GENERAL SITUATION

New York Gov. Andrew Cuomo announced that individuals ages 50 and above will be eligible for a Covid-19 vaccine starting on Tuesday, 23 March, lowering the current eligible age from 65.

Gov. Cuomo announced a major expansion in vaccine access in New York City. Those with underlying conditions can now be vaccinated at pharmacies. **Pharmacies are now scheduling vaccination for three groups:** Age 60+; teachers, school staff and childcare workers; those with underlying conditions. **Book here:** Walgreens, CVS, Rite Aid

**Those without computer access can book vaccine appointments at pharmacies via phone:**
800-WALGREENs, 800-SHOP-CVS, 800-RITE-AID

New York City Mayor Bill de Blasio announced that New York City is reopened its public high schools. The majority of high school students in the nation's largest school district will continue remote instruction. But as many as 55,000 students between grades 9 and 12 who previously opted for in-person learning returned today.

**NYC:** Gyms and fitness classes opened today. Gyms have been open for several months, but fitness classes had been off limits. Studios can hold classes at 33% capacity. To attend a class, participants must undergo a health screening at check-in and provide information for contact tracing.

New Jersey Gov. Phil Murphy announced eagerly awaited instructions that will enable people in long-term care facilities to regain visitation privileges, a year after the coronavirus hit nursing homes hard.

**Washington D.C., Mayor Muriel Bowser** announced that D.C. lifted some coronavirus-related restrictions as of today, affecting restaurants, gyms, theaters and more. Restaurants may operate at 25% indoor capacity or up to 250 people. The businesses must close by midnight, but alcohol can be served until then. Tables must be six feet apart, with up to six people per table. Standing at the bar area is not allowed. Indoor fitness classes may resume with up to 10 people. Outdoor fitness classes may have up to 50 people. Gyms may operate at 25% capacity or as many as 250 people — whichever is lower. Physical distancing must be maintained. The capacity limit on outdoor gatherings will be increased to 50 people, safely distanced. The limit on private indoor gatherings is still 10 people.
Connecticut Gov. Ned Lamont said anyone 16 years old and up who wants a vaccine should be eligible in early April (tentative date is 5 April). Tips: How to Get a COVID-19 Vaccine Appointment in CT.

DoorDash announced it will begin same-day deliveries of US Food and Drug Administration authorized Covid-19 PCR tests across the US. The online food and product delivery platform said it teamed up with digital health companies Vault Health and Everlywell, giving consumers access to “two COVID-19 home collection kits that received FDA Emergency Use Authorization”. The delivery company says the Vault Health Covid-19 test is for people of all ages and it is done using a nasal swab.
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, Russo, Español, or יידיש: 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.

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