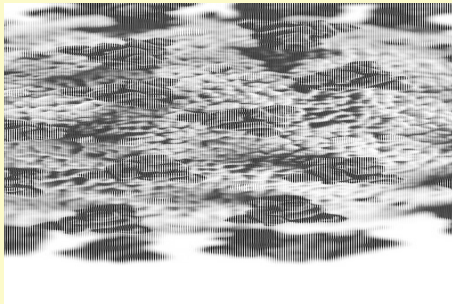


LIVE UNITED



United Way of Rockland County



UWRC is continuously striving to meet the critical needs of our community during the ongoing COVID-19 pandemic. **We build partnerships, connect people and organizations to resources, recruit volunteers, compile and share crucial information, coordinate programs, and fund essential needs.**

Please help us continue to make a difference during this critical time by donating to the Rockland County Coronavirus Crisis Fund, so together we can continue to provide support where it is needed most! **Any amount is welcome and your generosity is appreciated!**

***When you reach out a hand to one,
You influence the condition of all.***

Donate Today

Let's Stay Safe and Protect One Another Stop the Spread and Wear a Face Mask

As COVID-19 cases and hospitalizations surge in other states across the country, here in New York we are experiencing a dramatic decrease. However, it is important to remember that COVID-19 is still active, so we need to be diligent and use common sense to prevent an uptick. Social distancing and wearing face masks are the most effective way every New Yorker can protect themselves and others. Check out the flyers below provided by the New York State Department of Health and share them with your network of contacts. If we all work together we can keep our communities safe!

Protect yourself from COVID-19 and stop the spread of germs.

- Wash your hands** thoroughly with soap and water for at least **20 seconds**, especially before eating.
- Avoid close contact** with people who are sick and stay home if you are sick.
- Avoid touching** your eyes, nose, and mouth.
- Stay home** as much as possible. **Everyone** – even young people and those who feel well.
- If you must go out, **stay at least 6 feet away** from others.
- You must wear a face mask or face covering in public** when social distancing (staying 6 feet apart) is not possible, especially on public transport, in stores and on crowded sidewalks.
- Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
- Clean and disinfect** frequently touched objects and surfaces.

Stay Home. Stay Safe. Save Lives.
www.ny.gov/coronavirus

1007 400

Face Masks and Coverings for COVID-19

- You must wear a face mask or face covering in public when social distancing (staying at least 6 feet apart) is not possible, unless a face covering is not medically indicated. This includes on public transport, in stores and on crowded sidewalks.
- Children over 2 years of age should wear a face mask in public, too. Children under 2 years of age should NOT wear face coverings for safety reasons.
- Cloth face coverings should be made from fabric you can't see through when held up to the light. They must be cleaned before reusing.
- Disposable paper face masks should be used for one outing outside the home. They cannot be properly cleaned.
- The best way to prevent COVID-19 is to continue social distancing (staying at least 6 feet away from others), **even when wearing a face covering.**

Putting On Face Covering

- DO** clean your hands with soap and water or if that's not available, alcohol-based hand sanitizer, before putting on your face covering.
- Make sure** the face covering covers both your nose and mouth.
- DON'T** wear your mask hanging under your nose or around your neck. You won't get the protection you need.
- DON'T** wear the face covering on top of your head, or take it off and on repeatedly. Once it is in place, leave the covering in place until you are no longer in public.

Taking Off Face Covering

- DO** clean your hands with soap and water or if that's not available, alcohol-based hand sanitizer, before taking off your face covering.
- Remove** your mask only touching the straps.
- Discard** the face covering if it is disposable. If you are reusing (cloth), place it in a paper bag or plastic bag for later.
- Wash** your hands again.
- When cleaning a cloth face covering, DO** put in the washer (separately on the hot water setting).
- Dry** it dry at high heat. When it is clean and dry, place in a clean paper or plastic bag for later use. If you live in a household with many people, you might want to label the bags with names so the face coverings are not mixed up.

1005 500

English

English

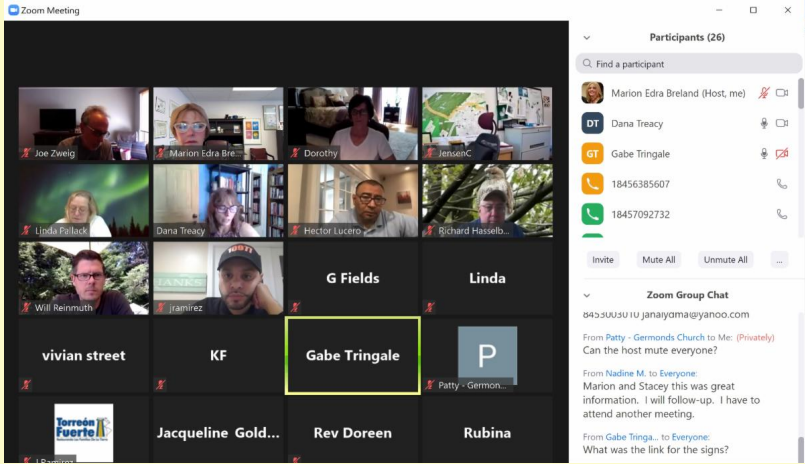
Spanish

Spanish

Haitian Creole

Haitian Creole

**UWRC Supports Rockand County Faith Communities
with Socially Distant Seminar**

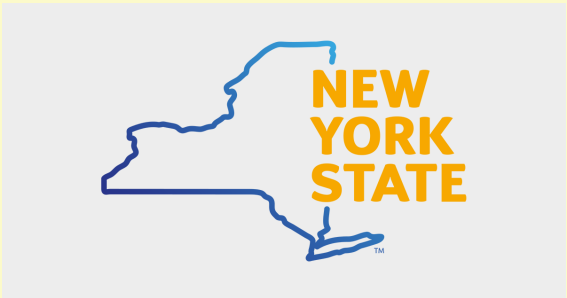


In an effort to assist our local faith communities navigate the re-opening process, the Rockland County Voluntary Organizations Active in Disasters (RCVOAD), a UWRC program, hosted a seminar entitled ***Guidelines for Re-Opening with a Special Focus on Religious Services***. This socially distant seminar provided the most up-to-date re-opening resources and guidelines to more than 30 Rockland County faith leaders. A question and answer segment provided participants the opportunity to address questions unique to their congregation. UWRC continues to further its mission by bringing community members together to share information and address needs.



UWRC helps create connections and build bridges, linking people and organizations with the resources they need most. ***Collecting, updating, and providing information on resources, services and opportunities available to the Rockland County community is part of our core mission.***

- To access the most updated RCCOAD COVID-19 Community Resource Guide click [HERE](#).
- To access Rockland County volunteer opportunities click [HERE](#).
- To access Rockland County nonprofit needs and requests click [HERE](#).
- To access Hudson Valley Region 2-1-1 click [HERE](#).
- To access FamilyWise Prescription Discount Card information click [HERE](#).



The State of New York offers numerous COVID-19 resources and updates providing crucial information, guidance, and regulations for residents, businesses and community organizations. Below are links to some of these resources.

- To access New York State COVID-19 testing information click [HERE](#).
- To access a New York State testing site near you click [HERE](#).
- To access free meditation and mindfulness content click [HERE](#).
- To register for New York State COVID-19 email updates click [HERE](#).



OSHA COVID-19 Re-Opening Resources

The Occupational, Safety and Health Administration (OSHA) has produced numerous resources for employers to help them with the re-opening process.

Click [HERE](#) for the OSHA COVID-19 Control & Prevention Webpage

Click [HERE](#) for Guidance on Preparing Workplaces for COVID-19 Booklet

Click [HERE](#) for COVID-19 Guidance on Social Distancing At Work Fact Sheet

2020 Spring Day of Caring Volunteer Spotlight

Pay Serv Corporation



Pictured from left to right: Lynne Allan, Chief Operating Officer; Michelle Hopkins, Marketing Manager; and Dan Rifkin, President.

UWRC would like to thank PayServ Corporation and their employees for participating in the 2020 Spring Day of Caring donation drive. "The generosity displayed by the PayServ community was extraordinary, resulting in a large donation of diapers and baby wipes for families in need, as well as beautiful handmade cards for Meals on Wheels home bound seniors. UWRC is grateful for their partnership and support," said Dana Treacy, UWRC President & CEO.



The Hopkins family hard at work creating beautiful handmade cards for Meals on Wheels home bound seniors.

"All of us at PayServ Corporation were excited to still have the opportunity to participate in the United Way of Rockland County's Annual Spring Day of Caring. We have always been proud to support the individuals, not for profits and businesses in Rockland and given this years' circumstances, setting up a diaper donation drive and creating greeting cards for the socially isolated was the perfect way to serve the community during quarantine. Thank you to the United Way for organizing such a creative option for us to execute. We know that there are a lot of needs in our community right now and we were glad we could help." Dan Rifkin, President

The donations provided by the Pay Serv community were delivered to the Martin Luther King Multi-Purpose Center in Spring Valley to be distributed through their food pantry. Martin Coleman of the MLK Center expressed his gratitude for the large donation of diapers and baby wipes. The MLK Center provides after-school programming, youth employment programs, community health initiatives, and so much more. Click [HERE](#) to visit their website and see the impact they make!



Location:
New York Boulders Stadium
Parking Lot
1 Palisades Credit Union Park Drive
Pomona, NY 10977

For directions click [HERE](#).

Volunteers Needed for Food Distribution

Rockland Community Against Hunger and TOUCH will be receiving GET FRESH food delivery on **Tuesday, June 30th @ 10:30 am**. Volunteers are needed to lift and place boxes in vehicles for transport to food pantries. Strong backs and knees are required as lifting and repetitive motion will be involved. Protective gear will be provided, and all social distancing protocols will be observed.

To volunteer:
Email: rcsc@co.rockland.ny.us
Text: 845-642-0134

UNITED WE COUNT

DID YOU KNOW THAT when you participate in the 2020 Census, you become part of a count that influences health care, education and emergency services. For more information on the 2020 Census, and to access fact sheets in English, Spanish and Haitian Creole visit the [**UWRC website**](#).



Respond to the 2020 Census today!

The 2020 Census has started, and it's your chance to shape the future for yourself, your family, and your community. Information collected in the census informs how billions of dollars in federal funding are distributed to states and communities each year.

You can respond online, by phone, or by mail. Regardless of how you choose to respond, your information will be kept confidential.

Visit 2020CENSUS.GOV to respond to the census today.

2020CENSUS.GOV

Shape
your future
START HERE >

United States*
**Census
2020**

D-110-GP-LN-457

Census data impacts funding for things like:

- > Education programs and grants
- > Public transportation
- > Medicare and Medicaid
- > Supplemental Nutrition Assistance Program
- > Libraries
- > Community centers
- > School meal programs
- > Parks, playgrounds, and recreational facilities

For more information, visit:
2020CENSUS.GOV

Shape
your future
START HERE >

United States*
**Census
2020**

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED

