

WHITE PLAINS HEALTHY COMMUNITY INITIATIVE

COMMUNITY RESOURCE GUIDE



JUNE 2021

Community Resource Guide

The Healthy Community Initiative (HCI) aims to positively impact the overall health of our community by creating programs and resources that focus on promoting healthy behaviors, disease prevention and overall well-being.

This resource guide aims to provide a link to health and human services to empower individuals with the tools they need to take better care of themselves and their families, as well as reduce barriers for solving problems in our community.

To learn more about the Healthy Community Initiative, please visit wphospital.org/hci.

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COVID-19 Resources & FAQs

COVID-19 Resources

COVID-19, the disease caused by the coronavirus has greatly impacted the Westchester community. It is crucial to continue to practice preventive measures such as social distancing, wearing face coverings and handwashing. These resources will keep you up-to-date on the latest information.

White Plains Hospital Coronavirus Hotline | (914) 681-2900

[White Plains Hospital: Coronavirus FAQ](#)

[White Plains Hospital & COVID News](#)

[New York State \(NYS\) Official COVID-19 Website](#)

COVID-19 Frequently Asked Questions: About Coronavirus

What are the symptoms of Coronavirus?

Symptoms range from mild to severe, and may appear 2-14 days after exposure. They include fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell.

How does it spread?

The virus is mainly thought to spread from person to person, through respiratory droplets produced by coughs or sneezes. This means that if you have been within 6 feet of an infected person for an extended period of time, there is potential for respiratory droplets to land in your mouth or nose, and then inhaled.

What is the best way to protect myself?

The best way to prevent the virus is to wear a mask, avoid close contact with people who are sick, and practice regular hand-washing.

My friend or relative didn't seem that sick. Could I still be infected?

According to the CDC, "a significant portion of individuals with coronavirus lack symptoms ("asymptomatic") and that even those who eventually develop symptoms ("pre-symptomatic") can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms.

COVID-19 Frequently Asked Questions: About your Test Results/Exposure

What should I do if my COVID-19 test result came back positive?

Stay calm. You should not be embarrassed or ashamed of this test result – you are not alone. It is important that you self-isolate immediately. The CDC requires you to remain in isolation for at least 10 days after illness onset and at least 3 days (72 hours) after recovery. Illness onset is defined as the date symptoms began. Stay home and separate yourself from others as much as possible ([click to read more about Quarantine vs. Isolation](#)).

It is important to isolate even if you feel fine, as you are still infectious. You should look out for symptoms such as shortness of breath, extreme weakness, or an inability to eat or drink. If these symptoms worsen, we recommend calling 9-1-1 or coming to the Emergency Department immediately. You can also watch our informational video [Next Steps Following Your Positive COVID-19 Test](#).

What does it mean if my COVID-19 test result came back negative?

If you are symptomatic, your result could be a “false” negative and you should continue to self-isolate. Or, if you aren’t experiencing any symptoms, it is also possible that you were very early in your infection when your sample was collected and that you could test positive later. Wear a mask, look out for symptoms and quarantine if you had a close contact with a person who has COVID-19. To learn more, visit our [Quarantine vs. Isolation](#) page.

What should I do if I was directly exposed to someone who tested positive for COVID-19?

You should get a COVID-19 test 4 days after you believe you came in direct contact with that person – or if you start developing symptoms. Getting tested earlier than 4 days may result in a false negative and you risk potentially infecting others. Visit our [Coronavirus/COVID-19](#) resource page for testing options and consult our [Quarantine vs. Isolation](#) page for guidance on keeping vulnerable family members and others safe.

What should I do if I’m sick but I’m not sure it is COVID-19?

Don’t take any chances -- get tested; visit our [Coronavirus/COVID-19](#) resource page for testing options. It is important that you wear your mask and stay away from others until you can be diagnosed. Please visit our website for more information on [Quarantine vs. Isolation](#).

What should I do if I believe I may have been exposed, but am not sure?

Call the White Plains Hospital COVID-19 Hotline at 914-681-2900 for guidance. If you choose to get tested at White Plains Hospital or at our Urgent Care in Armonk, the current turnaround time for test results is 2-10 days. Watch for symptoms and schedule a virtual visit if you get sick.

COVID-19 Vaccine Information & Eligibility

COVID-19 Vaccine Information

What are the benefits of getting a COVID-19 vaccine?

COVID-19 can cause severe medical complications and lead to death in some people. Getting a vaccine can help protect you by creating an antibody response in your body without your having to become infected with the virus. The vaccine might prevent you from getting COVID-19 or keep you from becoming seriously ill if you do get the virus.

What COVID-19 Vaccines have been approved and how do they work?

There are three COVID-19 vaccines that are currently approved for emergency use. These are the Pfizer COVID-19 vaccine, the Moderna vaccine, and the Johnson & Johnson/Janssen vaccine.

The Pfizer vaccine requires two injections given 21 days apart. Data has shown that this vaccine is safe and starts working soon after the first dose and has an efficacy rate of 95% seven days after the second dose.

The Moderna vaccine also requires two injections given 28 days apart and data has shown that the vaccine is also safe and has an efficacy rate of 94%.

The Johnson & Johnson/Janssen vaccine requires only one injection. Data has shown that this vaccine is safe and was approximately 67% effective in preventing moderate to severe/critical COVID-19 disease occurring at least 14 days after vaccination and 66% effective in preventing moderate to severe/critical disease at least 28 days after vaccination. Additionally, the vaccine was approximately 85% effective in preventing severe/critical COVID-19 occurring at least 28 days after vaccination.

What are the possible side effects of a COVID-19 vaccine?

The studies for all three vaccines showed no serious adverse effects. Since the introduction of the vaccine, rare serious allergic reactions have occurred, which can be managed by the vaccination team. Vaccine recipients have reported mild to moderate symptoms, most commonly, pain, redness or swelling where the shot was given. In addition, fever, fatigue, headache, muscle pain, chills and joint pain may occur. Most reactions happen within the first few days after vaccination and last no more than three days. If you have a reaction that prevents you from being able to eat, sleep or work, contact your physician.

COVID-19 Vaccine Information & Appointments

Can I catch COVID-19 from the vaccine?

No. None of the COVID-19 vaccines contain the live virus that causes COVID-19 – so you cannot catch COVID-19 from these vaccines. With this type of vaccine, your body is in a sense “tricked” into thinking it has the virus. Your immune system will recognize that the protein created by the vaccine doesn’t belong there and will begin building an immune response and making antibodies. Keep in mind that it will take a few weeks for your body to build immunity after getting a COVID-19 vaccination. As a result, it’s possible that you could become infected with the virus that causes COVID-19 just before or after being vaccinated.

Should I get the vaccine if I’ve already had COVID-19?

Getting COVID-19 might offer some natural protection or immunity from reinfection, but it’s not clear how long this protection lasts. Because reinfection is possible and COVID-19 can cause severe medical complications, it is recommended that people who have already had COVID-19 get vaccinated. However, the CDC advises that you wait 90 days after your initial COVID-19 symptoms before being vaccinated.

Is there anyone who should not get a COVID-19 Vaccine?

The COVID-19 vaccine is not being offered to children under 12. Also, if you are allergic to any component of the vaccine, you should not get vaccinated. Please ask your doctor about the ingredients in each vaccine to make sure you are not allergic. Additionally, it is important to note that researchers excluded pregnant women from their studies so there is little information on how the COVID-19 vaccination can affect pregnant women or their babies. Pregnant women may be offered the vaccine; however, they should first discuss it with their doctor.

Should I stop taking safety precautions after getting a COVID-19 vaccine?

No. Experts want to learn more about the protection that a COVID-19 vaccine provides and how long immunity lasts before changing safety recommendations. The CDC continues to recommend that you avoid close contact with others, wear masks in public places and wash your hands frequently.

How to make an appointment:

[Am I Eligible? - New York State vaccine eligibility tool](#)

General Health & Wellness

General Health & Wellness

White Plains Hospital remains committed to our mission—caring for our community. Now, more than ever, we are here and ready to treat the most advanced conditions safely and skillfully. Patients should have no fear of seeking the care they need to stay on top of their health. Not getting prompt, proper, regular medical care can have long-term consequences.

At White Plains Hospital and our physicians' practices, we've exceeded the state and federal guidelines to protect you. Infection control was always our priority, and now we've taken further action, creating separate COVID patient areas, implementing extensive cleaning practices, and enhancing screening for all staff and patients.

If you do not have a primary care provider, please contact White Plains Hospital's Family Health Center at (914) 681-1128 or call (914) 849-MYMD.

General Health and Wellness

Virtual Visits

White Plains Hospital’s physicians are here for you when you need them—without even having to leave your home. Patients can now schedule a virtual visit with a WPH provider using the new White Plains Hospital Connect app.

The virtual visit is easy – you can connect through your phone or computer that is equipped with a microphone and camera. During the 15-30 minute “live” consultation, you will have personal and private access to your own clinician, who will make a diagnosis, recommend treatment, and send prescriptions to your pharmacy just like they would during a normal office visit.

To schedule a virtual appointment, call your WP Hospital Physician Associates or Scarsdale Medical Group provider’s office. You can also call (914) 849-7099 if you need help finding the right provider for your needs. Insurance coverage may vary. Please check with your insurance provider before scheduling a virtual health visit.

[Frequently Asked Questions](#)

[How to Download the App](#)

[Tips for a Successful Visit](#)

[WPH Connect Video Tutorial](#)



Medical emergencies such as chest pain, difficulty breathing, significant bleeding, or other serious conditions require immediate care. Please call 911 or go to the nearest emergency care location.

Community Resources

Mental Health Services

Now more than ever, it's important to look after your mental well-being. The following resources are available to the community and offer a variety of outpatient mental health services utilizing a multi-disciplinary team approach to treatment. Financial assistance may be provided for patients who are unable to pay all or some of their medical costs.

White Plains Hospital: [Coping with COVID-19 / Helping Children Cope with COVID-19](#)

St. Vincent's Behavioral Center

79 East Post Road
White Plains, NY 10601
(914) 286-4440

Mental Health Association of Westchester

300 Hamilton Avenue
White Plains, NY 10601
(914) 345-0700

ANDRUS

19 Greenridge Avenue
White Plains, NY 10605
(914) 949-7680

Westchester Jewish Community Services

Hartsdale Family Mental Health Center
141 North Central Avenue
Hartsdale, NY 10530
(914) 949-7699

Additional Resources:

[NYS Office of Mental Health COVID-19 Resources](#)

OMH Emotional Support Helpline | (844) 863-9314

National Suicide Prevention Lifeline | (800) 784-2433 or (800) 273-8255

Crisis Text Line - Free 24/7 Support | Text HOME to 741741

Food Security

Food insecurity is defined as “the disruption of food intake or eating patterns because of lack of money and other resources.”

Feeding Westchester reported that 200,000 individuals, or 21% of residents in Westchester County, live in food insecure households.

Because of this, it is paramount to connect the community with resources that can increase one’s access to food. In addition, proper nutrition can help combat chronic diseases that are impacted directly by nutrition (i.e. type 2 diabetes, cancer, hypertension).

The Food Pharmacy at the White Plains Hospital Family Health Center is open and available to the clients of the White Plains Family Health Center

[Feeding Westchester Distribution Calendar | \(914\) 923-1100](#)

[Feeding Westchester Distribution Site Locator](#)

[Supplemental Nutrition Assistance Program \(SNAP\) | \(880\) 342-3009](#)

[Frequently Asked Questions for the Emergency Allotment of SNAP Benefits](#)

Employment & Housing Resources

Here, one can find a collection of support services related to employment, career, and housing related information. There are many services available to assist with cover letters, resumes, and job search efforts, as well as unemployment guidance.

[How to Claim NYS Unemployment Benefits | \(888\) 581-5812](#)

Job Boards/Listings

[Immediate Hiring Opportunities](#)

[NYS Job Bank](#)

[Westchester/Putnam One Stop](#)

[Southern Westchester BOCES](#)

Job Training

[Westchester Educational Opportunity Center](#) - free job training to those that qualify

[Southern Westchester BOCES](#) - High school equivalency and other classes (\$26 registration fee)

Other Resources

[Westchester Residential Opportunities](#) - Rent and mortgage assistance

[United Way of Westchester and Putnam](#) - Resources for hardworking families

Childcare/Children's Programming & Activities

Interruptions in schedules can be challenging for everyone – especially children. During this time, it is increasingly important to ensure that children are receiving the care and attention they need.

Programs for Children:

[Child Care Council of Westchester, Inc.](#)

[White Plains Youth Bureau](#)

[ArtsWestchester](#)

[YWCA White Plains & Central Westchester](#)

[White Plains Parks & Recreation - Spring & Summer 2021](#)

[White Plains Public Library](#)

[The Play Group Theatre](#)

[Backyard Sports Cares](#)

[Thomas H. Slater Community Center, Inc.](#)

[El Centro Hispano](#)

[Theodore D. Young Community Center](#)

Parent Resources:

[Talking to your Children About Racial Bias](#)

Mindfulness/Stress Management

While stress may always exist in one's life, there are steps that can be taken to relieve the pressure and regain control. Various forms of exercise and meditation can greatly contribute to stress management.

[App Suggestions for At-Home Workouts](#)

[Wellness Week: Health & Wellness Resources-White Plains Youth Bureau](#)

[Why You Should Make Time to Meditate](#)

Brief Meditation Exercises

[Moment of Mindfulness - Candle](#)

[Moment of Mindfulness - STOP to Find Your Inner Peace](#)

[Moment of Mindfulness - Quick Body Scan to Relieve Stress](#)

NYS Parks and Recreation

[NYS Parks and Recreation and Historic Preservation COVID-19 Updates](#)

[NYS Trails](#)

[NYS Parks in Westchester County](#)

Support Services for Seniors

Healthy aging is a priority and is even more critical during these uncertain times. Below, you will find resources and support services to ensure our aging community has access to all the services they need to remain physically and emotionally healthy.

[Westchester Pandemic Older Adult Community Resource Guide - The Center for Aging in Place](#)

[Westchester County Department of Senior Programs and Services](#)
90 South First Avenue, 10th Floor
Mount Vernon, NY 10550
(914) 813-6300

[DOROT of Westchester](#)
925 Westchester Avenue, Suite 200
White Plains, NY 10604
(914) 485-8354

[Westchester Jewish Community Services](#)
845 North Broadway
White Plains, NY 10603
(914) 761-0600 ext. 2340

[The LOFT LGBT](#)
252 Bryant Avenue
White Plains, NY 10605
(914) 948-2932

[National Council on Aging \(NCOA\) - COVID-19 Resources for Older Adults & Caregivers](#)

[National Institute on Aging - Exercise and Physical Activity](#)

[Benefitscheckup.org - Resource Library](#)

Support Services for Seniors

Food Delivery Services

Meals on Wheels of White Plains | (914) 946-6878

Family Services of Westchester - Ride Connect Program | (914) 242-7433

Grocery Stores: special hours designated for seniors

Whole Foods Market | 7AM-8AM on Fridays

110 Bloomingdale Road

White Plains, NY 10605

(914) 288-1300

Stop & Shop | 7:30AM-12:00AM - Regular hours

154 Westchester Avenue

White Plains, NY 10604

(914) 997-0715

ShopRite | 7AM-8AM

13 City Place

White Plains, NY 10601

(914) 539-4500

Trader Joe's | 8AM-9AM on Wednesday's and Sunday's

215 N Central Ave

Hartsdale, NY 10530

(914)997-1960

H Mart | 8AM-9AM - Regular hours

371 N Central Ave

Hartsdale, NY 10530

(914) 448-8888