

Assemblyman Ramos:

Helping us move forward

“The pandemic has caused significant challenges and I’m here to assist and support Long Islanders in any way that I can. I’ve compiled a list of local and state resources available to help you through these difficult times.”

Assemblyman

Phil Ramos



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Assemblyman Ramos:

Our Voice in Albany

State and Local COVID-19 Resources

New York Forward offers details on statewide guidelines, regional information and resources for businesses. [forward.ny.gov](https://www.forward.ny.gov)

Updates on the pandemic and testing assessments. [health.ny.gov](https://www.health.ny.gov)

As part of the latest federal action, tax filers who didn't receive the full stimulus payment amounts can claim a Recovery Rebate Credit on their 2020 income tax returns.

[irs.gov/coronavirus/get-my-payment](https://www.irs.gov/coronavirus/get-my-payment)

Suffolk County Department of Social Services

631-854-9930

[suffolkcountyny.gov/Departments/Social-Services](https://www.suffolkcountyny.gov/Departments/Social-Services)

Suffolk County Department of Health Services

631-854-0000

[suffolkcountyny.gov/health](https://www.suffolkcountyny.gov/health)

New York State Department of Labor

Unemployment Insurance Contact: 888-209-8124

[dol.ny.gov](https://www.dol.ny.gov)

NY Project Hope

Emotional Support Helpline: 844-863-9314

[nyprojecthope.org](https://www.nyprojecthope.org)

Food Banks

Pronto of Long Island

128 Pine Aire Drive

Bay Shore, NY 11706

631-231-8290

[prontolongisland.org](https://www.prontolongisland.org)

Island Harvest

40 Marcus Blvd.

Hauppauge, NY 11788

631-873-4775

[islandharvest.org](https://www.islandharvest.org)