
https://www.ahip.org/health-insurance-providers-respond-to-coronavirus-covid-19/

MASS TRANSIT

Amtrak to Philadelphia:
https://amtrakguide.com/directions/amtrak-to-philadelphia/

Bus service from/to Philadelphia to NYC and from NYC to Philadelphia:
https://us.megabus.com/route-guides/philadelphia-to-new-york-bus
DISTRICT OF COLUMBIA (Washington, D.C.)

The District of Columbia is currently in Phase 2 of the ReOpen DC plan.

Indoor dining is now allowed in Washington, D.C. up to 25% capacity.

Department of Motor Vehicles: make an appointment at dmv.dc.gov.

HEALTHCARE UPDATES

COVID-19 Vaccine: District Health Department website vaccinate.dc.gov.

How to Book a COVID-19 Vaccine appointment in DC, Maryland and Virginia.

All testing sites in Washington, D.C.: https://coronavirus.dc.gov/testing

FOOD RESOURCES

Residents that are homebound because of COVID-19 can request support from the District for food and other essential items. Call 1-888-349-8323 or click here

Aldi
- Special hours for seniors and immunocompromised: Tuesdays and Thursdays 7:30 - 8:30 am

Dollar General
- Special hours for seniors: 8 am - 9 am daily

Family Dollar
- Special hours dedicated to at-risk customers, including senior citizens, individuals with pre-existing health conditions, and pregnant women: 8 am - 9 am daily

Giant
- Special hours for individuals with compromised immune systems (regardless of age), senior citizens, as well as caregivers: 6 am. - 7 am daily

Harris Teeter
- Special hours dedicated to seniors: Mondays and Thursdays 6 - 8 am
- ExpressLane Online Shopping for Seniors 9 am – 2 pm for seniors on Thursdays, free pickup (SD60) for Seniors, $5 delivery for Seniors (SDDEL), in addition to regular 5% Senior club discount every Thursday.

Safeway
- Special hours for seniors, expecting mothers, and immune-compromised individuals: 7 am - 9 am Tuesdays and Thursdays

Target
- Special hours for seniors, pregnant women, and those defined by the CDC as vulnerable or at-risk: first hour, each Tuesday and Wednesday
Trader Joe’s

- Special hours for those 60+ and customers needing extra assistance: 8 am - 9 am

Walmart

- Special hours for seniors and at-risk populations: 6 am - 7 am daily

Whole Foods

- Special hours for those 60+: 7 am - 8 am daily

TRAVEL

Amtrak (updates during COVID-19):
https://www.amtrak.com/coronavirus?intcmp=wsp_hp-hero_link_service-updates_frame1

Travel Advisories: The U.S. Department of State Travel Advisories:
https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/

Country Specific Information from the U.S. Dep. of State:

Flight / hotel / cruise reservations change and cancellation policies: (scroll down)

Most airlines in the US have stopped blocking the middle seat to provide distancing between passengers, and some have reverted to booking planes to capacity. See more details here.