

COMMUNITY RESOURCE GUIDE



MAPLEWOOD & SOUTH ORANGE, NJ HELP, SUPPORT, ADVICE, GUIDANCE

COVID-19 TESTING & VACCINATION

Who should test: <https://www.nj.gov/health/cd/documents/topics/NCOV/who-gets-tested.pdf>

What to do while you wait for your results: https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/318271-A_FS_KeyStepsWhenWaitingForCOVID-19Results_3.pdf

If you test positive:

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Instructions_Persons_Who_Test_Positive.pdf

If you test negative:

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Instructions_Persons_Who_Test_Negative.pdf

NOW THAT YOU'RE FULLY VACCINATED, WHAT CAN YOU START TO DO?

What You Can Start to Do



If you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- You can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to [the situation at your international destination](#) before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to [show a negative test result](#) or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.



• A GUIDE TO • COMMUNITY RESOURCES IN MAPLEWOOD AND SOUTH ORANGE

This booklet provides information on common concerns and community resources regarding COVID-19. The resources here are up to date as of June 2021, but please visit websites for the most up to date information; as guidance changes.

For general information about COVID-19:

1-800-962-1253 or 2-1-1

COVID19.NJ.GOV

njhelps.org



THE SOUTH ORANGE-MAPLEWOOD COMMUNITY COALITION ON RACE

Our Vision:

We aspire to be a community that is a model for the nation in which people of different races, ethnic groups and backgrounds can interact, form friendships and participate fully in the community's economic, political, civic, educational and cultural life. To those ends, we want to remind everyone that while viruses don't discriminate, racism puts people at risk. We encourage our community to follow public health advice to contain and stop the coronavirus in order to keep all our friends, neighbors, and families safe. Our country has a long history of scapegoating marginalized groups on public health matters that are not at all related to race. We must all come together now to do our part for community protection by carefully adhering to public health directives, as well as denouncing emphatically the use of this crisis to give racism, hate, and xenophobia an even greater foothold in our society.

**TO LEARN MORE ABOUT THE COMMUNITY COALITION ON RACE,
PLEASE VISIT OUR WEBSITE AT
[COMMUNITYCOALITIONONRACE.ORG](https://communitycoalitiononrace.org)**

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COVID-19 TESTING LOCATIONS

For Essex County COVID-19 Testing Sites please visit: www.essexcovid.org
Or call 973-877-8456 if you do not have access to a computer.

For local COVID test locations near you please visit: <https://covid19.nj.gov>

- Essex County residents with or without symptoms are encouraged to get tested.
- Residents age 8 and older are welcome to get tested.
- Testing is provided free of charge to Essex County residents. No insurance is required.

If you do not have health insurance:

Federal Qualified Health Centers (FQHCs) are government funded health clinics that provides primary and preventative health care services for infants, children and adults. Payment is determined by income/sliding fee scale, however COVID testing and vaccines are free of charge, regardless of insurance status.

To find a FQHC near you, visit

www.nj.gov/health/fhs/primarycare/fqhc/ or call 1-800-328-3838.

Please contact your local Health Department to report your COVID-19 test results, if you have not heard from the local health department 48 hours after receiving your test result.

Maplewood Health Department

Candice Davenport, Health Officer
cdavenport@twp.maplewood.nj.us
973-762-8120 x4400

South Orange Health Department

John Festa, Health Officer
jfesta@southorange.org
973-378-7715 x7710

COVID-19 VACCINATION SITES

As of May 2021, appointments are available across New Jersey and all individuals 12 and older who live, work, or study in New Jersey are eligible to receive the COVID Vaccine.

- Use New Jersey's Vaccine Appointment Finder (<https://covid19.nj.gov/pages/finder>) to schedule an appointment near you.
- Walk-up vaccinations are available, please call your vaccine locations to verify.
- The Vaccine Call Center is available at 855-568-0545 from 8am to 8pm in more than 240 different languages to answer questions about the vaccine and help individuals get vaccinated.
- If you are homebound, you can request an in-home vaccination please call 1-855-568-0545 or visit covid19.nj.gov/homeboundvax (English) covid19.nj.gov/homeboundvax-es (Spanish)
- If you are 65 or older, you can call a special senior hotline at 856-249-7007 from 8am to 8pm for vaccination scheduling support.
- For transportation assistance please call 2-1-1 to receive a Lyft voucher up to \$30 each ride.

LOCALLY

- Town and Country Pharmacy is offering the Moderna and J&J Janssen Vaccine, please call to schedule an appointment 973-762-2700.

Town and Country Pharmacy

747 Irvington Ave, Maplewood, NJ, 07040
Open M-F 9am – 6pm & Saturday 9am – 4pm

- Same-day and walk-in appointments now available for a Free COVID Vaccine. To schedule an appointment please call or schedule online.

Walgreens

1633 Springfield Avenue, Maplewood, NJ, 07040, 973-761-7391
<https://www.walgreens.com/findcare/vaccination/covid-19/location-screening>

CVS

453 Valley Street, Maplewood, NJ, 07040, 973-763-0124
<https://www.cvs.com/vaccine/intake/store/covid-screener/covid-qns>

HOUSEHOLD CHECKLIST

PREPARE FOR POSSIBLE ILLNESS

- Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.
- Choose a room in your home that can be used to separate sick household members from others.

TAKE EVERY DAY PREVENTIVE STEPS

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- If you are quarantining wear your facemask in the house and keep your distance from others in household

WATCH FOR SYMPTOMS

- Stay home and speak to your healthcare provider if you develop any of these symptoms:
 - Fever
 - Cough
 - Shortness of breath
- If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

- Keep away from others who are sick
- Limit close contact with others as much as possible (at least 6 feet)

HOUSEHOLD CHECKLIST

IF SOMEONE IN YOUR HOME IS SICK

- Keep the ill person in a separate room from others in the household.
- If caring for a sick household member, follow recommended precautions and monitor your own health.
- Keep surfaces disinfected.
- Avoid sharing personal items.
- If you become sick, stay in contact with others by phone or email.

CONSIDERATIONS FOR THOSE AT HIGHER RISK OF SEVERE ILLNESS

- Take additional precautions for those at higher risk, particularly older adults and those who have underlying health conditions.
- When possible, stay home and away from crowds.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home.
- When you go out in public, limit close contact with others.
- Practice good hand hygiene.
- Avoid large gatherings when possible

AVOID CONGREGATE, MEDICAL OR CROWDED PUBLIC SETTING IF:

- You have had COVID-19 in the last 14 days
- You are unvaccinated and have been exposed to a positive COVID-19 case
- You are caring for someone with COVID-like illness
- You or someone in your household are awaiting COVID test results

continued ->

HOUSEHOLD CHECKLIST

If your family is experiencing extreme hardships from COVID19, contact your Social Services Staff

Maplewood Health Department

Beverly Ashmon
973-762-8120 X2200
bashmon@twp.maplewood.nj.us

Senior Social Service Assistance

Carol Berman
973-986-4321
sosocialworker@southorange.org

Two Towns for all Ages (Seniors)

Tracey Carroll
TCarroll@southorange.org

Carmen Morales
cmorales@twp.maplewood.nj.us

or soma2towns@gmail.com, 973-558-0863

Source: Centers for Disease Control and Prevention

Refer to <http://COVID19.nj.gov> for face covering guidance

FOOD ASSISTANCE PROGRAM

WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores.

WHO QUALIFIES?

To be eligible for this benefit program, applicants must live in the state in which they apply and meet certain bank balance limits. A household with an elderly (over 60) or disabled household member may have a higher bank balance limit. Visit SNAP's eligibility page to find out more about eligibility requirements and how benefits are computed.

Online Grocery Shopping: New Jerseyans enrolled in SNAP may use their Families First EBT card to purchase eligible SNAP food items at participating stores online. For more information about ordering online and to find participating stores in your area, visit the NJ SNAP using your benefits page.

For more information on SNAP please visit:

- **SNAP Eligibility:** <https://www.fns.usda.gov/snap/recipient/eligibility>
- To apply for SNAP benefits: <https://www.fns.usda.gov/snap/state-directory>
- **SNAP Homepage:** <https://www.nj.gov/humanservices/njsnap/index.shtml>
- **SNAP and Workforce NJ COVID-19 Updates:** <https://www.childcarenj.gov/SocialServices>

WOMEN, INFANTS, AND CHILDREN (WIC)

WHAT IS WIC?

WIC is a preventive public health nutrition program that provides nutrition and breastfeeding education, nutritious foods, and improved access to regular health care and social services to low and moderate-income pregnant, postpartum and breastfeeding women and young children with, or at risk of developing nutrition-related health problems.

WHO IS ELIGIBLE FOR WIC?

- Pregnant women
- Breastfeeding mothers of infants up to 12 months old
- Mothers of infants up to 6 months old
- Infants and children up to 5 years old (Must live in New Jersey, and meet income guidelines)

WHAT ARE THE WIC BENEFITS?

- Access to healthy food
- Nutrition education
- Breastfeeding guidance
- Referrals to community support

WHAT'S IN THE MONTHLY FOOD PACKAGE?

Each participant receives healthy WIC foods worth about \$60.00 per month.

Choices Include:

- Whole Grains
- Protein
- Fruits and vegetables
- Dairy
- Infant products

WOMEN, INFANTS, AND CHILDREN (WIC)

OTHER INFORMATION:

- New participants can apply for WIC services remotely by visiting: wic.nj.gov/ParticipantPortal/, there is no need to be physically present at a WIC agency.
- Current participants can continue to receive benefits by having 3 months' worth of checks mailed to their homes.
- Participants who are quarantined and unable to leave their homes to purchase foods, can designate an emergency proxy who can cash their checks at a store on their behalf.
- Food choices have been expanded, giving participants more flexibility in the brand and size of foods they buy at the store. For more information, visit the NJ WIC website
- The State has modified WIC's farmers' markets program, allowing participants to receive their vouchers primarily by mail, unless a pickup arrangement can be set up safely. Participants can also designate a proxy to pick up their produce from the markets for them.

WOMEN, INFANTS AND CHILDREN (WIC)

In light of COVID-19, New Jersey WIC is allowing some additional food items in anticipation of limited food selections related to recent events. For more information, visit www.state.nj.us/health/fhs/wic/ or call one of the following (the below resources can help answer questions about WIC for all Essex County residents):

- (973) 733-7628 (City of Newark Department of Health and Community Wellness)
- (973) 395-8960 (City of East Orange)
- (973) 509-6501 (Montclair WIC Office)
- (973) 399-6732 (Irvington Health Department)

TO LEARN MORE PLEASE VISIT:

WIC Homepage: <http://nj.gov/health/fhs/wic> **or call:** 1-800-328-3838

SCHOOL DISTRICT MEAL RESOURCES

If your child attends school within the school district and need food, academic, social services or counseling, please reach out to the school directly. Refer to the South Orange Maplewood School District website for guidance on COVID protocols and guidance for students.

For additional information: <https://www.somds.k12.nj.us/>

Columbia High School

17 Parker Ave, Maplewood, NJ 07040 • (973) 762-5600

Maplewood Middle School

7 Burnet Street Maplewood, NJ 07040 • (973) 378-7660

South Orange Middle School

70 North Ridgewood Road South Orange, NJ 07079 • (973) 378-2772

Clinton Elementary School

27 Berkshire Rd. Maplewood, NJ 07040 • (973) 378-7686

Jefferson Elementary School

518 Ridgewood Road Maplewood, NJ 07040 • (973) 378-7696

Marshall Elementary School

262 Grove Road South Orange, NJ 07079 • (973) 378-7698

Montrose Early Childhood Center

356 Clark St, South Orange, NJ 07079 • (973) 378-2086

Seth Boyden Demonstration School

274 Boyden Avenue Maplewood, NJ 07040 • (973) 378-5209

South Mountain Elementary School

444 West South Orange Ave. South Orange, NJ 07079 • (973) 378-5216

South Mountain Elementary School – Annex

112 Glenview Road South Orange, NJ 07079 • (973) 378-2801

Tuscan Elementary School

25 Harvard Avenue Maplewood, NJ 07040 • (973) 378-5221

HEALTH INSURANCE

HEALTH INSURANCE INFORMATION:

If you do not have health insurance, or lose coverage, you may be eligible for free or low-cost coverage through NJ Family Care, New Jersey's publicly funded health insurance program.

WWW.NJ.GOV/GETCOVEREDNJ

EMERGENCY PREPAREDNESS: WWW.READY.GOV

EMPLOYMENT

JOB ASSISTANCE:

If you've lost your job and are seeking help, you are not alone. Connect with benefits and resources you need while you are trying to safely get back to work. <https://covid19.nj.gov/work>

UNEMPLOYMENT BENEFITS:

If your work has been affected by COVID-19, you likely qualify for Unemployment benefits. <https://getstarted.nj.gov/labor>

RESOURCES FOR FREELANCERS, CONTRACTORS, AND GIG WORKERS:

The recently enacted CARES ACT extends unemployment benefits to freelancers, gig workers and independent contractors, who typically are not eligible. www.myunemployment.nj.gov/independentcontractors.shtml

FAMILY LEAVE BENEFITS:

If you must care for children or family members due to the coronavirus outbreak, you may be eligible for federal emergency Childcare FMLA or New Jersey Family Leave Insurance (FLI). It's against the law for an employer to retaliate against you for taking FLI, and your job may be protected under the Family Leave Act. Please visit:

- <https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtml>
- <https://www.state.nj.us/lps/dcr/downloads/fact-FLA.pdf>
- https://www.nj.gov/oag/dcr/downloads/posters/8x11_flaposter.pdf

SICK LEAVE:

If you are sick, need time to care for others, or are unable to work due to the public health emergency, you may be eligible for New Jersey Earned Sick Leave, or emergency federal paid sick leave, paid by your employer. <https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtml>

HOUSING AND RENTAL ASSISTANCE/ SUBSIDIES

AS OF 3/25/2021

Your landlord cannot remove you from your home during this emergency. This moratorium on evictions will remain in place for up to two months after the COVID-19 State of Emergency ends, as per Governor Phil Murphy.

EVICITION PROTECTION:

During the public health emergency, individuals cannot be removed as the result of an eviction or foreclosure proceeding. If you are a renter facing hardship, you may be eligible for housing assistance or for housing counseling. <https://njdca.onlinepha.com>

MORTGAGE RELIEF:

If you are facing economic hardship as a result of COVID-19, you may be able to request mortgage payment forbearance for up to 90 days. www.njhousing.gov/consumers/foreclosure

HOMELESSNESS SERVICES:

New Jersey residents experiencing homelessness can get help with food, shelter, and finances.

PLEASE CALL: 2-1-1

[HTTPS://WWW.STATE.NJ.US/HUMANSERVICES/DFD/PROGRAMS/SSH](https://www.state.nj.us/humanservices/dfd/programs/ssh)

[HTTPS://WWW.211.ORG](https://www.211.org)

MENTAL HEALTH RESOURCES

RUTGERS MENTAL HEALTH & ADDICTION COVID CONNECT ENTITY (CCE)



One of our specialists will conduct a brief triage and assessment of your immediate symptoms related to the spread of the COVID-19 virus. You will be offered telephonic support and referred to a provider. All referrals are to licensed treatment providers and our staff will follow up with you to ensure successful connection.

- **Mental Health & Addiction Triage**
- **Immediate Telephonic Support**
- **Referrals for Ongoing Treatment**

(833) 223 - 0011
Monday - Friday 8 am - 8 pm

RUTGERS
University Behavioral Health Care



Mental Health & Addiction COVID CONNECT

Are you Experiencing Undue Stress Related
to the Spread of the COVID-19 Virus?



You are Not Alone...

MENTAL HEALTH RESOURCES

MUNICIPAL ALLIANCE

**These are challenging
times and we could all
use some support.
REACH OUT.**

If you or someone in your home:

- **has a drinking or substance use problem, call:**
 - **844-276-2777** (IME Addictions Center hotline from NJ Division of Mental Health and Addiction Services)
 - **855-652-3737** (NJ Connect)
 - **877-292-5588** (Peer Recovery Warmline)
 - **844-732-2465** (ReachNJ)
- **feels angry, alone, anxious or stressed, call:**
 - **855-654-6735** (NJ Hope Line)
 - **866-202-4357** (NJ Mental Health Cares)



PROVIDED TO YOU BY THE MAPLEWOOD-SOUTH ORANGE MUNICIPAL ALLIANCE

GCADA Governor's Council on
ALCOHOLISM & DRUG ABUSE

MENTAL HEALTH ASSOCIATION OF NJ

www.mhanj.org

A vast variety of virtual support and discussion groups are available to provide emotional support. These groups are for people from all walks of life and address a vast variety of topics, such as: health care workers, caregivers, teachers, parents, adults, teenagers, Baby Boomers, Spanish-speaking, and many more.

ADDITIONAL COMMUNITY RESOURCES

COVID FUNERAL ASSISTANCE:

www.fema.gov/disasters/coronavirus/economic/funeral-assistance/faq

FOR RECREATION AND CULTURAL AND ARTS ACTIVITIES PLEASE VISIT:

We offer free and discounted programs through the township

<https://www.twp.maplewood.nj.us/community-services-department>

RESOURCES FOR BUSINESSES:

For information on loans, programs, or resources to support businesses impacted by COVID-19, visit the State of New Jersey's COVID-19 Business Information Hub.

<https://business.nj.gov/covid>

CHILD CARE RESOURCES:

If you are an essential employee, you can get support for child care costs.

<https://www.childcarenj.gov/Parents/CCRR>