



COVID-19 Resource List

Utica, NY

Government Resources

Federal Assistance

- [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) – To the extent employees are eligible for unemployment for reasons related to COVID-19, as determined by state agencies, additional funds may be available as part of a recent federal law aimed at providing economic recovery. Contact your state unemployment agency for further information.
 - <https://www.dol.gov/coronavirus>
 - <https://www.dol.gov/coronavirus/unemployment-insurance>

New York State Department of Labor

- [Unemployment Benefits](#) – Unemployment insurance (also known as UI) is a program that provides temporary cash benefits to employees who lose their jobs. If you have worked in New York State within the last 18 months and lost your job through no fault of your own, you may be eligible for UI.
 - <https://applications.labor.ny.gov/IndividualReg/>
 - http://www.cityofutica.com/Assets/Departments/Mayor/Press-Release/COVID-19/DOL_UnemploymentInsuranceFAQ_032720.pdf

New York Department of Health

- [DOH](#) – What you need to know about COVID-19.
 - <https://coronavirus.health.ny.gov/home>
- [COVID-19 Hotline](#) – 1(888) 364-3065

Local Resources

Local Assistance

- [Oneida County Health Department](#) – COVID-19 Public Information Line (315)798-5431

Food Assistance

- [Utica City School District](#) – According to their website, the Utica City School District's Department of Food Service will provide free Grab & Go breakfast and free bagged lunch for all of its currently enrolled students during the school closing. Click on the link below for locations.
 - <https://www.uticaschools.org/Page/7123>

Alorica Resources (for Alorica Employees only)

- [Employee Assistance Program/Manage Health Network, Inc.](#) – Professional support for emotional, family and other personal matters and guidance on financial and legal issues (register with the company code: Alorica).

- <https://members.mhn.com/web/public/default/MyBenefits>
- **Virtual Doctor Visit Benefit** – If you’re enrolled in the Alorica medical plans administered by Century Health (MEC), HPI or BlueCross BlueShield and don’t feel well for any reason, a virtual doctor visit benefit may be available to you.
 - Century Health (MEC) – Visit <https://member.healthiestyou.com/user/sign-in> and click “Register Now” or call 1-866-703-1259
 - HPI – Visit doctorondemand.com/health-plans-inc or call 1-800-997-6196
 - BlueCross BlueShield – Visit www.bcbstx.com/member or call 1-800-521-2227
- **Alorica PerkSpot** – PerkSpot has some amazing cash-saving opportunities for you such as coupons for groceries and discounts on GrubHub and Postmates, click on the link below for more saving opportunities.
 - <https://alorica.perkspot.com/>

General Resources

- **Centers for Disease Control and Prevention** – About COVID-19.
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- **World Health Organization** – Updates on Covid-19.
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- **National Association of School Psychologists** – Talking to Children about COVID-19.
 - https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%C2%A0
- **Financial Planning** – Every day you make many decisions about how to spend your money. Whether your grocery shopping, driving to work, paying bills or just watching TV, there are small things you can do to spend less. This booklet has 100 ways to help you start saving money today.
 - <https://www.familycredit.org/resources>
- **National Domestic Violence Hotline** – 1 (800) 799-7233 (SAFE) or TTY 1 (800) 787-3224.
 - <https://www.thehotline.org/help/>
- **National Suicide Prevention Lifeline** – 1 (800) 273 -8255
- **NYS Hotline** – To speak with Mental Health Professional call 1(844)-863-9314