



**RESOURCES GUIDE FOR
THOSE WHO ARE
UNEMPLOYED DUE TO
COVID-19**



Qualitas
OF LIFE FOUNDATION

Resources Guide for Those Who are Unemployed Due to COVID-19

According to the Pew Research Center, the spread of the COVID-19 pandemic will potentially impact nearly 60 million Hispanics in the United States significantly, especially their finances. The main reason is because the majority of them work in highly affected industries, such as service and hospitality. Many of them do not have health insurance or access to financial benefits.

In addition to this, people with irregular immigration status face the challenge of not being able to access most of the benefits available to the affected population, such as: unemployment insurance, health services (Medicare and Medicaid), social services or resources and programs funded by federal, state, local government and other agencies.

In response to this, Qualitas of Life Foundation developed the guide Resources for Those Who are Unemployed Due to COVID-19 listing the options available to the immigrant community that otherwise could not find resources to lessen their financial situation in these uncertain times.

It is important to mention that the options presented in this guide were reviewed by immigration lawyers in order to ensure that the resources mentioned here will not later become public charge.

If you are currently unemployed and looking for a starting point of resources to help you, this guide is for you. We also invite you to check our guide: Employment Opportunities for Workers Displaced by COVID-19 with ideas and resources to help you find opportunities for part-time employment or generating an income working from home.

The Qualitas of Life Foundation family is with you, you are not alone!

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I. Health

U.S. Citizenship and Immigration Services (USCIS) encourages all, including travelers, who have symptoms similar to those of COVID-19 (fever, cough, shortness of breath) to seek the necessary medical treatment or prevention services. Such medical treatment or prevention services will not be considered in the future analysis of public charge.



Directory of free clinics across the United States:
<https://freeclinicdirectory.org/>

A. Mobile diagnostic clinic

The city of New Rochelle has launched the first mobile diagnostic clinic in New York. It is estimated that said mobile clinic will perform around 200 tests a day. If you reside in Westchester County and want a diagnosis, you can make an appointment by calling the number: (888) 364-3065.

B. Dealing with stress and social distancing


Social distancing and isolation are likely to disrupt the activities you are used to doing on a daily basis and the way you interact with others. All this can increase the stress of the current situation. Feeling overwhelmed, sad, anxious, or scared, or experiencing other symptoms of distress, such as trouble sleeping, is natural.

You can reduce the negative impact of stress by doing some of the following activities:


Try as much as possible to maintain daily routines or create new ones, if necessary, to help you cope with these changes.

Stay positive and focus on the things you are thankful for and the things that are going well in your life.

<https://weareoneamerica.org/2020/03/23/covid-19-coronavirus-resources-for-immigrants-recursos-para-inmigrantes/>



Stay connected with family, friends and social networks through email, video conference or phone.



Seek help if stress symptoms become overwhelming for you or a family member, you can connect with trained counselors in NYC Well. Call 888-NYC-WELL (888-692-9355).

II. Finances

A. What are my options if I am unemployed due to COVID-19?

El estado de Nueva York anunció el período de espera de 7 días para los beneficios del seguro de desempleo para las personas que no tienen trabajo debido a cierres o cuarentenas de Coronavirus (COVID-19). *Aplica para personas con permiso de trabajo o beneficiarios de DACA.*



[Obtenga más información sobre el desempleo del Departamento de Trabajo de Nueva York.](#)

Las leyes de baja por enfermedad varían según el empleador y el condado. [Aquí](#) hay algunos recursos que pueden aplicarse a usted.

B. Ingresos y préstamos



Soy indocumentado y he sido afectado financieramente por el brote de COVID-19. ¿Qué programas y servicios puedo solicitar y acceder sin mostrar mi documentación?

★ RAISE

Undocumented Workers Fund. People with irregular immigration status who work in the service sector in Manhattan or Brooklyn, who are not currently able to work due to the restrictions of COVID-19, can apply. The fund provides them with up to \$150 dollars. To receive the funds you need to have a Venmo account.



For more information visit
<https://raise-nyc.squarespace.com/events>



One Fair Wage Campaign

Provides free cash assistance to restaurant workers, delivery drivers, and other tipped workers and service workers, who have had their incomes diminished during the COVID-19 crisis or are unable to work due to quarantine or other health problems.



For more information visit:
<https://ofwemergencyfund.org/help>.



Southern Smoke's Emergency Relief Fund

Provides emergency funds to those employed by or own restaurants or bars or are employed by a restaurant or bar supplier that are faced unforeseen expenses that cannot or will not be covered by insurance.



For more information visit:
<https://form.southernsmoke.org/smoke/application/>



Betancourt Macías Family Scholarship Foundation

Provides support to families and individuals with irregular immigration status during this time of crisis. The amount they provide to each individual is based on the donations and the requests they receive.



For more information visit
https://docs.google.com/forms/d/e/1FAIpQLSfs3vK0E-xPqYUG3P_vRtZbCfzE8-J9GmEfunanb0bX76uSmg/viewform



Emergency Funds for Undocumented Youth and Families during COVID-19

The New York State Youth Leadership Council (NYSYLC) created an emergency fund to support youth with irregular immigration status in New York City and families whose livelihoods are being affected by COVID-19.

Whether it's from a decline in business for street vendors or being laid-off in domestic and restaurant jobs. Maximum request of \$1,000. Currently, they have reached the limit in requests for the emergency funds, but it is recommended to monitor their page for future funds.

For more information visit

https://docs.google.com/forms/d/e/1FAIpQLScoBU7IAxPGFSPMVRnOsKe8mKplhS2500z-NPEp_NFzUEcJkA/viewform

Contact: info@nysylc.org

III. Food

Emergency food



If you need emergency food assistance, call the Emergency Food Hotline at 866-888-8777 or 311 to find a local pantry or kitchen. There is no income limit and everyone is eligible for emergency food assistance, regardless of their immigration status or income level.



For more information visit:

<https://access.nyc.gov/programs/emergency-food-assistance/>

Free meal service at public schools (No registration, ID or documentation required)



New Yorkers can receive three free meals a day from the New York Department of Education (DOE). Meals are available in more than 400 locations from 7:30 - 11:30 am for families, and 11:30 am - 1:30 pm for adults. You can find your school by texting "FOOD", or "COMIDA" to 877-877.



For more information visit:

<https://www.opt-osfns.org/schoolfoodny/meals/default.aspx>

CITY HARVEST



It is an organization that delivers food to New Yorkers who have difficulty bringing food home. They deliver pantries FREE OF CHARGE to hundreds of food banks, soup kitchens and community partners in all five boroughs.



If you need to find a food bank near your home, please visit <https://maps.nyc.gov/foodhelp/>

IV. Entertainment



Entertainment for all. The Consulate General of Mexico in New York has compiled a series of links that may be useful in keeping the whole family entertained, particularly children.



For more information visit <https://consulmex.sre.gob.mx/nuevayork/index.php/espanol/material-informativo>

V. Additional Resources

Support during COVID-19. The New York State Youth Leadership Council (NYSYLC), has compiled a resource document in New York around COVID19's support efforts and prioritizes resources open to undocumented people.



For more information visit <https://docs.google.com/document/d/1rzCfe-FUG5EyaN-hLAoRqVPW8uq0OXT1oyB44-qCEew/edit?usp=sharing>

For a list of additional resources (nationally and by state) visit:

<https://docs.google.com/spreadsheets/u/1/d/18p9OSILpSYanloUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview#gjid=0>

Local Resources

If you need help looking for more resources in your city, you can visit:

<https://www.auntbertha.com/>

We invite you to visit our website www.qualitasoflife.org o learn more about our educational programs and [resources](#).

Thank You!



VI. Glossary

COVID-19: stands for novel coronavirus disease 2019, which refers to the year of its initial detection. COVID-19 is the illness related to the current pandemic; the illness is caused by the virus SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2).

DACA: Deferred Action for Childhood Arrivals (DACA), program designed to allow immigrants with irregular immigration status who were brought to the United States as minors to remain in the country to study or work.

Donation: a gift made by an individual or organization to a nonprofit, charity, or private foundation, commonly in the form of cash.

Emergency Fund: amount of money that is reserved and has easy access but which is only used in case of emergency or unexpected expenses that can not be addressed otherwise.

Epidemic: a widespread occurrence of an infectious disease in a community or geographic area.

Irregular Immigration Status: refers to a person who enters, or lives in, a country of which he or she is not a citizen, without complying with immigration laws and regulations.

Lockdown: an emergency measure in which individuals are restricted from certain areas in an attempt to control exposure or transmission of disease. In a lockdown during an epidemic, individuals are encouraged to stay home.

Pandemic: a worldwide spread of an infectious disease, with larger reach than an epidemic. Until COVID-19, the last pandemic was the H1N1 influenza outbreak in 2009.

Public Charge: refers to someone who depends primarily on the government for subsistence, either by using public cash aid as income to support themselves or institutionalizing themselves for long-term care at the government's expense.

Quarantine: separating and restricting the movement of people exposed (or potentially exposed) to a contagious disease.

Social Distancing: the act of remaining physically apart in an effort to stem transmission of COVID-19. Social distancing can include a move to remote work, the cancellation of events and remaining at least six feet away from other individuals.

U.S. Citizenship and Immigration Services (USCIS): a component of the United States Department of Homeland Security (DHS).