LISA BLUNT ROCHESTER

MEMBER OF CONGRESS

U.S. Congresswoman Lisa Blunt Rochester

COVID-19 Information Resource Guide

(Updated on 12/23/2020)

Dear Friend,

I have heard from many of you about the concerns you have regarding the spread of the COVID-19 virus. In these difficult times, it is critical that everyone—federal and state officials, organizations, and communities—work together to get through it.

My priority is ensuring the well-being of Delawareans and the American people. As we continue to work in Congress to provide the appropriate resources to our state and local partners to fight the virus, I also want to provide my constituents with the resources they need to help stop the spread.

My office is following the guidance of the Centers for Disease Control and Prevention (CDC) and working remotely. However, I can assure you that we are still fully available to help during this time. You can reach us by phone at 202-225-4165 or 302-830-2330, or go to bluntrochester.house.gov/contact. When leaving a voicemail, please be sure to leave your first and last name, phone number, and email address. You can also monitor my social media channels for more information.

I will continue to provide regular updates on the COVID-19 response, but for the latest information, visit CDC.gov/coronavirus or www.cdc.gov/coronavirus/2019-ncov/index-sp for Spanish. You can also visit de.gov/coronavirus, or call the Delaware Department of Health and Social Services by dialing Delaware 2-1-1 (1-800-560-3372), 7-1-1 for individuals who are deaf or hard of hearing, or text your ZIP code to 898-211 with social service or health questions.

In addition, the Division of Public Health asks any Delaware health care, long-term care, residential, or other high-risk facility with questions or concerns to email: DPH_PAC@delaware.gov.

Below, I have compiled some practical, and I hope useful, resources for Delawareans. My goal is to help you stay up to date with the latest information and provide you with answers for any questions you may have.

May you stay healthy and safe.

Mental Health Resources

In what is an incredibly stressful time for many Americans, it is important to maintain and manage mental health. The CDC has published guidelines to help you ensure your mental health—as well as your physical health—is a priority. For more mental health resources, please go here. Below, you will find a list of mental health resources to assist you during these times. If you or a loved on is experiencing an addiction or mental health emergency, call DHSS' 24/7 Delaware Hope Line at 1-833-9-HOPEDE.

Prevention

We all have a responsibility to prevent COVID-19 from spreading as much as we can. Upon recommendations from the CDC and the Delaware Department of Health and Social Services (DHSS), Delawareans should take the commonsense measures listed below to protect themselves and their families:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Do not touch your face.
- Disinfect frequently used objects and surfaces using a regular household cleaning spray or wipe.
- Rely on trusted sources like the Delaware Division of Public Health, DHSS, and the CDC.
- Individuals who believe they have been exposed to COVID-19 should contact their health care provider. If you or a loved one is sick, please call your health care provider, or DHSS at 2-1-1 if you do not have a health care provider, prior to going to the doctor's office, emergency room, or urgent care center.
- Practice social distancing, maintaining six feet of distance from other people, if it is necessary to leave your home.
- The State of Delaware requires individuals to wear a face mask in public places. It is important to remember that wearing a cloth face mask is not a replacement for social distancing. You can read more about the guidance here.
- While we face flu season at the same time as the coronavirus pandemic, it is critical that we protect ourselves and those around us by getting a flu shot. Delawareans can go here to learn more about the flu shot, including where you can get yours and why it is so important.

On June 1st, Delaware entered Phase I of economic reopening and on June 15th Delaware entered Phase II. You can read more about Phase II here.

On December 14th, a Stay at Home Advisory went into effect until January 11th to combat a winter surge in coronavirus cases. You can read more about the order here.

To learn more about what you can do to prevent the spread of COVID-19, please visit coronavirus.delaware.gov/what-delawareans-can-do.

Medical Care

If you or a loved one is sick, please call your health care provider or DHSS at 2-1-1, if you do not have a health care provider, prior to going to a doctor's office, emergency room, or urgent care center.

COVID-19 has a wide range of symptoms, some similar to the common cold, such as a cough, fever, or shortness of breath. The CDC guidance on symptoms can be found here. If you develop emergency warning signs—they include **difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion, inability to arouse and bluish lips or face** –call 9-1-1 immediately.

Testing

Delaware Health and Social Services (DHSS) has greatly expanded testing framework, allowing for more widespread testing in Delaware. To find out where you can get tested, please visit: https://coronavirus.delaware.gov/testing/.

Assistance for Workers

In Congress, my colleagues and I have passed, and the President has signed into law, three bills to assist Americans dealing with the economic consequences of COVID-19. On May 15, the House of Representatives also passed *the Health and Economic Recovery Omnibus Emergency Solutions (HEROES) Act*, a $3 trillion COVID-19 relief package, on a bipartisan basis with my support by a vote of 208 to 199. On December 21, Congress passed a third bipartisan COVID-19 relief bill to provide more direct payments to Americans and expand unemployment benefits.

- *Unemployment Benefits*: The State of Delaware has expanded the eligibility for Unemployment Benefits, in addition to removing the waiting week to receive benefits. Delawareans can apply for Unemployment Insurance Benefits here and find an FAQ sheet from the Delaware Department of Labor.
- *Food Assistance*: Delaware's Department of Health and Social Services can help those without the resources to purchase food. Click here to view locations for school children to receive free meals they would have received organizations have committed to helping Delawareans maintain access to food during this time. at school.
- *Mortgages and Evictions*: I signed onto a letter calling for a moratorium on all evictions and foreclosures on federally backed mortgages, which has since been adopted by President Trump's administration. Go here to learn about your rights and find out if you qualify for eviction protection.
- *Paid Sick Leave*: The *Families First Coronavirus Response Act* creates emergency paid sick leave, as well as paid family leave in the case of school closures, for working

families impacted by COVID-19. The bill requires employers with up to 500 employees to provide paid sick leave and paid family leave, while providing a refundable payroll tax credit to employers to cover 100 percent of the cost of wages. There is also a refundable income tax credit for self-employed individuals. Businesses with fewer than 50 employees can apply for an exemption from the US Department of Labor if providing these benefits would jeopardize the viability of the business. For more information, please visit www.dol.gov/newsroom/releases/osec/osec20200320. For an FAQ on Emergency Paid Sick Leave under the Families First Coronavirus Response Act and the CARES Act, please click here.

- *Assistance for Non-Profits:* For loans available to non-profits, please click here. Non-profits are eligible for the Paycheck Protection Program. Go here for more information.
- *Assistance for Immigrants:* Click here for a guide to the CARES Act for immigrants (click here for Spanish).

We will continue to work on legislation that addresses the ever-evolving health and economic repercussions of this virus.

Assistance for Small Businesses

During this uncertain time, small businesses are some of the most impacted economically. Below are resources specifically for small businesses. We will continue to address the economic impact of COVID-19 on small businesses. For more information, please visit coronavirus.delaware.gov/resources-for-businesses/. If you have further questions, please contact the Division of Small Business at COVID19FAQ@delaware.gov.

- The Delaware Division of Small Business has compiled comprehensive resources for grants and loans available to Delaware businesses and non-profits, which can be found here.
- The Small Business Administration (SBA) loan resources and guidance specifically for COVID-19 can be found here. Visit Delaware's SBA website at www.sba.gov/offices/district/de/wilmington.
- Apply here for a disaster loan from the Small Business Administration.
- The CARES Act created loans through a new SBA 7(a) Paycheck Protection Program (PPP) can be forgiven when used for payroll costs (including paid leave, health care, and other costs) to retain workers, and other expenses such as rent, mortgage interest, and utilities. Independent contractors, sole-proprietors, and other self-employed persons are eligible for these loans. The applications opened in April. Following additional money for the program in the *Paycheck Protection Program and Health Care Enhancement Act*, H.R. 266, the second round of applications opened on April 27th. **The PPP is currently closed to new applicants.**
- For an FAQ for lenders and borrowers of the Paycheck Protection Program, click here.
- The U.S. Chamber of Commerce has prepared a small business owner's guide to the Paycheck Protection Program (PPP), click here to read more.

- Click here to visit my Small Business Resource page for further information.

Economic Impact Payments

The *Coronavirus Aid, Relief, and Economic Security (CARES) Act* created direct payments for the American people as they deal with the economic consequences of COVID-19. An FAQ on these rebates is available here (click here for Spanish). For an IRS fact sheet on the payments, please click here. You may contact my office for any assistance you may need regarding your EIP.

- The United States Treasury and the IRS announced that Social Security beneficiaries who typically do not file a tax return **will not** be required to file one to receive their Economic Impact Payment. For more information from the IRS, please click here.
- Individuals who typically do not file taxes, can go here for more information and to register to receive their payment. The deadline to register for your EIP was **November 21, 2020**.
- The IRS and Treasury recently launched a new tool to track your Economic Impact Payment, which you can access here: irs.gov/coronavirus/get-my-payment.
- For an FAQ on the Economic Impact Payments, including information on the new 'Get My Payment' page, click here.
- Your payment may be sent via prepaid debit cards in unmarked envelopes from the IRS. For information on these prepaid debit cards, you can go here: www.eipcard.com.

Education and Childcare

The most up to date State of Delaware guidance on childcare, schools, and universities can be found here.

The State of Delaware announced in August that schools will be permitted to open in a hybrid scenario. The decision on whether to open in a hybrid scenario or virtually has been left up to the individual school districts. Please consult your school district's website to find more information your child's school. You can also visit the Delaware Department of Education's website for more information.

The Delaware Department of Education has provided several resources to deal with the extended period of time students will not be attending school.

- *Child Nutrition Sites*: Click here to view locations for school children to receive free meals they would have received at school. For Spanish, click here. For Haitian Creole, click here.
- *Free Learning Activities*: Free learning activities for students can be accessed here.

Taxes

The federal tax filing deadline was extended to July 15, 2020. If you missed the July 15 deadline, you can go here to see your options. Please note that there is a fee associated with late filing. On March 25th, the IRS released their People First Initiative, which will assist taxpayers by providing relief on a variety of issues ranging from easing payment guidelines to postponing compliance actions. For more federal tax information, please visit irs.gov/coronavirus.

More resources:

- FAQ for Federal Filing and Payment Deadlines Questions and Answers
- IRS Tips for Taxpayers and Tax Pros

The Delaware Personal Income Tax Return filing deadline was also extended to July 15, 2020. For more Delaware State tax information, please visit revenue.delaware.gov/tax-season-and-covid-19.

Social Security

All Social Security Administration (SSA) field offices are closed to the public for in-person visits, but will remain open for phone and online service. This may lead to delays in service, but benefits will not be affected. While SSA offices are closed to the public, you can still call 1-800-772-1213 (TTY 1-800-325-0778).

Please go to www.ssa.gov/coronavirus or www.socialsecurity.gov/ask for more information.

Travel

The CDC has issued guidance recommending you stay home as much as possible, especially if your trip is not essential, and practice social distancing, especially if you are at higher risk of severe illness. Don't travel if you are sick or someone in your travel party is sick. You can read more about CDC travel guidelines here.

For international travel, the Department of State advises U.S. citizens to avoid all international travel due to the global impact of COVID-19. To access the latest travel advisories from the State Department, go to the State Department's Website.

Consumer Protection

In Delaware, price gouging during a State of Emergency is illegal. Please report any incidents of price gouging, scams, or fraud by filling out a consumer complaint form, along with sending supporting documentation to consumer.protection@delaware.gov. Please call the Department of Justice's Consumer Protection hotline, 1-800-220-5424, with any further questions. Click here to read more about what you can do to avoid scams.

Information on Delaware Correctional Facilities

Delaware Department of Corrections is taking precautions to protect their staff, individuals in their custody, and officers. To learn more about the actions being taken by the Delaware Department of Corrections you can visit their website here. In light of coronavirus, the DOC has temporarily suspended all in-person visitation. To contact the Department directly with questions or if you need assistance, please email doc_askdoc_mail@delaware.gov.

General Information

It is important that we all stay informed about COVID-19. The World Health Organization (WHO) has compiled a list of COVID-19 related myths here.

In March, I held a telephone town hall with Dr. Karyl Rattay from the Delaware Division of Public Health. 16,000 Delawareans tuned in and we received over 300 questions. Because of the large response, I have compiled an FAQ from the questions we received. It is posted on my website and can be located here.

Updates from State of Delaware

Please go to news.delaware.gov/ for the most recent COVID-19 updates from the State of Delaware.

DETENGA LA PROPAGACIÓN DE LOS MICROBIOS
Ayude a prevenir la propagación de enfermedades respiratorias como el COVID-19
Evite el contacto cercano con las personas enfermas.
Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.
Evite tocarse los ojos, la nariz y la boca.
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.
Quédese en casa si está enfermo, excepto para buscar atención médica.
Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.
CDC
cdc.gov/COVID19-es

COVID 19
CORONAVIRUS DISEASE
阻止细菌传播
帮助预防呼吸道病毒如 COVID-19 的传播。
避免与患病的人近距离接触。
咳嗽或打喷嚏时用纸巾遮住，然后将纸巾丢进垃圾桶。
避免触碰自己的眼睛、鼻子和嘴巴。
对频繁接触的物体和表面进行清洁和除菌。
生病时请留在家中，除非要接受诊疗护理。
经常用肥皂和水洗手，每次至少 20 秒钟。
CDC
详细信息请参见：www.cdc.gov/COVID19-ch
CS314915-C

CORONAVIRUS (COVID-19)

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

QUARANTINE vs ISOLATION?

SOURCES:
CENTERS FOR DISEASE CONTROL & PREVENTION

QUARANTINE

Separates and restricts the movement of people who possibly have been exposed to coronavirus (COVID-19) to see if they become sick. People in self-quarantine do not have symptoms (asymptomatic).

Others living in the home, who are not under quarantine, can go to work, buy groceries, pick up prescriptions and monitor people being quarantined. They also will disinfect commonly used surfaces, do laundry and wash their hands frequently.

People under quarantine are asked to:

- Self-quarantine for 14 days, the presumed incubation period for the virus.
- Refrain from work, shopping, eating out, worship and other outside activities.
- Have no visitors and keep 3-6 feet away from family members.
- Monitor their health and call their doctor if they develop symptoms.
- Remain at home unless they need a doctor or emergency services. And then call ahead to alert the health care provider.

ISOLATION

Separates people who are ill with COVID-19 from people who are not sick. People in self-isolation are a danger to their family and visitors. Their health must be monitored carefully in case it deteriorates.

People in isolation MUST:

- Stay in a separate room from other people in their home.
- Use a separate bathroom.
- Have no visitors and keep 3-6 feet away from family members.
- Cough or sneeze into a tissue and dispose of the tissue in a lined trash can. Then, immediately wash their hands with soap and water for at least 20 seconds.
- Wash their hands frequently, even if they haven't coughed or sneezed.
- Avoid touching their eyes, nose and mouth with unwashed hands.
- Not share dishes, cups utensils, towels or bedding with anyone; wash these items after they are used.
- Disinfect commonly used surfaces such as countertops, desktops, phones, keyboards, TV remotes and more.
- Not take the bus, a ride-sharing service or taxi.
- Wear a face mask if they must be around people at home, or in a car on their way to a medical appointment (after calling ahead). If they don't have a face mask, use a scarf or other garment.

Questions?

For information contact us at 1-866-408-1899 or email dphcall@delaware.gov.
People with a hearing impairment can call 7-1-1

de.gov/coronavirus

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