GENERAL SITUATION

The Centers for Disease Control and Prevention (CDC) announced the Operational Strategy for K-12 Schools through Phased Prevention. The strategy, which includes the revised physical distancing recommendations from 3 feet to 6 feet for many kids, relies heavily on schools using other measures, including universal masking and contact tracing. In middle schools and high schools where community transmission is high, CDC advises students to stay six feet apart, if cohorting is not possible. The CDC also recommends six feet of distance in common areas, like lobbies and auditoriums, and during activities like singing, shouting, band or sport practices. They say it’s better to move those kinds of activities, where increased exhalation occurs, outdoors or to well-ventilated spaces.

New York City Mayor Bill de Blasio announced that indoor dining capacity has increased to 50% in New York City and 75% across the rest of the state as COVID restrictions continue to ease. Ten mass vaccination sites are also opening across the state Friday, including three on Long Island. The final yellow zone restrictions and cluster will be lifted as of March 22, when remaining indoor fitness classes -- primarily in New York City -- will also reopen with restrictions. They will be subject to the same safety protocols that have been in place all across the state including 33% capacity limits, masks, social distancing, and equipment cleaning.

Mayor de Blasio announced today that, following updated school guidance from the CDC, New York City will allow more elementary students to opt-in to returning to in-person learning next week.

New Jersey Governor Phil Murphy announced that capacity at New Jersey restaurants, gyms and health clubs, recreational facilities and arcades, and personal care businesses increased to 50% Friday, though he warned residents against getting complacent even as COVID restrictions are eased. Indoor gatherings increased from a limit of 10 people to 25, while outdoor gatherings went from 25 to 50 people. The new limits don’t apply to religious services or ceremonies, political events, weddings, funerals or memorial services, which have higher or no limits. Seating at bars is still prohibited. Outdoor interstate youth competitions also resumed, but the ban on indoor interstate competitions remains in place.

Connecticut Gov. Ned Lamont announced that restaurants and other businesses can now operate at 100% capacity, but with some COVID-19 restrictions still in place. Capacity limits end Friday for much of Connecticut, including restaurants, gyms and also houses of worship. But movie theaters remain at 50% capacity. And even for those venues allowed to operate at 100%, social distancing is still required and so are face coverings.
Washington D.C. Mayor Muriel Bowser announced some new reopening guidelines. Starting March 22, the District will allow some live entertainment to resume. Indoor dining will be kept at 25% capacity, or up to 250 people, but alcohol can be sold at restaurants until midnight. Tables must be six feet apart, with no more than six people per table. Standing at the bar area won't be permitted. Also next week, professional sports teams will be able to reapply to play and host fans. Bowser said that says as many as 5,000 attendees will be allowed at the Nationals’ opening day.
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.

Off-peak fares remain in effect on LIRR and MetroNorth.

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

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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): 

Travel Advisories: The U.S. Department of State Travel Advisories: 
[https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/](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](https://help.amextravel.com/service/?inav=travel_help2#/articles/872/61/25689).