GENERAL SITUATION

The US Centers for Disease Control and Prevention released a highly anticipated update to travel guidance for people who are fully vaccinated against Covid-19, eliminating some testing and quarantine recommendations. Fully vaccinated people can travel at low risk to themselves, CDC Director Dr. Rochelle Walensky said, but travel still isn’t recommended at this time because of rising numbers of coronavirus cases. The agency said that as long as coronavirus precautions are taken, including mask wearing, fully vaccinated people can travel within the United States without getting tested for Covid-19 before or self-quarantining after. For international travel, fully vaccinated people don't need a Covid-19 test prior to travel – unless it is required by the destination – and do not need to self-quarantine after returning to the United States. The CDC noted that people should still have a negative Covid-19 test before boarding a flight to the US, and a follow up test three to five days after their return.

Dr. Walensky said the US Centers for Disease Control and Prevention has updated its guidance for cleaning and disinfecting facilities and homes to prevent the spread of Covid-19.

New York Governor Cuomo announced that in New York, the 11 p.m. curfew will be lifted for casinos, movie theaters, bowling alleys, billiard halls, gyms and fitness centers as of today. However, the COVID pandemic curfew remains in place for restaurants. Capacity is still limited to 50% in the city.

New Jersey Governor Phil Murphy announced that New Jersey residents age 16 and over will be eligible to make an appointment for the coronavirus vaccine beginning April 19. The news means people will be eligible two weeks ahead of when Murphy originally planned to make vaccines available to every New Jersey residents.

Pennsylvania Governor Tom Wolf announced today that people who live in Pennsylvania can also look forward to an easing of restrictions. Restaurants in the Keystone State can increase their capacity to 75%. The changes for restaurants don't apply to Philadelphia, where there has been an increase in COVID rates and hospitalizations. Estimates are that 50 percent of that city's population will be vaccinated by April 30.

Gov. Wolf announced today that Pennsylvanians who work in congregate care, education, manufacturing, clergy, public transit, the US Postal Service and the clergy are now eligible to be vaccinated starting today, 5 April 2020.
Washington, DC, Mayor Muriel Bowser announced the District will loosen many coronavirus restrictions beginning May 1, given the number of cases continues to decline. Mayor Bowser said that although cases may rise soon in coming weeks because of the spring break and Easter gatherings, she expects cases will decrease by May. Restrictions are expected to loosen in a number of areas, including: a) Allowing seated live entertainment indoors at 25% capacity, b) Regional business meetings and seated conventions will be allowed indoors or outdoors at 25% capacity, c) Recreation centers, libraries, museums and galleries and non-essential retail will be able to operate with 50% capacity indoors or outdoors, d) DC public pools, which did not open at all last year due to the pandemic, will be allowed to open at 50% capacity.
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)

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

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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.