



The **Newport Health Equity Zone** is doing its best to keep folks updated on resources related to food, eviction, unemployment, transportation, childcare, and other basic human needs during the COVID-19 emergency. Please visit:

Newport Health Equity Zone:

<https://www.facebook.com/NewportHealthEquityZone/>

Newport Community Emergency:

<https://www.facebook.com/groups/2431268680430484/>

All information shared here is accurate as of 2 p.m. on 4/12/21.

Updates to this document will be posted continuously at bit.ly/hezGuide.

Para leer estos recursos en español, favor de ir a bit.ly/hezGuia.

INFORMATION & RESOURCES

1. COVID Current Rules and Safe Practices
2. COVID Testing & Vaccine
3. Accurate Information about COVID
4. Federal Stimulus Payments
5. Newport Public Schools: Distance Learning & COVID Updates
6. Food
7. Unemployment, TDI/TCI Benefits (Paid Leave/Sick Leave), & RI Works
8. Transportation
9. Childcare
10. Learning/Creativity Resources
11. Health Insurance & Medicaid
12. Housing & Eviction
13. Utilities, Internet, & Wifi
14. Safety & Support
15. Wellness
16. The Rights of Undocumented Persons & COVID
17. Masks

1. COVID Current Rules & Safe Practices

CURRENT RULES & SAFE PRACTICES

According to state guidelines, you may gather with up to 15 people inside and up to 50 people outside. To prevent the spread of COVID-19, RIDOH strongly recommends that you limit your interactions with people who are outside of your household. **The most common way COVID-19 is spread is in a social setting between non-masked friends/family.** It is highly recommended that you limit your time spent with people not in your household.













- Masks are still encouraged during social gatherings, especially indoors.
- Offices can open up to 50% capacity, but you are encouraged to work from home if possible.
- Gyms, movie theaters, and other indoor recreation/entertainment facilities are open with capacity limits.
- Bar areas are closed – drinks are being served only in seated areas and with food. Restaurants can stay open

- until 11 p.m. – or midnight for customers who have been served food. Indoor capacity is up to 75%.
- Retail shops are open, with capacity limits based on their floor space.
- Houses of worship are offering 75 percent of their seating capacity, and congregants are encouraged to attend online instead.
- Child-care centers, manufacturing and construction, health care, and "personal services" (such as barbers and nail salons) are all open.
- Schools are open, most in some combination of in-person and distance learning.

The COVID rules as of March 19 are in the right-hand column below.

Protect Your Household and Our Progress

**Wear a mask.
Keep your distance.
Get vaccinated.**

CATEGORY	BEGINNING TODAY (3/12)	NEW: BEGINNING 3/19
 INDOOR DINING	66% capacity. NEW: 6-foot spacing between tables	75% capacity
 BAR AREAS	11PM closure (NEW: midnight with food)	
 CATERED EVENTS	50% up to 30 people indoors, 50 people outdoors*	75% up to 100 people indoors, 200 people outdoors*
 HOUSES OF WORSHIP	40% capacity	75% capacity
 RETAIL	1 per 100 sq ft, NEW: no limit outdoors Big box: 1 per 150 sf	1 per 50 sq ft, no limit outdoors Big box: 1 per 100 sf
 GYMS, SPORTS & REC	1 person per 100 sq. ft. indoors. No limit outdoors	1 person per 50 sq. ft. No limit outdoors
 PERSONAL SERVICES	1 person per 100 sq. ft., 6 feet spacing	1 person per 50 sq. ft., 6 feet spacing
 VENUES OF ASSEMBLY	40% capacity up to 125	50% capacity up to 250 indoors, 500 outdoors*
 FUNERAL HOMES	30 people indoors, 50 people outdoors	50% capacity
 OFFICES	Up to 33% in person; remote still preferred	Up to 50% in person; remote still preferred
 SOCIAL GATHERINGS	Up to 2 households indoors, 3 households outdoors	Up to 15 people indoors, 50 people outdoors
 SCHOOL & CHILD CARE	Open	

* Visit reopeningRI.com for more info on testing requirements and exception process for large venues of assembly and catered events.

If you have questions about being asked or told to go back to work after a positive test, contact the Rhode Island Department of Business Regulation to learn more about your rights and your employer's responsibilities. Call the hotline at (401) 889-5550 or go online to taskforce.dbr.ri.gov to ask a COVID-related question or file a complaint. You also can call the Rhode Island Department of Health's hotline at (401) 222-8022 for guidance.

2. COVID Testing & Vaccination

VACCINE APPOINTMENTS

People who live, work, or go to school in RI can now get 24/7 help scheduling a COVID vaccine appointment on VaccinateRI.org or signing up for the COVID Vaccine Interest Notification List on portal.ri.gov. Call 2-1-1 to talk to a live, trained person who can offer help in multiple languages. For more vaccination info, visit covid.ri.gov/vaccination.

- Anyone 40 years old or older can make a vaccine appointment as of April 12 at vaccinateri.org.
- Anyone between the ages of 16 and 64 with a range of underlying health conditions can make a vaccine appointment now at vaccinateri.org. People with diabetes, lung disease, heart disease, kidney disease, and

weakened immune systems are eligible for the shot since they are at higher risk for becoming hospitalized if they get COVID. To see the full list, visit bit.ly/3cFwTi8.

- To get a shot at one of the state-run vaccination sites, including the former Benny's on West Main Road in Middletown, go to VaccinateRI.org
- To get a shot at Newport Hospital or another Lifespan provider, go online to lifespan.org
- The Newport Walmart (bit.ly/WalmartCOVIDvax) and CVS locations in Newport and Portsmouth (cvs.com) are offering appointments.
- To see which Stop & Shop pharmacies in Rhode Island are offering COVID vaccine appointments and sign up, go to: bit.ly/StopShopVaxRI. Eligible Rhode Islanders include those who live, work, or go to school in Rhode Island and are in at least one of these categories:
 - Healthcare workers
 - First responders
 - People in congregate settings and other groups
 - Pre K-12 teachers, staff, and licensed childcare providers;
 - People aged 60+
 - People aged 16* to 64 with underlying health conditions (diabetes, lung disease, heart disease, kidney disease, weakened immune system) – *Moderna and Johnson & Johnson COVID-19 vaccines are only authorized for patients 18+ years of age
- Homebound individuals (who cannot get to an in-person vaccination site) can complete a survey at bit.ly/homeboundvax or by calling The Point at (401) 462-4444 to request an in-home shot.

VACCINE PRE-REGISTRATION

Rhode Islanders can now pre-register to get notified about when they are eligible to schedule a COVID vaccine appointment – sign up on portal.ri.gov (where you can also schedule a free COVID test). You will get an alert when you are eligible for a COVID shot AND when a vaccination appointment is available (starting next week). You will be offered an appointment for a given day at a given site. If you need assistance signing up for the optional list, please call 844-930-1779.

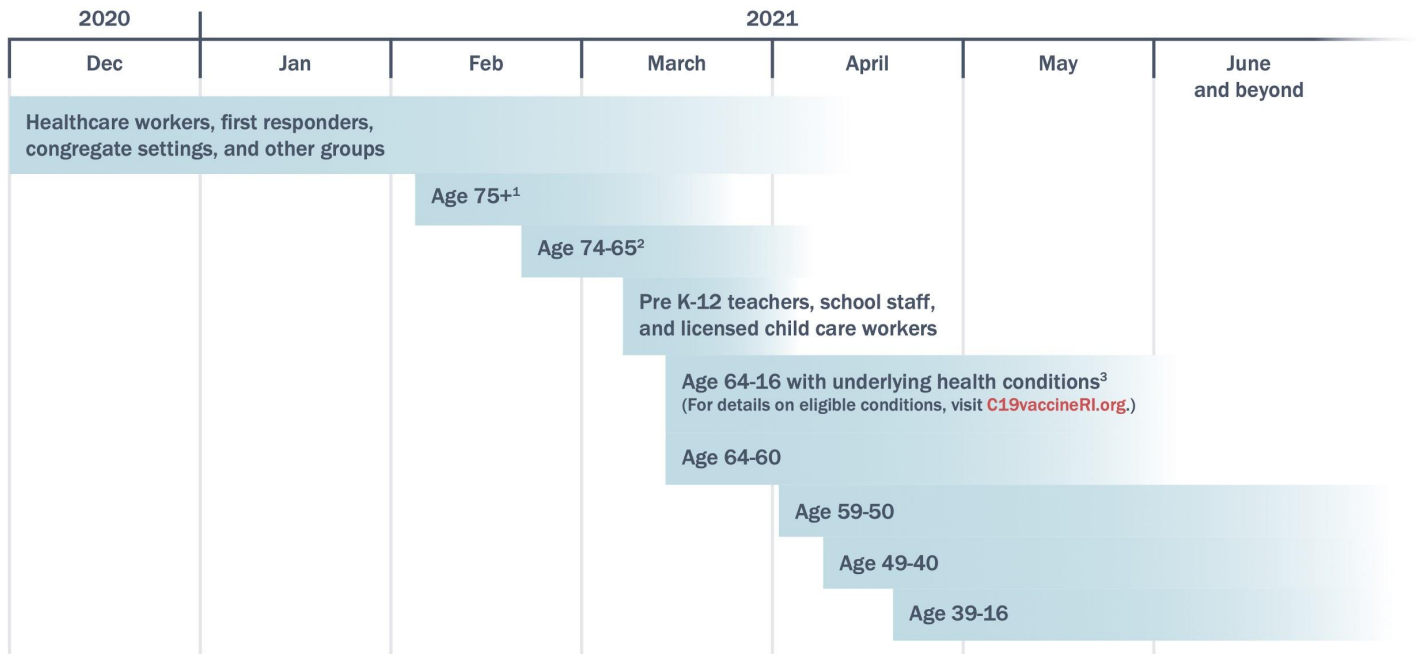
Also, you will be on the list when the state-run vaccination sites – including the former Benny's on West Main Road in Middletown – contact people for shots if it looks like they will have any unused doses towards the end of the day. They will start by contacting currently eligible people.

Newport also set up its own list for the CCRI vaccination site:

- Online: [/bit.ly/3rgkvcV](https://bit.ly/3rgkvcV)
- By phone: 401-846-7426, ext. 1

When Will I Get My First Dose of COVID-19 Vaccine?

This is an **estimated** timeline of when specific groups will become eligible to make first dose appointments.



PROOF OF VACCINATION

You can see and print a record of your COVID vaccination history – and if you need a second dose, it will tell you when you are eligible to make an appointment for it:

- In English – bit.ly/COVIDvaxrecordEng
- In Spanish – bit.ly/COVIDvaxrecordEsp
- In Portuguese – bit.ly/COVIDvaxrecordPort

If you can't find your record or can't get online, call 401-222-8022 for help.

TESTING

Testing is free for anyone in Rhode Island, with or without symptoms. Testing is available for local residents with COVID symptoms in several locations – some by appointment only and some on a walk-in basis.

FREE WALK-IN TESTING SITES IN NEWPORT & MIDDLETOWN

- Park Holm Senior Center, 1 Eisenhower St., Tuesday-Saturday, 9 a.m.-5 p.m.
- Middletown Knights of Columbus, 7 Valley Rd., Middletown, daily, 9 a.m.-5 p.m.

FREE APPOINTMENT-ONLY TESTING SITES IN NEWPORT

- Appointments are necessary at the testing site at the Stop & Shop parking lot on JT Connell Highway. **Appointments can be made online through portal.ri.gov.**
- **A site at CCRI is open to eligible Newport and Middletown residents until April 9. Sign up at bit.ly/COVIDregNewport or call (401) 846-7426, ext 1.**
- EBCAP Family Health Services is providing testing in a drive-thru and also a walk-up tent in the CCRI parking lot for its patients and the community **by appointment only**. Please call the office at (401) 848-2160 to schedule a telehealth screening appointment with a provider.
 - **Location:** CCRI parking lot, 1 John H. Chafee Blvd. (the tent is in the parking lot).

- **Hours:** Tuesday through Friday from 9 a.m. to 12 p.m. *by appointment only.*
- **Steps to follow for drive-thru testing:** When you arrive at the parking lot, you will be greeted by a parking attendant. Please remain in your car **with your car windows up**. Place your ID on the driver's-side window and the greeter will tell you the next steps.

FREE TESTING FOR ALL RHODE ISLAND SCHOOL STUDENTS & STAFF

- To schedule a test, either call the PreK-12 COVID test scheduling service at 844-857-1814, from 7:30 a.m. to 9:30 p.m., or create an account on portal.ri.gov. Children over the age of 16 must schedule an appointment themselves. This service is only for PreK-12 and childcare staff and students who have symptoms, who have been identified as a close contact of a positive case, or who are classmates or teachers of a positive case.
- Services are available in multiple languages.
- If you use the test scheduling service phone line, notify the representative if you are requesting a COVID test for a student with special healthcare needs. Test-site staff will be made aware of any accommodations in advance.

IMPORTANT THINGS TO KNOW

- Testing is free for everyone.
- Undocumented residents can get tested without fear of ICE's' presence or involvement at any testing site, and no information will be shared with federal immigration officials.

OTHER WAYS TO GET TESTED

- If you are feeling very ill already (or have any other medical emergency), call the emergency room at Newport Hospital and let them know you are coming.
- Call your doctor's office to get a referral for a test (there may be a cost for the screening, which is covered by insurance).
- Respiratory clinics throughout RI that can evaluate – and often test – people for COVID are listed [here](#). This list includes walk-up options, as well as languages spoken at each site.
- [Health.ri.gov](https://health.ri.gov)'s testing web page features an interactive RI COVID [Testing Site Locator](#) in both English and Spanish. Enter your ZIP code or address to find a respiratory clinic or drive-up/walk-up testing site accepting new patients or patients from other healthcare practices, or offering appointments to the public. The locator also highlights testing sites that offer free COVID tests, regardless of health insurance or immigration status, and languages spoken at sites.

IF YOU HAVE NO HEALTH INSURANCE...

- Call the EBCAP Family Health Clinic at (401) 848-2160 for an appointment and they will arrange your screening at the drive-up/walk-up site across the street at CCRI.
- Be aware that you could get charged for a visit to an urgent-care clinic or a doctor's office for a physical exam or a telehealth screening.
- Call to make an appointment at Clínica Esperanza/Hope Clinic in Providence at 401-408-0238 (aplacetobehealthy.org) **for adults or children** or the Rhode Island Free Clinic at 401-274-6347 (rifreeclinic.org) **for adults with no health insurance and no ability to pay.**

TRANSPORTATION

For Medicaid-eligible individuals and riders in the Elderly Transportation Program with no other transportation available, MTM will provide transportation after confirming the testing appointment: call 1-855-330-9131 (TTY: 711).

GETTING YOUR RESULTS

- Go to portal.ri.gov and log in to check for your results.
- If you test positive, then RIDOH, your doctor's office, or the clinic where you had your test will call you with instructions for isolation (and quarantine for your household). **A contact-tracer also will call you to find out**

who else might have been exposed since you became contagious.

For more information on what steps to take after you have received your results, please check the RI Department of Health COVID website in [English \(health.ri.gov/covid/testing/\)](https://health.ri.gov/covid/testing/) or [Spanish \(bit.ly/RIDOHtestingSpan\)](https://bit.ly/RIDOHtestingSpan).

IF YOU TEST POSITIVE: If you have been in close contact with someone with COVID, you must **quarantine for 10 days** from your last known exposure. **You may shorten quarantine to seven days if you have a negative result from a test taken at least five days after you were exposed.** Residents of long-term care facilities must quarantine for 14 days.

3. Accurate Information about COVID

People who live, work, or go to school in RI can now get 24/7 help scheduling a COVID-19 vaccine appointment on VaccinateRI.org or signing up for the COVID-19 Vaccine Interest Notification List on portal.ri.gov. Call 211 to talk to a live, trained person, who can offer help in multiple languages. For more vaccination info, visit covid.ri.gov

- You can call a COVID informational and safety helpline at the Visiting Nurse Service: (401) 682-2100.
- The RI Department of Health's COVID page contains accurate and up-to-date information on testing, vaccines, quarantine/isolation, and other COVID issues – in English at covid.ri.gov and in Spanish at covid.ri.gov/?language=es (for other languages, there is a dropdown menu at the top right-hand side of the page)
- You can also ask questions by calling the RI Department of Health's COVID Helpline at 401-222-8022 or emailing RIDOH.COVID19Questions@health.ri.gov.
- Gov. McKee holds a weekly press conference at 1 p.m. on Thursdays. You can catch it on WPRI TV/Channel 12 (also streaming online at wpri.com), on 102.7 FM (The People's Radio/NPR radio), at thepublicsradio.org or on the state's Capitol TV (bit.ly/RIcapitolTV – video recordings of these press conferences also are available there on demand: click on "Video on Demand" and then "COVID-19 Daily Briefings").
- The Centers for Disease Control and Prevention has accurate, up-to-date information on COVID-19: cdc.gov/coronavirus/2019-ncov.

ON VACCINES

The best vaccine is the one that is available to you first. RI has three vaccines that are proven safe and effective at preventing serious illness, hospitalizations, and death. The more people who get vaccinated, the sooner the pandemic will end. Learn more at covid.ri.gov.

4. Federal Stimulus Payments

The most recent COVID federal emergency funds includes a one-time payment for households that qualify:

- **\$1400 for each adult and child under age 17** (for households with income up to \$75,000 for a single person/\$150,000 for a couple)
- **Mixed-status families eligible for payment** – if one parent is a US citizen and the other has an ITIN, the citizen parent is eligible for the \$1400 payment, as are eligible citizen children in the family.
- **The new eligibility for mixed-status families will now apply to the first stimulus payment as well**, so eligible individuals will be able to claim the \$1,200 (adult) and \$500 (child under 17) when you file taxes in 2020.

There has been some confusion about when *everyone* who is eligible for federal stimulus payments will see their funds

- Some people should already have seen direct deposits in their bank accounts this week starting this week.
- Others should get checks or debit cards in the mail over the next few weeks.
- If you receive Social Security, veterans, or other federal benefits, you should get the new stimulus payment automatically – and the same way you get your regular benefits. However, the IRS has not given a date for when they will go out.
- And if you moved recently, check out this article at bit.ly/didUmove to find out how to update the IRS and the US post office, so that your check can find you.

5. Newport Public Schools: Distance Learning & COVID Updates

SCHOOL-BASED FOOD RESOURCES

In partnership with Newport Public Schools and Chartwells, Newport Community School is distributing lunches free of charge to all children, 18 years old or younger, on school days at these locations:

- Oceans Way: 10:15-10:35 a.m.
- Chapel Terrace: 10:45-11:05 a.m.
- Bayside: 11:15-11:35 a.m.
- Festival Field: 11:45 a.m.-12:05 p.m.
- Florence Gray Center: 12:15- 2:35 p.m.

Meals also are available for pickup in front of Thompson Middle School from 11:15 to 11:45 a.m. Masks are required. All students (in-person and distance learning, regardless of income) are eligible for free meals throughout the entire school year. Call 401-847-1170 for more information.

SCHOOL-LUNCH BENEFITS WHEN STUDENTS ARE NOT IN SCHOOL

The P-EBT program (Pandemic EBT) will continue (until September) to provide food benefits for all households whose children are eligible for free lunch, to help cover the cost of meals students would otherwise have eaten at school. Payments will be issued during the second week of each month for the previous month. Households can also check on their balance or replace a missing card by calling 1-888-979-9939.

6. Food

FARMERS TO FAMILIES – FOOD BOXES AT PELL ELEMENTARY SCHOOL ON FRIDAYS THROUGH APRIL

Every Friday from 10 a.m. to 12 noon through April, all Newport families – and families from surrounding communities – are invited to come to the Farmers to Families food distribution outside the Pell Elementary School on 35 Dexter St. Families will receive a large box containing produce, dairy products, and meat. Staff and volunteers will load your box into your vehicle. Please bring an ID to help organizers track numbers served. Also, please enter Dexter Street from Hillside Avenue and go to the first parking lot on the left. For further details, contact Taylor Frazier, NFCOZ Student and Family Engagement Specialist, at (401) 239-3116 or taylorfrazier@npsri.net.

FOOD PANTRIES

- The Martin Luther King Jr. Community Center (MLK) food-pantry hours are Monday, Wednesday, and Friday from 10 a.m. to 2 p.m., when residents can select food every month at 20 Dr. Marcus F. Wheatland Blvd. Those in need of food who are quarantined, elderly, or disabled can send a proxy with a copy of an ID (a cellphone photo is fine), or please call 401-845-5501 to arrange a food delivery.
- The MLK pantry also is open on the first Saturday of each month from 10 a.m. to 12 p.m.
- Daily Bread bread racks are available at either entrance of the Martin Luther King Jr. Community Center (Dr.

Marcus Wheatland Boulevard & Edward Street). They will be restocked throughout each weekday, 10 a.m.-4 p.m. Please take no more than two items per family.

- The East Bay Community Action Program (EBCAP) food pantry at 19 Broadway is open by appointment only, to ensure safe distancing between clients. All food is pre-packaged, and employees will hand the bags to food-pantry guests upon arrival. Customers are welcome twice a month. Call 401-848-6697, ext. 212.
- The Salvation Army food pantry is open Mondays, Wednesdays, and Fridays from 9 a.m. to 12 p.m. at 51 Memorial Blvd. The food pantry also is taking delivery orders for those who are quarantined, elderly, and homebound. Please call (401) 846-3234 to set up a delivery time/date. In addition, bagged lunches are being given out at the front door on Fridays and Sundays from 1 to 2 p.m.
- On Saturdays at the Community Baptist Church, 50 Dr. Marcus F. Wheatland Blvd., the Community Grocer is open from 12:30 to 2 p.m., and bagged lunches and soup are available from 4:30 to 5:30 p.m. from the Annex window.

OTHER RESOURCES

- A bagged breakfast and coffee is available Monday-Friday, 7:30-8:30 a.m. at the Edward Street entrance of the Martin Luther King Jr. Community Center.
- For help with food and essential supplies, call the St. Joseph's Conference of the St. Vincent de Paul Society of Rhode Island at (401) 258-5773. Leave a message with your name, phone number, and the number of people in your family.
- All Newport Public Schools students (in-person and distance learning, regardless of income) are eligible for free meals throughout the entire school year. Call (40) 847-1170 for more information.
- For families with students at Thompson Middle School: the Newport Community School has a food pantry, and has been delivering food to homes. If you email NCsfoodpantry@newportcommunityschool.org and leave your phone number, someone will call and get your full info, such as food allergies and how many family members.
- In partnership with Newport Public Schools and Chartwells, Newport Community School is distributing lunches free of charge to all children, 18 years old or younger, on school days at these locations:
 - Oceans Way: 10:15-10:35 a.m.
 - Chapel Terrace: 10:45-11:05 a.m.
 - Bayside: 11:15-11:35 a.m.
 - Festival Field: 11:45 a.m.-12:05 p.m.
 - Florence Gray Center: 12:15-12:35 p.m.

Meals also are available for pickup in front of Thompson Middle School from 11:15 to 11:45 a.m. **Masks are required at all locations.**

- For homebound seniors and residents who are otherwise unable to come to the pantry, the Martin Luther King Jr. Community Center has the Food 2 Friends program – if you can't make it to the pantry, the pantry will come to you! To sign up (or make a referral), please contact Ed Crowley at ecrowley@mlkccenter.org or (401) 846-4828 x119.

SNAP & WIC

- **The COVID-related increase in SNAP benefits** will last until September.
- The P-EBT program (Pandemic EBT) will continue (until September) to provide food benefits for all households whose children are eligible for free lunch, to help cover the cost of meals students would otherwise have eaten at school. Payments will be issued during the second week of each month for the previous month. Households can also check on their balance or replace a missing card by calling 1-888-979-9939.
- SNAP card holders can buy groceries online using their EBT card at Amazon and participating Walmart stores (Newport is NOT participating). RI Works cash recipients also can use their benefits to make food or other purchases at Walmart.
 - At Walmart, anyone in RI can purchase online but only some stores will allow pick up or deliver groceries –

North Kingstown, Westerly, Coventry, and North Smithfield. SNAP benefits cannot be used to cover the cost of delivery. Walmart delivery costs range from \$7.95 to \$9.95. To learn more: bit.ly/walmartSNAP.

- Amazon has free shipping on orders over \$35. To learn more and register for online grocery shopping: bit.ly/SNAPri.
- For people who are eligible for Able Bodied Adults Without Dependents (ABAWD) SNAP benefits: the three-month time limit has been lifted. It does not matter which city or town you live in. However, you may run into the three-month time limit if DHS staff see that you have not participated in a work or job-training program – unless it was for a health and safety reason or because the program was halted because of COVID-19. For more information, see this [flyer \(bit.ly/SNAPcovid19\)](https://bit.ly/SNAPcovid19).
- WIC dollars for fresh fruits and vegetables have increased to \$35 during the pandemic. Rules have been made more flexible during the COVID emergency: you can buy many foods in different quantities or different brands from the usual approved list – click [here](https://bit.ly/WICfood) for more information (bit.ly/WICfood). Also, you can now buy all of your WIC-approved food at one store, rather than having to go to more than one store to buy certain amounts or brands. Not all products may be in stock everywhere, including infant formula, which is hard to keep on the shelves in this time of high demand. For more information, see this [flyer \(bit.ly/WICcovid19\)](https://bit.ly/WICcovid19).
- You can use your EBT card to get "Bonus Bucks" at the farmers market at the Gateway Center on Saturdays from 9 a.m. to noon. Ask a staff member where to pick up your 100% bonus for fruits, vegetables, herbs, and plant starts at the market.

SATURDAY FARMERS MARKET IS AT THE GATEWAY CENTER FOR THE WINTER

The farmers market hosted by Aquidneck Community Table has moved to the Gateway Center on America's Cup Avenue, with free parking and bus stops on RIPTA routes. It is open from 9 a.m. to noon. **You can use your SNAP Bonus Bucks, getting your 100% bonus for fruits, vegetables, and herbs.** Visit the market's welcome table or ask a staff member where to get your Bonus Bucks/.

Here are some ways to help keep everyone safe social distancing while at the market – you as a customer as well as the farmers, other market vendors, and other customers (as well as the ACT staff directing traffic):

- If you or someone in your household is sick or in quarantine, please ask a friend or neighbor to shop for you.
- Please think about asking someone else to shop for you if you already have a serious medical condition and/or you are over 60 years old – or if you know someone who might be vulnerable, please consider shopping for them!
- Please shop alone or send one person from your household. And please shop fast! Grab and go!
- Please wear your cloth face covering that covers your nose and mouth completely to be allowed to enter the market.
- Please use your debit, credit, or SNAP/EBT card instead of cash, as much as possible.
- Please show your love by waving at friends or family and not by having a conversation, even at a safe six-foot distance, so more customers can shop more safely.
- Consider stocking up when you shop to help us minimize the number of visits; consider also shopping for neighbors, or those in quarantine.
- Dress warmly in case there is a short line waiting to enter the market - the number of customers allowed in the market at any given time will be limited to observe social distancing guidelines.
- Inside the market, please respect the marks and ropes indicating the one-way traffic flow, how far to stand from market stalls, and how far apart to stand from one another if waiting in line.
- Take advantage of the preorder opportunity offered by many vendors through their websites to ensure you get first pick, and to speed up the shopping process.
- Wave to friends and neighbors rather than stopping to chat. For the remainder of the COVID-19 crisis, the market is a food distribution site only, not a social space.
- No food may be consumed in the market area.

7. Unemployment, TDI/TCI Benefits (Paid Leave/Sick Leave), & RI Works

UNEMPLOYMENT

- **Because of the new federal legislation, unemployment benefits will increase by \$300 per week until September 6.**
- Benefits paid to unemployed workers including "gig" workers, independent contractors, small-business owners, workers for hire, and self-employed individuals are eligible under the federal rules for emergency unemployment insurance – **including the extra \$300 per week. – until Sept. 6.** To start your application in English, click [here](#). To start your application in Spanish, click [here](#).
- For workers whose state benefits ended before they could find a job, the time for getting federal aid has been extended for up to 25 more weeks.
- For unemployed workers not eligible for state benefits, including the self-employed, the time for getting federal aid has been increased to 79 weeks. (These workers have to show that they lost their jobs specifically because of COVID.)
- To apply for regular unemployment benefits, click [here](#). It is important to say that you have lost your job/income because of COVID-19, so that your benefits start right away. That checkbox shows up when you click on through the application and get to the first question, about military service. **There is a box with a drop-down choice at the top to see the application in English, Spanish, or Portuguese.**

TAXES ON UNEMPLOYMENT BENEFITS

Did you know that unemployment benefits are taxable? However, the new federal legislation will protect up to \$10,200 received in 2020. **If you have filed your tax return already and you've already received a refund check, you can file an amended return, claim the \$10,200, and potentially get a refund check for more than \$1000.**

TDI & TCI

- To apply for Temporary Disability Insurance (TDI) or Temporary Caregiver Insurance (TCI), click [here](#) (bit.ly/RIdltTDI). It is important to say that you are applying because you are unable to work because you are ill or because you are taking care of children or other family members due to COVID-19.

PAID LEAVE & SICK LEAVE

- For information on how state and federal rules apply to paid leave and sick leave, click [here](#) (bit.ly/RIdltPaidSick). Under new federal rules, all employees still working get at least 10 sick days and if you are sick, are ordered into quarantine, or caring for someone who is sick, you should stay home and receive your paycheck for those days.

8. Transportation

RIPTA

- Regular bus service is running, on regular schedules.
- Bus riders are asked to sit six feet apart (no more than 20 people per bus).
- The Gateway Center is closed for bus service. Bus passes are available at Stop & Shop and online at

ripta.com/fares-passes.

- For more information, go to the RIPTA page on COVID-19 at ripta.com/covid-19

THE RIDE & MTM

- The Ride paratransit service is available for eligible riders. To make a reservation, call (401) 461-9760 between 8:30 a.m. and 4:30 pm from Monday through Friday, and between 8 a.m. and 4 p.m. on Saturdays and Sundays.
- MTM is available for non-emergency medical transportation 5 a.m. to 6 p.m. with 24-hour notice (call 1-855-330-9131). These services are currently a lower priority than more urgent appointments.
- [MTM](#) has supports in place to transport people enrolled in Medicaid and people who qualify for the Elderly Transportation Program (ETP) to COVID-19 testing sites. Eligible individuals can call: 1-855-330-9131.

TAXI & RIDE-HAILING SERVICES

- Orange Cab is providing service between 7 a.m. and 11 p.m. every day.

BIKES

- Bike Newport has been distributing refurbished bikes during the pandemic. To get on the waiting list, click on this [link \(bit.ly/NeedABike\)](#) to Bike Newport's website or email allyson@bikeneportri.org.
- Anyone who needs to pump up their bike tires or to find some tools to fix their bicycles in transit, Bike Newport has set up five bike stations around the city of Newport:
 1. In the North End at the Florence Gray Center
 2. Behind the Thompson Middle School (closest to the back door next to the bicycle rack)
 3. In front of Bike Newport on Broadway next to the bicycle rack
 4. At the Newport Visitors Center – the bicycle rack closest to America's Cup Avenue (not in back of the building)
 5. At the Ash Mart convenience store, 2 Carroll Ave.

9. Childcare

Childcare in Rhode Island has specific requirements:

- Children have to be in consistent groups of 20 (including the staff) in dedicated spaces.
- Childcare providers have to use CDC guidelines for daily cleaning and sanitation, including handwashing.
- Children are not expected to keep a physical distance from each other, but each group must keep a social distance and be separated from other groups by a wall, divider, or partition. No indoor shared spaces such as libraries or indoor play areas. Outdoor shared spaces such as playgrounds can be used, but with the same limits on group size.
- All adults must wear masks.
- When children are dropped off, the staff will ask questions to screen each child for COVID-19 symptoms.

10. Learning & Creativity Resources

NEWPORT PUBLIC LIBRARY

Newport Public Library is open Monday through Saturday: click [here](#) to read the most recent FAQ page. You can reach

staff by phone during open hours at (401) 847-8720.

- Hours:
 - Monday: 12-8:30 p.m.
 - Tuesday: 9 a.m.-8:30 p.m.
 - Wednesday: 9 a.m.-8:30 p.m.
 - Thursday: 9 a.m.-8:30 p.m.
 - Friday: 9 a.m.-8:30 p.m.
 - Saturday: 9 a.m.-8:30 p.m.
 - Sunday: Closed
- Borrowed books can be returned in the outdoor collection bins or indoor in the book slots by the circulation desk. All returned items are quarantined for three days and then backdated when they are checked in.
- You can request items online from the [catalog](#) and put up to 15 items on hold. For help with requests, call (401) 847-8720 x 208 or email info@newportlibraryri.org, or stop by during open hours.
- Items can be picked up inside the parking-lot entrance – look for your bag on the table (arranged by last name). They already have been checked out on your car.
- A limited number of computers are available on a first-come, first-served basis, and with time limits. They are located in the Spring Street lobby, and you may have to wait for access.
- You may print from the library's computers – see a staff member for help. You can order prints online by clicking bit.ly/NPLprint, and pick them up at the Reference desk on the library's main floor. Black-and-white prints cost 15 cents each.
- For making copies, go to the Reference desk on the library's main floor. Black-and-white copies are 15 cents each, and color copies are 30 cents each.
- You can scan documents on the scanner in the Spring Street lobby.
- Faxing and notary services are available in the Administration office on the lower lobby – please call ahead 401-847-8720 x100.
- The Newport Room remains closed. Staff is able to provide limited research services. Please submit your questions to info@newportlibraryri.org. The microfilm reader has been moved to the Maker Lab and is available first-come, first-served. For more information, call 401-847-8720 x208.

FAB NEWPORT

- For inspiration, go here: fabnewport.org/inspiration/
- To read the essay "Our Reality," written on the day of George Floyd's murder by young North End activist Gabby Brown, go here: fabnewport.org/our-reality/.

Art Ideas

From the Arts and Culture Working Group

Make Your Life

Collect rocks and paint with your favorite messages

Connect with friends and tell stories. Use a theme or prompt.

Make a note for a friend

Other ideas:
 Use a sketch pad or coloring book
 Decorate the house
 Hook a rug
 Do crafts with household items

Make art with local artist Nycole Marvelous on Instagram every Friday at 3pm

NEWPORT HEALTH EQUITY ZONE

11. Health Insurance & Medicaid

NO IMPACT ON MEDICAID FROM FEDERAL COVID UNEMPLOYMENT BENEFITS

- Any COVID-related increased unemployment benefit has **no impact on Medicaid eligibility**.

HEALTH INSURANCE

- Health plans issued in Rhode Island are now providing [temporary new benefits \(bit.ly/OHICCOVID19\)](https://bit.ly/OHICCOVID19) during the COVID-19 emergency, including:
 - Expanded access to telemedicine service,
 - Early refills for necessary prescriptions and medical supplies,
 - Free COVID-19 screening and testing, and
 - Ease in access to COVID-19 treatment (but not necessarily free).

MEDICAID

- Rhode Island Medicaid will be suspending all cut-offs and quarterly income verifications during this emergency.
- Medicaid covers all COVID-19 screening and testing at no cost.

12. Housing & Eviction

A new program, RentReliefRI, can help with past-due rental and utility payments to help eligible renters stay in their homes during COVID. To learn more and apply, click on rihousing.com/rentreliefri/ (English) or rihousing.com/rent-relief-ri-es/ (Spanish).

- **If you owe back rent or face eviction for COVID-related reasons, call 211 to find out what help is available. Some programs and protections are listed below.**
- The **HomeSafe program** is designed to offer **one-time financial assistance for households facing a short-term emergency**. You are eligible for the HomeSafe program if you have experienced a short-term emergency that has made it difficult to pay housing-related expenses, have been a Rhode Island resident since May 1, 2019 OR have a domestic-violence waiver, and have a qualifying household income (below 50% of the area median income).
- **The Safe Harbor program for tenants and landlords with back rent has run out of its federal funding, and cannot provide any more help. If you were working on an active application, it was sent to the Housing Network of Rhode Island (HNRI). There is no need for you to take any action on your application at this time.**
- If you are financially able to pay your rent, you should pay it. **The moratorium does not cancel rent.** You will still owe any rent that is not paid and will have to pay that rent to prevent an eviction when the moratorium ends.
- If you are not able to pay your rent, you should let your landlord or property manager know. Document any conversations that you have with your landlord about your loss of income, making partial payments or adjusting your rent amount. If you do make any payments, keep a receipt such as a cancelled check, money-order receipt or statement from your landlord. For help, call 2-1-1.
- Landlords and tenants are encouraged to settle their disputes, and enter repayment plans if possible. During this public health emergency, landlords may not seek court costs, late fees, or attorney fees as a condition of any settlement agreement.
- **There are protections for tenants facing eviction for nonpayment.** The CDC has extended an order barring evictions of tenants for nonpayment of rent through June 30, 2021. The order does not prohibit evictions for reasons other than non-payment, such as violating the terms of a lease.
- **If you are a renter, in order to be protected under the CDC eviction moratorium, you must sign a [declaration form \(bit.ly/CDCevictionCOVIDform\)](https://bit.ly/CDCevictionCOVIDform) stating you are unable to pay their rent because they have lost income, earn under a certain amount of money, and have tried to obtain rental assistance.** You must give the form to your landlord. It is recommended that you keep a copy for yourself and make a record of when and how you deliver the declaration form to their landlord. The signed declaration does not dismiss the eviction lawsuit, but only delays it until after June 30.
- Landlords and property managers are still able to **send “demand” notices for rent that is owed.** These notices are **not the same as an eviction-court summons.**
- **You cannot legally be evicted from your home until your case goes to court and a court orders you to move out. Only a judge can evict you – your landlord cannot require you to move unless the court orders it.** If someone comes to move you out, make sure that they have a court order signed by a judge. Ask to see their credentials and call the police for assistance if they cannot show you proof of ID as a sheriff or constable, or if they do not have a court order. You also can contact Rhode Island Legal Services (401-274-2652) or the Rhode Island Center for Justice (401-491-1101).
- Even if you have submitted a CDC declaration form, eviction cases can be filed and can move forward with the RI District Court. **If you receive an eviction-court summons, you must show up to court or a judgment may be entered against you. It is very important to go to court if you get a notice to do so. Otherwise your rights may be waived.**
- **While judgments may be entered, they cannot be enforced until the CDC moratorium expires on June 30, 2021, or until the Court issues another order.** This means that even if you are ordered to move out, this cannot be enforced until after June 30. This only applies to eviction for nonpayment of rent. If you are being evicted for another reason, you can still be removed by an authorized constable or sheriff if a move-out/order of execution has been issued.
- If you have Section 8 housing or live in public housing, you can call RI Legal Services at (401) 274-2652 to get help and advice about your rights and your landlord's responsibilities.

Having Trouble Paying Your Utilities or Rent?

RentReliefRI helps renters get assistance to avoid utility shutoff or eviction



RentReliefRI
rihousing.com/rentreliefri/

How Can RentReliefRI Help You?

Depending on your circumstances, RentReliefRI may:

- Bring your delinquent rent or utility bill(s) current.
- Pay up to 3 months of future rent.

Are You Eligible?

You may qualify if you can answer "yes" to the following questions:

- Does your household income meet the program's limits?
- Are you a renter household?
- Has someone in your household (1) qualified for unemployment or (2) had a decrease in income or increase in expenses due to Covid-19?
- Is someone in your household at risk for housing instability or homelessness?

How Do You Apply?

- Go to rentreliefri.org/ri#/ and click on the blue "Tenants Apply Today" button to answer those questions, complete an application for assistance, and provide documentation.

How Much Assistance is Available?

- Every household's situation is different, so the amount of assistance you may receive will be specific to your needs.
- Please have all your information and documents ready to ensure faster processing of your application. An application will not begin the review process until all information has been received.
- If you are requesting rental assistance, make sure the amount you request will be accepted by your landlord. If they challenge the amount, it can delay your application's processing.

What Happens Next?

- If you qualify for rent assistance, RentReliefRI will request approval from your landlord/property manager.
- If your landlord/property manager approves, RentReliefRI will send payments directly to them to bring your rent current.
- If you qualify for utility assistance, RentReliefRI will work with your utility company(ies). If your utility company(ies) approve, RentReliefRI will send payments directly to it/them to bring your utilities current.

What Else Do You Need to Know?

- RIH works with nonprofit groups and does not charge a fee for its services. Beware of calls and other solicitations from companies offering to assist you in return for payment.

¿Tiene problemas para pagar sus servicios públicos o el alquiler?

RentReliefRI trabaja para ayudar a los inquilinos a obtener la asistencia que necesitan para evitar el corte de servicios públicos o el desalojo.



RentReliefRI
rihousing.com/rent-relief-ri-es/

¿Cómo me puede ayudar RentReliefRI?

Dependiendo de sus circunstancias, *RentReliefRI* puede:

- Actualice sus facturas de alquiler o servicios públicos atrasadas.
- Pague hasta 3 meses de alquiler futuro.

¿Soy elegible?

Puede calificar si responde afirmativamente a las siguientes preguntas:

- ¿Los ingresos de su hogar cumplen con los límites del programa?
- ¿Es usted un inquilino familiar?
- ¿Alguien en su hogar (1) calificó para desempleo o (2) tuvo una disminución en los ingresos o un aumento en los gastos debido a COVID-19?
- ¿Alguien de su hogar está en riesgo de sufrir inestabilidad de vivienda o quedarse sin hogar?

¿Cómo me inscribo?

- Después de responder las preguntas de precalificación, debe completar una solicitud de asistencia y proporcionar documentación – rihousing.com/rent-relief-ri-es/

¿Cuánta ayuda hay disponible?

- La situación de cada hogar es diferente, por lo que la cantidad de asistencia que pueda recibir será específica para sus necesidades.
- Tenga toda su información y documentos listos para garantizar un procesamiento más rápido de su solicitud. Una solicitud no comenzará el proceso de revisión hasta que se haya recibido toda la información.
- Si solicita asistencia para el alquiler, asegúrese de que el arrendador acepte la cantidad que solicita. Si cuestionan la cantidad, puede retrasar el procesamiento de su solicitud.

¿Qué pasa después?

- Si califica para la asistencia para el alquiler, RentReliefRI solicitará la aprobación de su propietario / administrador de la propiedad.
- Si el propietario / administrador de la propiedad lo aprueba, RentReliefRI les enviará los pagos directamente para actualizar su alquiler.
- Si califica para la asistencia de servicios públicos, RentReliefRI trabajará con su(s) compañía(s) de servicios públicos. Si su(s) compañía(s) de servicios públicos lo aprueba, RentReliefRI les enviará los pagos directamente para actualizar sus servicios.

¿Qué más necesito saber?

- RIH trabaja con grupos sin fines de lucro y no cobra una tarifa por sus servicios. Tenga cuidado con las llamadas y otras solicitudes de empresas que se ofrecen a ayudarlo a cambio del pago.

13. Utilities, Internet, & Wifi

- National Grid customers enrolled in the electric or gas low-income rate will be protected from service cut-off through April 15, 2021.
- The COVID-19 moratorium on utility-service shut-offs for non-payment has expired. Customers needing help with paying their bills can go to bit.ly/COVID19bills for more information on payment plans, discount rates, and the forgiveness program.

14. Safety & Support

- If you or someone you know is experiencing verbal, emotional, financial, sexual, or physical abuse, the Women's Resource Center is providing remote services throughout the crisis. Call 401-846-5263, email info@wrcnbc.org for support. Help is also available 24/7 at 1-800-494-8100. If it is unsafe to talk on the phone, access the hotline chat feature by visiting <http://www.ricadv.org/en/> and clicking the blue "We're Here to Help" box (it's sideways, on the right-hand side of the screen).
- If you or someone you know needs help with an addiction, CODAC continues to provide support remotely. To access care, call 401-490-0716. For counseling support, call 401-477-0041.
- If you or someone you know needs mental-health support, call Newport Mental Health at 401-846-1213. Adults can also get confidential support and get connected to care at bhlink.org or by calling BHLink at 401-414-5465. Parents and caregivers can reach out for kids in crisis through the Kids' Link RI hotline at 1-855-543-5465 or at bit.ly/KidsLinkRI.
- General resources for coping during this crisis can be accessed at bhlink.org/covid19.
- Additional support is available for elders through the Child & Family Services' Elder Services Information & Referral at (401) 848-4185 (Gerald LePage).
- Here is the [link](#) to sign up for alerts from the city of Newport (bit.ly/NewportAlerts).

15. Wellness

- The Newport County YMCA has reopened for members. Reservations are required for in-person group-exercise classes. Some virtual classes are available for free. More information at newportymca.org.

16. The Rights of Undocumented Persons & COVID

DACA & THE "PUBLIC CHARGE" RULE

- The Supreme Court has put protections back in place for DACA (Deferred Action for Childhood Arrivals) recipients, shielding them from possible deportation.
- The federal "public charge" rule – a wealth test for immigrants, which would have made anyone who received public aid in the US ineligible for a green card – has been ended by a federal judge.

HEALTH CARE

The following places provide access to healthcare regardless of immigration status. These places may ask about your status, but only to help determine your eligibility for coverage, and must keep this information confidential.

- Community Health Centers: call 401-274-1771 or see the [Rhode Island Health Center Association website \(www.rihca.org\)](http://www.rihca.org) to find a health center near you **for adults and children**.
- Rhode Island Free Clinic (**for adults only**): for an eligibility appointment, call 401- 274-6374.
- Clinica Esperanza-Hope Clinic (**for adults only**): for patients who might have COVID-19, call 401-408-0238, and for general questions, call 401-347-9093.

HOSPITAL CARE

- **Seeking care:** Anyone, regardless of immigration status, can seek healthcare at hospitals, emergency departments, and health centers. If you have [symptoms](http://health.ri.gov/covid/) of COVID-19 (health.ri.gov/covid/), call first before showing up at the facility.
- **Charity Care:** If you need care at a hospital, ask about the hospital's "[charity care](http://bit.ly/RICharityCare)" (bit.ly/RICharityCare) program and request an application. The hospital may cover all or part of your bill if you are unable to pay. Charity care is available regardless of immigration status.
- **Emergency Medicaid:** If you are in need of emergency services at a hospital (in-patient or emergency room), but are ineligible for Medicaid solely because of your immigration status, you may nevertheless be eligible to have Medicaid pay the hospital bills. The hospital will help you apply.

HEALTH INSURANCE FOR UNDOCUMENTED PREGNANT WOMEN

Medicaid coverage for undocumented pregnant women is available, regardless of immigration status, as long as income and state residency requirements are met. You can apply for Medicaid any time. Call 1-855-840-4774 or apply online at healthsourceri.com.

ACCESS TO INTERPRETERS

All Rhode Island healthcare providers who receive federal funds are required to provide interpretation services for their patients, at no cost to the patients, regardless of immigration status.

TESTING IS NOW FREE FOR ANYONE IN RHODE ISLAND, WITH OR WITHOUT SYMPTOMS.

17. Masks & Face-Coverings

WHICH MASK SHOULD YOU CHOOSE?

An N-95, KN-95, or KF-94 mask offers the best protection against COVID-19, but a medical procedure (paper) mask or cloth mask made of a tightly woven fabric that's at least two layers thick is also a good choice. ANY mask should fit snugly but comfortably over your nose and chin without any gaps. Learn more at <https://bit.ly/3bEfRAv>.

- Even if you have been vaccinated, wear your mask when you are with any group of people who do not live in your household.
- The only exceptions from these rules are children under two years old and people whose health would be in jeopardy because of wearing a mask or face covering.
- In a restaurant, you can take off your mask while eating and drinking but not when you are away from your table.
- Even outdoors, keep your mask handy in case you come into contact with other people if the area becomes more crowded. And keep your six-foot social distance!

Wear a mask that protects your household

Wear a face covering any time you're near people you don't live with to protect yourself and your household from COVID-19. **Your mask should fit snugly but comfortably over your nose, mouth, and chin without any gaps.**



RECOMMENDED

- **Great protection:** N-95, KN-95, or KF-94 mask
- **Good protection:** Medical procedure (paper) mask that fits
- **OK protection:** Cloth mask made of a tightly woven, breathable fabric that's at least two layers thick and fits



NOT RECOMMENDED

- Face shield alone
- Bandana, scarf, or ski mask
- Mask with valve or vent
- Mask worn the wrong way or that doesn't fit
- Mask that makes it hard to breathe or is only one layer thick

Always wash your hands after handling or touching a used mask. Wash and dry cloth face coverings after use each day. Learn more about how to handle and care for your mask at covid.ri.gov/wearingmasks

Masks should not be worn by children younger than age two, anyone who has trouble breathing, or anyone who is unable to remove the mask without help.

2/17/21

Utilice un tapabocas que proteja a todos los que vivan en su hogar

Utilice un tapaboca cada vez que esté cerca de personas que no viven en su hogar, para protegerse y proteger a los suyos del COVID-19. **El tapabocas debe ajustarse cómodamente sobre la nariz, la boca y el mentón, sin espacios.**



SE RECOMIENDA

- **Excelente protección:**
Mascarillas N-95, KN-95 ó KF-94
- **Buena protección:**
Mascarillas de procedimiento médico (papel) que se ajuste
- **Protección aceptable:**
Tapabocas hechas de tejido ajustado, tela transpirable que tenga por lo menos dos capas y que se ajuste



NO SE RECOMIENDA

- El uso de pantalla o protector facial sin mascarillas
- Pañuelo, bufanda o pasamontañas
- Tapabocas con válvula o ventilación
- Tapabocas usada de la manera incorrecta que no esté ajustada a la cara
- Tapabocas que le dificulte la respiración o fabricada con una sola capa de tela

Siempre lávese las manos después de manipular o tocar un tapabocas usado. Lave y seque los tapabocas de tela después de usarlos todos los días. Obtenga más información sobre cómo manipular y cuidar el tapabocas en health.ri.gov/otherlanguages/spanish/diseases/ncov/wearingmasks

No deben usar tapabocas los niños menores de dos años, cualquier persona con problemas de respiración o cualquier persona que no sea capaz de quitarse el tapabocas sin ayuda.

2/22/21

reopeningri.com | covid.ri.gov
An official publication of the State of Rhode Island.



**RHODE
ISLAND**

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

Questions? Call **401-222-8022, 2-1-1**, or email **RIDOH.Covid19Questions@health.ri.gov**.



CS 315446-A 03/04/2020



FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: **health.ri.gov/covid**

TIPS FOR COPING WITH

Stress

The outbreak of coronavirus disease 2019 (COVID-19), may be stressful for you and other people at your school. Fear and anxiety about a disease can be overwhelming and cause strong emotions in people of all ages.

Everyone reacts differently to stressful situations. Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health and that of your friends and family.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Anger or sadness.
- Use of alcohol, tobacco, or other drugs

You can help manage your stress by:

- Avoiding excessive exposure to media coverage of COVID-19, including social media.
- Taking care of your body. Exercise, take deep breaths, stretch or meditate.
- Trying to eat healthy foods and get enough sleep. Avoid alcohol, drugs and tobacco.
- Doing something you enjoy. Talking to friends and family. Share your concerns and how you are feeling with someone you trust.

If you feel overwhelmed or unable to cope with your stress tell a trusted adult.

You can also call the Disaster Distress Helpline¹: 1-800-985-5990 or text TalkWithUs to 66746.

FOR

Parents

It is normal for anyone, including teens, to feel stressed by COVID-19. Parents can help their teens cope. When parents and caregivers deal with the COVID-19 outbreak calmly, confidentially and factually, they can provide the best support possible.

Not all teens respond to stress in the same way. Some behavior changes to watch for²:

- Anger, fighting, or bullying
- Skipping school
- Changes in eating behaviors or eating disorders
- Running away
- Isolation or withdrawal
- Self-harm (such as cutting or self-mutilation)
- Use of alcohol, drugs, or tobacco

Parents can help support their child by:

- Taking time to talk with and listen to your teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19.
- Reassuring your teen that they are safe. Let them know it is ok to feel upset. Share with them how you deal with your own stress.

If you are concerned about your teen's mood or behavior, call your teen's health care provider or call the Substance Abuse and Mental Health Administration's (SAMHSA) **Disaster Distress Helpline : 1-800-985-5990 or text TalkWithUs to 66746**

¹Substance Abuse and Mental Health Administration (SAMHSA) Disaster Distress Helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any disaster. More information available at: www.samhsa.gov/find-help/disaster-distress-helpline

²American Academy of Pediatrics, 2014. Reaching Teens: Strength-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development. www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal_plan_handout.pdf

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

Sí. El COVID-19 se está propagando de persona a persona en partes de los Estados Unidos. El riesgo de infección con COVID-19 es mayor en las personas que son contactos cercanos de alguien que se sepa que tiene el COVID-19, por ejemplo, trabajadores del sector de la salud o miembros del hogar. Otras personas con un riesgo mayor de infección son las que viven o han estado recientemente en un área con propagación en curso del COVID-19.

¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero ahora se está propagando de persona a persona. Se cree que el virus se propaga principalmente entre las personas que están en contacto cercano unas con otras (dentro de 6 pies de distancia), a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. También podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus. Infórmese sobre lo que se sabe acerca de la propagación de los coronavirus de reciente aparición en <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html>.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Algunos pacientes presentan neumonía en ambos pulmones, insuficiencia de múltiples órganos y algunos han muerto.

¿Qué puedo hacer para ayudar a protegerme?

Las personas se pueden proteger de las enfermedades respiratorias tomando medidas preventivas cotidianas.

- Evite el contacto cercano con personas enfermas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.

Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:

- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si he regresado recientemente de un viaje a un área con propagación en curso del COVID-19?

Si ha llegado de viaje proveniente de un área afectada, podrían indicarle que no salga de casa por hasta 2 semanas. Si presenta síntomas durante ese periodo (fiebre, tos, dificultad para respirar), consulte a un médico. Llame al consultorio de su proveedor de atención médica antes de ir y dígame sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir infecciones es tomar medidas preventivas cotidianas, como evitar el contacto cercano con personas enfermas y lavarse las manos con frecuencia.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.



CS 314937-1 MLS 315740 03/06/2020



Para obtener más información: health.ri.gov/espanol