

Resources for Students during Quarantine (Fall 2020)

The following is a list of resources for Queens College, CUNY students. However, many of these resources are useful for New Yorkers in general. It is a work in progress, and should be frequently updated. Check back often.

Many of these resources are specific to the COVID-19 pandemic, but most can be used in one form or another in different contexts beyond the current situation.

Lists like this should be a collaborative effort. Please make suggestions. Feel free to circulate, issue corrections, updates, and additions. Revise and distribute to suit your needs.

Feel free to email a trusted professor or mentor if you have trouble getting any messages through or obtaining any resources. If you are a philosophy student, and even if you are not, please feel free to email the Philosophy Department:

<https://www.qc.cuny.edu/Academics/Degrees/DSS/Philosophy/Pages/default.aspx>

A word of advice, too, for what it is worth. You can expect to run into a lot of red tape and frustration when seeking resources, for example, unemployment insurance. Be prepared to exercise your patience. But persevere and do not give up. Remain undaunted, keep a sense of humor, and seek out as hard as you can the resources that are available to you. Reach out to friends, family, colleagues, mentors, and professors as needed.

I. FACTS AND MYTHS ABOUT COVID-19

There is a lot of misinformation circulating about the COVID-19 pandemic. This includes the spread of racist misinformation. To get you started with the facts, please check out the following:

1. Coronavirus factsheet from the World Health Organization:

https://www.who.int/health-topics/coronavirus#tab=tab_1

2. We must combat racism and all forms of discrimination always. Here is an article explaining the United Nations' efforts to combat coronavirus-related xenophobia.

<https://www.un.org/en/coronavirus/covid-19-un-counters-pandemic-related-hate-and-xenophobia>

3. The following article succinctly states the aggravated dangers to marginalized communities during a public health crisis, concluding that, from the perspective of justice as well as from the perspective of public health, we must not allow racism to inform our policies and personal responses:

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30792-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30792-3/fulltext)

4. Coronavirus myths debunked:

<https://www.nytimes.com/article/coronavirus-myths.html?action=click&module=Spotlight&pgtype=Homepage>

5. Updated frequently, here is the main page of the NYC government's website on coronavirus. It includes lists of safety precautions for various situations, such as attending protests, if you should choose to do so:

<https://www1.nyc.gov/site/doh/covid/covid-19-main.page>

6. Queens College Coronavirus Website

<https://www.qc.cuny.edu/StudentLife/services/health/Pages/Coronavirus.aspx>

7. CUNY Coronavirus Website, including information about technology access:

<https://www.cuny.edu/coronavirus/>

8. Here is *The New York Times* main page on coronavirus. The Frequently Asked Questions are especially helpful:

https://www.nytimes.com/news-event/coronavirus?name=style-coronavirus®ion=TOP_BANNER&block=storyline_menu_recirc&action=click&pgtype=LegacyCollection&impression_id=2ff3c6d0-fb67-11ea-a217-9dfb015b9179&variant=1_Show

II. FINANCIAL HARDSHIP, UNEMPLOYMENT, AND FOOD RELIEF

1. For international students with employment questions, please see the following webpage, and remember that most people are still working remotely. The best option is email.

<https://www.qc.cuny.edu/StudentLife/services/intstudents/employment/Pages/EconomicHardship.aspx>

2. Here is information about the Petrie emergency grants:

<https://www.qc.cuny.edu/StudentLife/services/Pages/Emergency-Grant.aspx>

3. Information on the CUNY Chancellor's Emergency Relief Fund for students:

https://www1.cuny.edu/mu/forum/2020/04/08/cuny-launches-chancellors-emergency-relief-fund-to-provide-urgent-aid-to-cuny-students-in-need-amid-covid-19-crisis/?utm_source=hootsuite&utm_medium=facebook&utm_term=chancellor%20f%C3%A9lix%20v.%20matos%20rodr%C3%ADguez&utm_content=0cd4d0e7-3253-4258-9027-a144e282071c&utm_campaign=

4. FAFSFA and TAP (federal and city financial aid) paperwork should be completed and submitted as soon as possible, after October 1st. Thorough information here:

https://startheregetthere.ny.gov/?utm_medium=301&utm_source=www.startheregetthere.org

5. Information about the Families First Coronavirus Relief Response Act:

<https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave>

6. NY pandemic unemployment insurance below, and also information about coronavirus paid sick leave. Do not assume that you do not qualify:

<https://labor.ny.gov/unemploymentassistance.shtm>

7. *The New York Times* has several very clearly written guides to life under the pandemic. This one is on financial hardship and unemployment, updated frequently. The topics covered are many, including food relief and rent assistance:

<https://www.nytimes.com/article/coronavirus-money-unemployment.html>

8. Here is the Queens College Provost's list of resources. It includes emergency financial and employment assistance, but it is far more encompassing than that, with its list of resources for physical and emotional health. Also note its resources for students experiencing discrimination:

https://provost.qc.cuny.edu/students#h.p_Tym9ZCIXjewL

9. Here is a link to the Queens College Food Pantry, available to all matriculated students:

<http://www.qc.cuny.edu/pantry>

10. Here is a link for assistance in locating other NYC foodbanks:

<https://www.foodbanknyc.org/get-help/>

11. At this link you will find a variety of resources, conveniently grouped into categories such as health, housing, business, employment, food relief, and so forth. It is specific to the COVID-19 crisis in NYC. Please note

<https://citylimits.org/nyc-coronavirus-crisis-resources-for-you/#11>

12. Here is a comprehensive NYC government list of social service resources for food, housing, and much more. Note that eligibility for many resources is regardless of immigration status, and that you might qualify to receive benefits even if you are already receiving benefits (for example, through unemployment insurance).

<https://access.nyc.gov/>

13. Call 211 for more information about employment, unemployment, utilities, and shelters.

III. PHYSICAL HEALTH DURING THE PANDEMIC

Suddenly, we are all paying attention to symptoms we might have brushed off before. Questions about when and how we should get tested for coronavirus are pressing. The links below should help you navigate these problems.

However, there are difficulties specific to people living with compromised immunity and with underlying conditions, in the wake of the pandemic. We should all be aware of the importance of protecting more vulnerable members of our community, and the concept of herd immunity. The resources below should help orient you in these respects too.

1. Be aware that there is now an anonymous app that allows contact tracers in New York to alert you if you have been in proximity to someone who has tested positive for COVID-19:

<https://coronavirus.health.ny.gov/covid-alert-ny>

2. A *Times* article underscoring the compounded importance of getting vaccinated for the flu this year:

https://www.nytimes.com/2020/09/14/well/live/how-flu-shots-can-help-in-the-fight-against-covid-19.html?name=styln-coronavirus-national®ion=TOP_BANNER&block=storyline_menu_recirc&action=click&pgtype=Article&impression_id=1ac22af0-fb66-11ea-969f-db2ab1f74327&variant=1_Show

3. What to make of symptoms today? This article helps you deliberate and directs you, in cases, to reach out to a physician:

<https://www.nytimes.com/2020/03/13/health/coronavirus-symptoms-flu-allergies.html?action=click&module=Spotlight&pgtype=Homepage>

4. You can receive free enrollment counseling for health insurance:

<https://www1.nyc.gov/site/doh/health/health-topics/health-insurance.page>

5. A fabulous resource for those with primary immunodeficiencies, with COVID-19 updates. (I love that their March 20th post references the beautiful "bank run" scene in *It's a Wonderful Life*).

<https://primaryimmune.org/coronavirus>

6. Information for people with primary and secondary immunodeficiencies, and how to take special care during the pandemic:

<https://www.allergy.org.au/patients/immunodeficiencies/covid-19-and-immunodeficiency>

7. NYC Coronavirus Testing Centers can be found here:

<https://coronavirus.health.ny.gov/find-test-site-near-you>

8. Here is the link to the Healthy CUNY initiative, which includes a list of mental and sexual health resources, in addition to resources for overall physical wellbeing:

<https://www.healthycuny.org/>

IV. RESOURCES FOR UNDOCUMENTED IMMIGRANTS

Please take special note of the **resources for undocumented immigrants**, below. This information needs to be circulated as widely as possible.

Unfortunately, at the time of writing, the latest versions of the federal CARES Act, or the coronavirus relief package, discriminate against undocumented immigrants, limiting or denying their access to testing, health services, cash rebates, and unemployment insurance. As you will see, the American Civil Liberties Union is speaking out against the imprudent and "cruel" shortcomings of the Act.

And yet, particularly in NYC, there are still ways for undocumented immigrants to the financial and health assistance they need. Please note too, for example, the restrictions placed on Immigration and Customs Enforcement (ICE) in the pandemic context.

1. Here is the CUNY Chancellor's statement of support for undocumented immigrant students. It echoes the language of the ACLU.

<https://www1.cuny.edu/mu/forum/2020/04/22/statement-from-chancellor-matos-rodriguez-on-trump-administrations-prohibition-against-undocumented-students-receiving-emergency-aid/>

2. The National Immigration Law Center has a detailed analysis of the coronavirus relief bills, in respect to their lack of support for low-income immigrants, while the ACLU has a shorter editorial on the same topic:

<https://www.nilc.org/resources-covid19-crisis-and-consequences/>

<https://www.aclu.org/news/immigrants-rights/covid-19-doesnt-discriminate-neither-should-congress-response/>

3. Also, note the resources at the end of the ACLU article:

<https://www.aclu.org/news/immigrants-rights/covid-19-doesnt-discriminate-neither-should-congress-response/>

4. This is from the NYC Mayor's Office of Immigrant Affairs. There is an extensive list of resources for health care, food access, financial assistance, childcare, and legal concerns. The list is geared specifically to the concerns of undocumented immigrants:

<https://www1.nyc.gov/site/immigrants/help/city-services/resources-for-immigrant-communities-during-covid-19-pandemic.page>

5. The New York State Leadership Council, a non-profit organization, is issuing grants of up to \$1000, specifically for undocumented immigrants hit hard by the crisis. You can apply and ask questions here:

<https://www.nysylc.org/undocufunds>

V. Miscellaneous: More Remote Learning and Technology Access, Pandemic Parenting, and Bereavement

Students at CUNY are assuming more responsibility than ever. They are courageous and resilient, but also they are experiencing a lot of stress and pain during the pandemic (see just above for emotional health resources).

Your professors want you to know that the pandemic's interruption of your education is real, and it is not your fault (we all forget that sometimes). Here are some resources to help with remote work, return to school for children, and more.

1. For CUNY loan of remote learning technology devices:

<https://www.provost.qc.cuny.edu/students/devices>

2. For Wifi hotspots for CUNY students:

contact the OIT Helpdesk at helpdesk@qc.cuny.edu or 718-997-4444

3. To join a QC-based COVID-19 Bereavement Support Group, organized by Counseling Services, please email: kristen.belmonte@qc.cuny.edu

4. To access academic support, to connect with other students as study buddies and peer mentors at Queens College, see here:

<https://www.qc.cuny.edu/Academics/SupportPrograms/SupportCenter/Pages/default.aspx>

VI. EMOTIONAL HEALTH, ESPECIALLY FOR SURVIVORS OF DOMESTIC VIOLENCE, ABUSE, AND RACISM

We are all suffering difficult emotions and realities under the pandemic. But the situation affects each of us differently.

For those of us who are already daily impacted by trauma and mental health issues, symptoms and hardship can be compounded. And those struggling in situations of domestic violence (broadly defined) have new challenges to face when the pandemic is restricting our movement and flexibility.

Many of the following resources have updated their sites to give support specifically under the lockdown conditions of the current outbreak.

Even if you think these resources don't apply to you, please check them out. At the very least, you can share them with a friend in need.

1. **Queens College Counseling Center.** A counselor is on call each day. Call and leave a message to get in touch:

718-997-5420

2. **Safe Horizon.** The link includes a 24/7 hotline and online chat for victims of domestic violence, including information about shelters. Includes COVID-19 updates.

<https://www.safehorizon.org/emergency/>

3. **Love is Respect.** This is for those experiencing intimate partner violence and emotional abuse. Chat with advocates 24/7 via chat, text, or phone. Advocates are advised about helping people on lockdown and can direct you to resources to aid you in your specific situation.

<https://www.loveisrespect.org/>

4. Every Thursday at 3 PM EST on Zoom, the **Queens College Gender, Love and Sexuality Alliance/GLASA** hosts a virtual safe space. Here is the information:

Event login information:

Zoom: ID: 985 6671 5301. Passcode: 155565.

Zoom Link:

http://r20.rs6.net/tn.jsp?f=001G5ydYVO0DdSm7DYIGsCT_B0y8HR_uIKXBSRMLFjvGgMi3dHrCEii195IKPrHlefMB9n2d51SOQkSqyh8BDtTbMOnaGRKwi5vMnfzc-D37xPYDVkpD0bXQg_zrtW0bxKEMsgThVYjMqfuU8smxSB8KkSiJ4doWdl5GI_GzZpA6IKx6Pv5182fncrqJFgbhP1U8NeiQH2sVO2TO4X983B3gejpDokjVnu_&c=Uu7XuJ2ZkWMinuZkmyvCGgv4itqoZzr1mfrdt2kcgppqZdEzhDFzg==&ch=B-DBvptr9Qc6aYV34MRtRiqQE8SIK2Mldi0d_9iAdxi4gvWngoNhxQ==

5. **United We Dream.** For immigrant youth, regardless of status, to provide them with resources and support. It is not specifically geared towards domestic violence victims, but you are encouraged to call the hotline.

<https://unitedwedream.org/>

6. **Northwest Network.** This is especially geared towards LGBTQ+ community.

<https://www.nwnetwork.org/>

7. A brief but important article on the obstacles that Asian Americans and Pacific Islanders in particular face when in need of mental health services, and what can be done to remedy the racial disparities in mental health care access:

<https://www.urban.org/urban-wire/fighting-stigma-mental-health-among-asian-americans-and-pacific-islanders>

8. Here is an article about racism during the COVID-19 crisis, along with several links to further information and resources:

<https://www.urban.org/urban-wire/confronting-racism-and-supporting-asian-american-communities-wake-covid-19>

9. To file a complaint about racist discrimination to the NYC Commission on Human Rights:

<https://www1.nyc.gov/site/cchr/about/report-discrimination.page>

10. **National Domestic Violence Hotline.** Here is an excellent guide to staying as safe as possible under the pandemic, if you are in a situation of domestic violence. You can also call the hotline.

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

11. Free and secure legal counseling and other resources for immigrants, regardless of status, facing domestic violence and other interpersonal abuse:

<https://www1.nyc.gov/site/ocdv/press-resources/immigrants.page>

12. *The Gothamist* has a succinct article with a list of resources at the end, including resources for those concerned about child abuse and elder abuse. The message is that resources are available and will remain available, even during the pandemic:

<https://gothamist.com/news/resources-domestic-violence-abuse-victims-during-covid-19>

13. **Vibrant Emotional Health.** Here are a variety of virtual and other resources specifically geared towards maintaining emotional connections during times of challenge and isolation.

<https://www.vibrant.org/>

14. Here is a self-care checklist, to help you understand and monitor your emotional wellbeing and the health of your relationships during this trying time:

<https://www.loveisrespect.org/content/self-care-checklist/>

15. Here is another list of self-care activities, from the **Eating Recovery Center** website (please note that disordered eating is aggravated by stress and certainly by the stress of

quarantine; but even if you do not struggle with an eating disorder, the website contains universally useful information). It includes links to yoga and meditation guides on YouTube:

<https://www.eatingrecoverycenter.com/blog/self-care/how-to-practice-self-care-during-the-coronavirus>

16. AVP (Anti-Violence Project) is a NYC-based resource that provides support specifically for LGBTQ+ and HIV-affected communities suffering abuse and intimate partner violence, problems that are aggravated by the lockdowns and the pandemic:

<https://avp.org/about-us/>

17. **Suicide Prevention Lifeline.** For those of us with suicidal ideation and feelings of hopelessness. You are very welcome to call even if you're not sure of your feelings, but you know you are in distress:

<https://suicidepreventionlifeline.org/>

18. This **UNICEF** site includes uplifting encouragement in the form of stories and artwork, from youth all over the world, speaking up against discrimination in the time of COVID-19:

<https://www.voicesofyouth.org/covid-19-your-voices-against-stigma-and-discrimination>

19. **Warm Line.** You can call a warm line to be connected to a peer advocate, if you want someone to talk to during an emotionally difficult time. Organized by state.

<http://warmline.org/#new-york>

VII. RECREATION

One thing it is especially good to know as we are essentially in lockdown mode is that we are, all things being equal, free to think, write, read, breathe, exercise and enjoy our bodies, and partake of the beauty of the world.

But here is a list of things you might be able to do now, from your home, online. You can continue to develop your interests and plan trips to museums and theaters, through these suggestions.

1. NPR has compiled a list of things you can do now for free that you couldn't do before (as far as "free" goes...):

<https://www.npr.org/2020/03/20/818670715/getting-bored-heres-a-list-of-free-things-that-werent-free-before-coronavirus>

2. *The New York Times* entertainment section clearly outdid themselves. It's almost horrifying!

<https://www.nytimes.com/article/coronavirus-quarantine-what-to-watch.html>

3. Join **nonsenseny**, which has been around for quite a while, for a list of weekly "underground" events. For those who like things a little off the beaten track. This week they published a list of virtual events, including slumber, burlesque, and dance parties.

<http://www.nonsenseny.com/>

4. The beautiful bank run scene (The Great Depression) from *It's a Wonderful Life* (in my opinion a popularly misrepresented and underrated movie). The \$2000 is their honeymoon money. There's a lovely echo of this scene at the end of the movie. "We can get through this thing alright; we've got to stick together."

<https://youtu.be/iPkJH6BT7dM>

5. And here is Björk taking apart her television in the 90s, which is pure joy. "Never let poets lie to you."

<https://youtu.be/75WFTHpOw8Y>