

COVID-19

COMMUNITY RESOURCES



INFO@UpSkill.org

BUFFALO PUBLIC SCHOOLS ADULT EDUCATION

RESOURCES FOR COVID-19 HEALTH INFORMATION, KEEPING YOURSELF SAFE,
HELP LINES FOR SOCIAL SERVICES, DOMESTIC VIOLENCE, EMERGENCY HOUSING,
FOOD PANTRIES, EMPLOYMENT INFORMATION, AND MENTAL HEALTH

COVID – 19 COMMUNITY RESOURCES GUIDE

PRESENTED BY

BUFFALO PUBLIC SCHOOLS ADULT EDUCATION DIVISION

1. What is COVID-19?

Coronavirus disease 19 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.



[Click here](#) for Erie County Department of Health's *Frequently Asked Questions*.

2. What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms which include:

- Fever (100.4°F/38°C or higher)
- Cough
- Shortness of breath

Some people can have severe complications. The CDC believes at this time that symptoms may appear in as few as 2 days or as long as 14 days after exposure to the virus.

[Click here](#) for a COVID-19 Screening Tool.

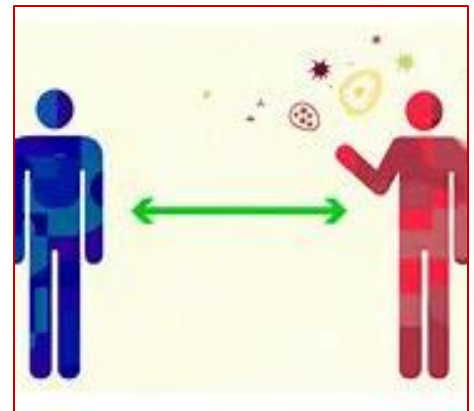
If you have any health care questions a school nurse will be available at all BPS meal pick-up locations. [Click here for locations.](#)

***DON'T WAIT:
SELF ISOLATE***

If you are experiencing any of these symptoms PLEASE STAY HOME and contact your primary care physician. If you do not have a primary care physician call the Erie County Department of Health at 716-858-2929.

3. How to protect yourself in public:

- Stay home unless you are employed as an essential worker and wear a face covering in public.
- Wash your hands frequently with soap and water for 20 seconds.
- Disinfect all surfaces (doorknobs, countertops, shopping carts).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue use your elbow not your hands.



For information about making a cloth face covering go to: <https://www.wbaltv.com/article/us-surgeon-general-jerome-adams-demonstrates-how-to-make-a-cloth-face-covering/32041701#>

4. Help Lines:

211:

Human and social services, emergency housing, legal services, domestic, health and wellness, food and nutrition, mental health, support groups, developmental disabilities.

- Website: <http://www.211wny.org/>

- Phone: 2-1-1)

City of Buffalo Information and Updates:

- Website: <http://www.buffalony.gov/1298/6087/Coronavirus-Disease-Updates>

-Text: BUFFALERT to 30890

NYS COVID-19 Hotline:

1-888-364-3065

Other Important Phone Numbers:

- 24 Hour Crisis Hotline: 716-834-3131
- 24 Hour Kids Crisis Hotline: 716-816-3688
- 24 Hour Erie County Addiction Hotline: 716-831-7007
- Buffalo Public Schools Food Service: 716-816-3608
- 24 Hour Domestic Violence Hotline: 716-862-HELP (716-862-4357)

- Upstate NY Poison Center: 1-800-222-1222
- Financial Fraud: 1-800-342-3736 or file a complaint online at www.dfs.ny.gov/complaint
- Price gouging: 1-800-697-1220 or file a complaint online at www.dos.ny.gov/consumerprotection
- Foster Care: 716-858-7274
- Youth Services: 716-923-4000
- Child Protective Services (to make a report): 1-800-342-3720
- Adult Protective Services: 716-858-6877
- Temporary Aid to Needy Families (TANF): 716-858-8000
- Supplemental Nutrition Assistance Program (SNAP): 716-858-7239
Website: <https://mybenefits.ny.gov/mybenefits/begin>
- HEAP: 716-858-7644
Website: <https://mybenefits.ny.gov/mybenefits/begin>
- Medicaid: 716-858-6244
- Erie County Department of Social Services main number: 716-858-8000
- File for Unemployment: 1-888-209-8124.
- Employment Services: 716-856-JOBS
- Erie County Department of Health: 716-858-2929.

5. Refugee/Immigrant Community:

- Catholic Charities: 716-856-4494
- International Institute: 716-883-1900
- Jericho Road Community Health Center: 716-348-3000
- Jewish Family Services: 716-883-1914
- Journey's End: 716-882-4963

6. Domestic Violence:

- 24 Hour Erie County Domestic Violence Hotline: (716) 862-HELP; Instant access to interpreters 24 hours a day
- Haven House (Shelter): 716-884-6000 (People who are deaf or hard-of-hearing can call 7-1-1); provides shelter, support and services for victims and survivors of domestic violence.

Haven House's advocates are working remotely and are available with support and services for victims and survivors.

- Family Justice Center of Erie County: 716-558-SAFE (7233); closed to in-person visits, but they are still operating by phone, email and online chat.

7. Social Services:

To apply for assistance, [click here](#).

- Temporary Aid to Needy Families (TANF): 716-858-8000 for an application; No in-person interview required; Interviews done over the phone
- Supplemental Nutrition Assistance Program (SNAP): 716-858-7239; Online at mybenefits.ny.gov
- HEAP: 716-858-7644; Online at mybenefits.ny.gov
- Medicaid: 716-858-6244
- Erie County Department of Social Services main number: 716-858-8000.

8. Utilities:

The New York State Department of Public Service announced today that it would immediately work with utilities across the State to ensure any customers affected by COVID-19 restrictions will not lose power or heat due to financial hardship.

The state's major electric and gas utilities — National Grid, New York State Electric and Gas, Rochester Electric and Gas, and National Fuel Gas — and major private water companies have all committed to suspending shut-offs for customers and to assist customers impacted by COVID-19 who may be experiencing financial hardship that makes it difficult for them to pay their utility bills during the outbreak.

Spectrum will begin offering free broadband internet and Wi-Fi service as a way to help students whose classes are moving online because of the closings caused by the coronavirus outbreak. Spectrum said it would waive installation fees for non-subscribing households with students. Once the 60-day period expires, the service will continue unless the consumer cancels. Call 1-844-488-8395.

DFT Communications is offering free internet service through June 30th to households with school age children K-12, college students, and those required to work from home due to COVID-19.

Call 716-673-3000.

9. Transportation:

To facilitate social distancing, NFTA Metro Bus and Rail have suspended fare collection. Because there is no fare collection, passengers will be asked to use rear doors when boarding and exiting buses. Those who have special needs or mobility issues may still use front doors.

All licenses, non-driver IDs, and registrations with an expiration date of March 1st or later are extended. Inspections due in March are extended until further notice.

10. Food Pantries:

All Buffalo residents with children are eligible for free breakfast and lunches.

[Click here](#) for locations, or call 716-816-3688.

- Congregate meal sites/senior lunch programs offered through Senior Services will be closed effective 3/17/2020. Anyone 60+ in need of home delivered meals should call Erie County Senior Services/NYConnects for an assessment: 716-858-8526.
- Adults 59 and younger who need home delivered meals should call Feedmore WNY, formerly Meals on Wheels & the Foodbank of WNY. Feedmore WNY is waiving the signup fee for their home delivered meal program. Call 716-822-2002.
- Buffalo Barrel + Brine is offering free bagged lunches for those in need, no questions asked, Monday-Friday, 12pm-2pm. Address is 155 Chandler Street, Buffalo, New York 14207. Call 716-877-3455 for more information.

**MARCH 2020 - JUNE 2020 - Open to the public
(Mostly perishable food items, fruits, veggies, milk, bread)**

- Salvation Army Buffalo Address: 960 Main St Buffalo, 14202 (716) 883-9800
Time: 1:30pm
Dates: April 7, May 5, June 2

- Valley Community Center Address: 93 Leddy St Buffalo 14210 (716)823-4707
Time: 9:30am
Dates: April 1, May 6, June 3
- Friends of the Night People @ Gerard Place Address: 2515 Bailey Ave #1 Buffalo 14215 (716)884-5375
Time: 1:30pm
Dates: April 2, May 7, June 4
- Salvation Army Tonawanda Address:46 Broad St Tonawanda 14150 (716)693-3110
Time: 11 am
Dates: April 3, May 1, June 5
- Blackrock Riverside @ DePaul Properties Address: 238 Ontario St, Buffalo 14207 (716)875-1523
Time: 1 pm
Dates: April 3, May 1, June 5
- Concerned Parents/St. Lukes Address: 314 East Ferry Buffalo 14208 (716)883-0961
Time: 10:30 am
Dates: April 13, May 11, June 8
- Hispanics United @ Kleinhans Address: Kleinhans Music Hall, 3 Symphony Circle Buffalo 14201 (716)856-7110
Time: 1:30 pm Dates: April 13, May 11, June 8
- Good Shepard @ Journey's End, Address: 36 Brewster St., Buffalo, NY (716)833-1151
Time: 1:30pm
Dates: April 8, May 13, June 10

Erie County Mobile Food Pantries:

- Tri Community Food Pantry Address: 85 Manitou St, Depew 14043 (716)949-0498
Time: 10:30am
Dates: March 14, April 11, May 9, June 13
- UPC/Trinity United Methodist Address: 711 Niagara Falls Blvd, Amherst 14226 (716)836-7660
Time: 10:30am
Dates: March 16, April 20, May 18, June 15

- Resurrection Life Address: 2145 Old Union Rd, Cheektowaga 14227 (716)656-8995
Time: 10:30am
Dates: March 17, April 21, May 19, June 16
- Evergreen Health Services Address: 282 Georgia St, Buffalo 14201 (716)847-0212
Time: 1:30pm
Dates: March 19, April 16, May 21, June 18
- Resurrection Lutheran Address: 3 Doat St Buffalo 14211 (716)892-2489
Time: 10:30am
Dates: March 20, April 17, May 15, June 19
- New Covenant Tabernacle Address: 345 McConkey Dr, Buffalo (716)877-9882
Time: 10:30am
Dates: March 24, April 28, May 26, June 23
- CCDC Address: 134 William St Buffalo 14204 (716)852-2324
Time: 10:00am
Dates: March 26, April 23, May 28, June 25
- Mercy Comprehensive Care Center Address: 397 Louisiana St Buffalo 14204 (716)923-6120
Time: 10:00AM
Dates: March 25, April 22, May 2, June 24

11. Housing/Homelessness:

Effective Monday March 16, all eviction court proceedings and pending eviction orders shall be suspended statewide until further notice. Per executive order there shall be no enforcement of either eviction of any tenant residential or commercial, or a foreclosure of any residential or commercial property for a period of 90 days from 3/20/20.

Coalition for the Homeless, [click here.](#)

12. Mental Health

Counseling Services for Adults and Children, [click here.](#)

Taking Care of Your Mental Health During the Coronavirus Outbreak, [click here.](#)

- Suicide Prevention and Crisis Services: 24-Hour Crisis Hotline: 716-834-3131

- 24-Hour Addiction Hotline: 716-831-7007
- Spectrum Crisis & Re-Stabilization Emergency Services (C.A.R.E.S): 716-882-4357
18 years and younger
- Spectrum Health and Human Services Urgent CARE (UMHACC):716-539-6743
- National Resource: 24- hour access to trained disaster crisis counselors providing supportive counseling, including information on common stress reactions and healthy coping
- Disaster Distress Helpline: 1-800-985-5990
Text: "TalkWithUs" to 66746
TTY: 1-800-846-8517
Website: <http://disasterdistress.samhsa.gov>
- Erie County Mental Health Resource Guide, [click here.](#)

13. Unemployment:

New York State is waiving the 7 day waiting period for Unemployment Insurance benefits for people who are out of work due to the Coronavirus - COVID-19 closures or quarantines.

If you are filing a new Unemployment Insurance claim, the day you should apply is based on the first letter of your last name. Call 1-888-209-812 or apply on-line, [click here.](#)

- *A - F file on Monday | G - N file on Tuesday | O - Z file on Wednesday*
- If you missed you day: file on Thurs-Fri-Sat

Any claim you file will be backdated to the date you became unemployed. If you are eligible, you will be paid for all benefits due.

14. Employment Opportunities:

There are several companies currently hiring. Please contact The Buffalo Employment Training Center at 716-856-JOBS or register on-line, [click here](#).

COMPANIES HIRING
DURING THE COVID-19 OUTBREAK
716.856.JOBS
buffalony.gov/jobs

Aldi's	Brookdale Senior Living	CVS	New Directions Youth & Family Services	Super Price Choppers
Amazon	Buffalo Hearing & Speech Center	Dash Markets	NYS Trooper Entrance Examination/October	Tesla
American Job Exchange	Catholic Health	Dollar General	Office Depot	The Arc Erie County
American Lung Assoc.	Capital Mgmt. Services	Dominos	OLV Human Services	The Market in the Square
Autumn View Health Care Facility	City Fence	Elderwood	People Inc.	The Salvation Army
Big Ditch Brewing Co.	Community Services For Every1	Erie County Govt.	Pepsi-Cola	Tops Friendly Markets
Broetje Automation-USA	CSL Plasma	FedEx	Peregrine Senior Living	Univera HealthCare
		Fidelis Care	PetSmart	UpState Farms
		Health Force WNY	Pizza Hut	Upstate Niagara
		Home Depot	Price Rite	Walgreens
		Jetro Holdings, LLC	Rich Products	Wegmans
		Jets Pizza	Roswell Park Comprehensive Cancer Center	Whole Foods Market
		Lexington Co-op	Sahlen's	
		McDonalds	Staffworks	
		Metalico	Steuben Foods	
		Modern Corporation		
		National Fuel		
		Neighborhood Assistance Corp. of America		

15. Taxes:

Deadline - income tax filings are now due July 15, 2020 for both Federal and NYS income taxes
Free file online options are available on the New York State Dept. of Taxation.

NYS tax filing, interest and payment penalties due for the sales tax quarterly period ending February 29 are waived for a period of 60 days for taxpayers required to file returns and remit sales and use taxes by March 20, 2020.

16. Census

CITY OF BUFFALO
RESPONSE RATE TO
THE 2020 CENSUS
as of April 2, 2020

30%

IT DEPENDS ON YOU!

According to Mayor Byron W. Brown, an accurate Census count will ensure that our community will get its share of federal funding in the wake of this emergency.

During the last Census in 2010, there was a serious undercount of our population, which meant we lost out on federal dollars to help power vital programs.

To fill out the Census online, go to my2020census.gov or call 844-330-2020