



NASSAU COUNTY

DEPARTMENT OF HUMAN SERVICES

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SEVENTH ISSUE

*****SPECIAL EDITION*****

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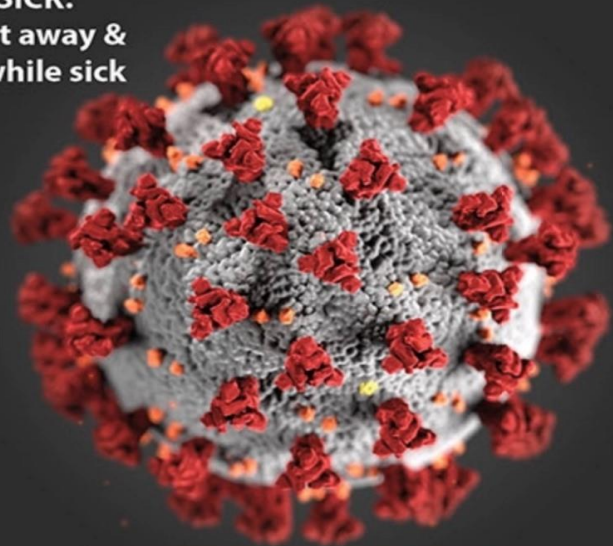
CORONAVIRUS DISEASE

HEALTH ALERT:

Areas affected by Coronavirus Disease 2019

IF YOU MUST TRAVEL TO AN OUTBREAK AREA:

- GET TRAVEL INSURANCE FOR: medical care & evacuation
- WATCH YOUR HEALTH FOR: fever, cough & trouble breathing
- AND IF YOU GET SICK: call a doctor right away & avoid traveling while sick



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For more information, visit: www.cdc.gov/COVID19
Do Not Travel Advisory: <https://go.usa.gov/xdB57>



As states ease social distancing orders, what does that mean for domestic travel?

Julia Thompson and Jayme Deerwester for USA TODAY



When can you travel around the USA again without restriction? Not yet, according to guidelines President Donald Trump shared with states last week. Though there is no federal travel ban, many states require or recommend travelers from other states to self-quarantine for two weeks, effectively discouraging interstate travel. Trump's "Opening Up America Again" plan is aimed at easing social distancing restrictions and reopening parts of the country

once they are able to meet certain benchmarks – most notably, a consistent downward trajectory in COVID-19 cases. Governors will make the decision to lift stay-at-home orders and social distancing restrictions. Wednesday, the National Governors Association weighed in with its own recommendations in a report called Roadmap to Recovery. The report does not offer much advice on how to safely resume interstate travel. It didn't tell states that border others with high numbers of cases to remove their highway checkpoints. Nor did it tell the nearly 30 states with quarantine restrictions for returning residents or new arrivals that they should rescind those orders. Though 15 states announced plans for easing lockdowns and stay-at-home orders, they have yet to change their traveler quarantine requirements. The NGA did suggest that states establish regional partnerships to address questions of interstate travel and support consistency, especially in metro areas that straddle state lines. Some have already done so: California is moving forward in coordination with Washington and Oregon. Governors from New York, New Jersey, Connecticut, Delaware and Rhode Island announced plans to form a joint task force. So have the governors of several Midwestern states, including Illinois, Michigan, Ohio, Wisconsin, Minnesota, Indiana and Kentucky. "Governors and state health officials will need to develop a plan for addressing interstate travel and tourism, including travel to and from one state to another state that may have high incidence of COVID-19," the report said. In its three-phase approach, the White House advised that travel should not resume immediately. In phase one, the recommendation is to minimize nonessential travel. In phase two, nonessential travel can resume. The third phase, in states and regions with no evidence of a resurgence, lifts most restrictions. A Johns Hopkins Center for Health Security report said "transit should be opened with careful mitigation measures" and described transportation as a "fairly high-risk setting," noting that airplanes, buses and trains all have prolonged close contact – and a high number of contacts – but that there is potential to institute measures to decrease risk of coronavirus transmission.

Things travelers should consider before traveling domestically:

- Research whether your destination has a requirement to self-quarantine. Many order or recommend that travelers from other states isolate for 14 days.

- Research stay-at-home orders in your destination state. Even if you don't have to self-quarantine, restaurants and other businesses might be closed, effectively leaving travelers with little to do and few options for meals.
- If you're driving, find out if there will be checkpoints along the way. Visit the websites of the governor's office and state highway patrol for the areas you'll pass through.



Here Are Some Tips for Working from Home

The outbreak of the coronavirus has most people working from home. If you're new to working remotely, these tips from a home-office pro can help you stay productive and maintain balance.

By Jill Duffy

The global spread of COVID-19, the novel coronavirus, is keeping people at home. Much of the world is on lockdown, and, even in places that aren't, people are encouraged to stay at home. Where it's possible, employers are encouraging or requiring people to work from home for an indeterminate amount of time. If you're new to the work-from-home lifestyle, whether due to coronavirus or because you've managed to find a remote-based job, you'll need to change some of your habits and routines to make working from home a success. I've worked 100 percent remotely for more than five years, and I have some friends and colleagues who've done it, too. We all face unique challenges, not only because we have different personalities, but also due to our various lifestyles and the type of work we do. Still, many of the core issues we face as remote employees are the same. Everyone who works remotely has to figure out when to work, where to work, and how to create boundaries between work and personal life. What about office equipment, career development, training opportunities, and building relationships with colleagues? Working remotely, especially when working from home most of the time, means figuring out these issues and others. Here are some tips for leading a better and more productive remote-working life, based on my experience and what I've learned from others.



- **Maintain a Separate Phone Number**
Set up a phone number that you only use for calls with colleagues and clients. It doesn't have to be a landline, second mobile phone, or even a SIM card. It can be a free VoIP service, such as Google Voice or a Skype number. Similar to some of the other tips, having a separate phone number helps you manage your work-life balance.
- **Use a VPN**
Use a VPN whenever you're connected to a network that you don't control. That includes Wi-Fi at co-working spaces, cafes, libraries, and airports. Some organizations have their own VPNs that off-site employees need to access certain servers or websites that store information meant

only for internal use. In those cases, you'll also need to use a VPN at home. In any case, it's a good idea to get into the habit of leaving your VPN connected as often as possible because it's always safer to have it on than not.

One more point about VPNs. Remember, when you're connected to them, your company could conceivably see what you're doing. So don't view porn via your corporate VPN.



Tips for Safe Grocery Shopping During the Coronavirus Outbreak

We reached out to some of the nation's most popular grocery stores to find out how to shop safely to protect yourself, store employees and other shoppers.

By Lauren Wicks



We're all trying to find our new normal during the coronavirus pandemic. Many of us have suddenly become home-schooling parents working from home or are out of a job indefinitely. Even our everyday rituals have changed—we're streaming workouts from our local fitness studios, hosting virtual happy hours and holding off on all our appointments until further notice. Grocery shopping is one of those basic rituals we never thought twice about until recently, but we need to

be vigilant in protecting ourselves, other shoppers and store employees. Here are a couple of ways to practice safe (and friendly) shopping next time you need to stock up.

- **Pay with a Credit or Debit Card**

This one may feel a little nitpicky, but it's worth taking the extra precaution to pay with a card over cash—and Apple Pay is even better. Eliminating the need to exchange bills and coins allows you to keep your distance and avoid the spread of germs.

- **Disinfect All Nonporous Containers and Any Surfaces Your Grocery Bags Have Touched**

New research shows the new coronavirus can live for up to 24 hours on cardboard and for two to three days on plastic and stainless steel. Washing all nonporous grocery packaging with soap and water, then washing your hands and any surfaces your groceries have touched is essential to prevent the virus from spreading in your home. Don't forget to keep washing your hands as you use these items—that cardboard box of pasta can still harbor the virus through the next day.



5 Things to Ease Your Quarantine Mood Swings

We are experiencing a pandemic. It's a scary time for everyone. We can't help but feel overwhelmed with emotions. We feel sad, scared, and worried. Isolated and quarantined, it's even hard for us not to be dragged into a worry spiral. External and internal noises are louder. And sometimes, it can bring us down. So [...]

By Mariia Lvovych



We are experiencing a pandemic. It's a scary time for everyone. We can't help but feel overwhelmed with emotions. We feel sad, scared, and worried. Isolated and quarantined, it's even hard for us not to be dragged into a worry spiral. External and internal noises are louder. And sometimes, it can bring us down. So as much it is crucial to stay at home and practice social distancing, it is important we take care of our mental health during this crisis. Here, we give you some tips how to take care of your mental state and manage your mood swings:

Practice mindfulness meditation

Mindfulness meditation can bring you clarity and calm. It's a practice that encourages you to be present, acknowledge your emotions, and let it go. And it's all grounded by breathing. Practicing it will help you be less overwhelmed with all the emotions triggered by the pandemic and the quarantine. It will remind you that what your feelings are normal and it's okay. And eventually, what you're feeling will end.

Social media distancing

One of the easiest ways to have emotional triggers is through social media. With the crisis, everyone's frustrated, angry, and depressed. And social media is everyone's platform to express and let go of these emotions. There's nothing wrong with how you want to express your emotions, but it can cause a ripple of negativity, affecting everyone around you. It's the least of things you want to do on this tough time. So practice social media distancing. Give yourself space

from all the negativity in social media and the urge to use it for your frustrations. Instead, get your news on reliable sources and be a light to others.

Track your mood

During this crisis, it's normal you're feeling different kinds of emotions. You are living a different reality. And you probably don't understand where all these emotions are coming from. Tracking your mood can help you understand your self and your anxiety. It gives you an insight about your emotional patterns and how you can avoid them. Do this by using an app, like Misu that gives you a complete and detailed report by automatically tracking your mood using AI. Or if you're old-fashioned, write on a journal.

Exercise gratitude

You may feel like everything's wrong in the world right now. But there are little things in your life that are good. But because of your clouded thoughts brought by the quarantine, it's easy not to see them. You can break this loop by exercising gratitude. Every morning or night, think of five things you are grateful and write it on a notebook or your phone's notes. It can be a small thing as waking up, sleeping in a comfortable bed, or time with family. Practice it every day and you will see a difference in your mood.

Feed your optimism

This is a time of uncertainty. And it's hard to be hopeful with all the news about the virus, death rates, and new cases. As it feeds your sadness, there's a way to power up your optimism. Read good news about the crisis: people helping each other, updates on the vaccine, stories of hope, etc. It will bring a sense of hopefulness that, even this crisis happening, there's still something good in the world.





LAURA CURRAN
NASSAU COUNTY EXECUTIVE

CORONAVIRUS/COVID-19 “KNOW YOUR RIGHTS”

DISCRIMINATION/HATE CRIMES

- County Executive Curran established an Anti-Hate Task Force, prior to COVID-19, to help protect our residents from discriminatory and hateful activities.
- Protections against discrimination under Nassau County and New York State law remain in effect during this crisis and extend to places of employment, in housing, and in “public accommodation” (such as restaurants, grocery stores, medical facilities).
- Acts of harassment and intimidation of our residents based on their ethnic backgrounds and or fears and stigma associated with COVID-19 will not be tolerated.

HOUSING/TENANT RIGHTS:

- The County Executive’s moratorium on evictions was adopted by Governor Cuomo and protects tenants from eviction for non-payment of rent through June 20, 2020.
- Landlords cannot discriminate against renters who have contracted the Coronavirus or live with someone who has, or because the landlord thinks a person may have had it.

- Landlords cannot treat you unfairly or differently because you are from or look like you are from a country where there has been a serious COVID-19 outbreak.

EMPLOYMENT AND PUBLIC ACCOMMODATION:

- Employers must be sure their policies and practices, including work from home policies, do not discriminate against or treat workers less well based on their protected status, such as race, national origin, citizenship, immigration status, and disability.
- It is illegal for staff at restaurants and other such establishments to kick someone out, refuse to serve, or otherwise treat any customer less well because of fears or stigma around COVID-19, including harassment or discrimination because of race, national origin or disability.

IMMIGRANT SERVICES:

- Residents can seek and receive medical care regardless of immigrant status or lack of health insurance.
- During the COVID-19 crisis the Federal Government has stopped immigration enforcement at or near health care facilities, including hospitals, clinics, urgent care, and doctors’ offices.

TO REPORT POSSIBLE CASES OF DISCRIMINATION/HARASSMENT

If you are threatened with physical harm, **please call 911 immediately.**

New York State Bias and Discrimination Hotline 1-888-392-3644
 Nassau County Human Rights Commission 516-571-3662

ADDITIONAL RESOURCES:

Nassau County Bar Association covidhelp@nassaubar.org or visit www.nassaubar.org
 Nassau County Office of Minority Affairs 516-572-2240
 Nassau County Office of Asian American Affairs 516-572-2245
 Nassau County Office of Hispanic Affairs 516-572-0750



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LAURA CURRAN
NASSAU COUNTY EXECUTIVE

COVID-19 TESTING

COVID-19 Testing available at Hempstead, Freeport, & Elmont

If you think you or someone in your family has COVID-19,

CALL (516) 396-7500

Testing for COVID-19 Virus is limited in New York State.
If you have any of the below symptoms call for screening:



FEVER



COUGH



**SHORTNESS
OF BREATH**

Anyone with any of these symptoms should be tested as soon as possible.

Testing will be by appointment ONLY in an outdoor facility

at:

South Ocean Care Health Center
101 South Bergen
Freeport NY 11520

Hempstead Health Center
135 Main Street
Hempstead, NY 11550

Elmont Health Center
161 Hempstead Turnpike
Elmont, NY 11003

**All locations are open for
testing Monday - Friday
9:00 A.M. to 1:00 P.M.**

**Testing will be provided by
appointment ONLY.**

**Call 516-396-7500 to inquire
about an appointment.**

All are welcome to call, regardless of insurance or immigration status.

Thank you and please stay healthy.

Family Health Centers
LONG ISLAND FQHC, INC.

*This service is provided by a partnership of Nassau
County and Long Island FQHC, Inc.
For More Information on LIFQHC:
Visit LIFQHC.org*

