COVID-19 Stimulus Relief Guide

Coronavirus Stimulus Package F.A.Q.

Find answers to both employees and employers most frequently asked questions in this NYTimes article listing information for stimulus checks, unemployment benefits, and the $2 trillion relief Coronavirus bill.

Small Business Administration (SBA)

- SBA Disaster Assistance in Response to the Coronavirus
  - To get started with Disaster Assistance - you must first register with SBA
- COVID-19 Guidance for Vermont Businesses
- CDF Disaster Recovery Fund The Disaster Recovery Fund helps cooperatives and cooperators get back on their feet after disasters or other emergency hardship situations.
- New York Unemployment Insurance with specific COVID 19 changes
- NYC small business COVID 19 resources

Unemployment

- How to file for unemployment benefits if you lose your job during the coronavirus pandemic. Each state administers a separate unemployment insurance program, but all states follow the same guidelines established by federal law:

  Apply To Your State:
  - Massachusetts
  - Maine
  - Vermont
  - New Hampshire
  - New York
○ **Connecticut;** Tips for **faster CT claims processing**

**Self-Employment Assistance** (freelancers/independent contractors)

- **Self-Employment Assistance** offers dislocated workers the opportunity for early re-employment
- **Freelancers Union Guide** - Freelancers Union offers a guide for freelancers, self-employed, and independent contractors affected by the Coronavirus.
- **Freelancers Union Relief Fund** - Freelancers Union offers funding for freelancers and independent contractors affected by the Coronavirus.
- Freelancers, self-employed, and independent contractors *may* be eligible for unemployment benefits.
  - ○ **Check with your state’s unemployment insurance program** regarding the rules in your state.