

SGCDC

Spring Garden CDC's Covid-19 Neighborhood "Navigation" Guide March 16, 2021 Update

A lot of good things have happened since our last Guide update. Another vaccine has been approved (the one-dose Johnson & Johnson vaccine) and it is now being distributed and administered; the Biden Administration has secured commitments for enough vaccine for every adult in the Country by the end of May 2021; the federal stimulus bill has passed, and been signed by the President, which will bring much-needed relief to many individuals, businesses, and public entities and stimulus payments are already being distributed; vaccine supplies and sites have increased; and more people are securing appointments, although it is still a frustrating effort for many. Businesses and cultural institutions are beginning to reopen; and many brave restaurant owners who stayed open have survived a tough winter. See below for more Covid-19 and business news.

Update on Local Businesses

Since February, the City Has Been Allowing Indoor Dining at 50% Capacity for Restaurants That Meet Certain Indoor Air Circulation Standards (25% For Others). But, for older buildings, the standard may be hard to meet without costly upgrades.

The City has Also Recently Expanded Permitted Outdoor Dining to 6 Unrelated Individuals at One Table (Previously, 4 from the Same Household).

The Snow, Ice, and Frigid Cold Have Also Been Tough on Our Community's Restaurants. But the weather is getting better, and the return of Daylight Saving on March 14th will help. **See the attached list on the status of local businesses.**

Please continue to support our local restaurants and other businesses to help them survive the pandemic, as we are beginning to see light at the end of the tunnel!

Thirsty Dice Reopened for Indoor Dining and Board Games Friday, March 12th!

Join friends for classic games plus tons of new titles and new menu items in a safe environment. Click [here](#) to make a reservation (Fri 3PM-10PM, Sat noon-10PM, Sun 2PM-7PM). **Takeout available Wed-Sun (noon-7PM).** Let the games begin!

Thirsty Dice is also continuing to Offer Zoom Group Game Nights for Company Employee Get-Togethers and Other Gatherings Such as Birthday Parties.

The price is reasonable and it's a great way to get together, and beat Pandemic Fatigue, with colleagues, friends, or family. Contact them at 215-765-2679.

An Upcoming New Business in Our Community, "Made With Love Juicery," Will Soon Be Opening at 547 N. 20th St., the Former Home of Sweet Nectar Dessert Kitchen.

Please stop by to welcome the proprietor, Latoya Faison Brown, to the community when she opens for business. Ms. Faison Brown attended the Spring Garden Civic Association Zoom meeting on the evening of March 9 to introduce herself and to describe her new business. She will have an impressive line of healthy juices and products including organic cold pressed juices, no-filler smoothies, smoothie bowls, paninis, and other products. She initially learned the trade working at the Whole Foods Juice Bar before it was discontinued. We will provide an update as soon as we know the opening date.

These Restaurants (Previously Closed During the Winter Months) are Now Open or Reopening Soon: Osteria, Now Open for Patio or Indoor Dining; The Fairview on March 17; South Jazz Kitchen on March 18; McCrossen's on March 19; Clementine's on March 25; St. Stephen's Green on a date TBA in March. Others such as Bar Hygge have stayed open through the winter.

Umai Umai Has Opened for Takeout Again. Call 215-988-0707.

Civil Barbers (Amir Amzovski, Proprietor) Moved Out of Their Original Location at 1631 Wallace St. on February 23 and Reopened at 2501 Olive St. on March 2nd.

A Better Box Restaurant Which Opened at 1519 Spring Garden St. During the Pandemic Has Now Closed.

Easter is Coming Soon, on April 4; Please Patronize Local Businesses for Easter Flowers and Plants, Meals, Baked Goods, Gifts, Groceries, etc.

SGCDC Partner Programs With Local Businesses

SGCDC is Once Again Offering A Program for Community Residents to Contribute Meals to Families in Need, As It Did During the Holidays. Visit the SGCDC website at www.springgardencdc.com/donate to purchase a meal from a neighborhood business for a local family. SGCDC will distribute the meals through its extensive community network. **Through this program, you can help both a neighborhood family in need, and a struggling local business. Please consider participating in this tax-deductible program.**

SGCDC is Also Sponsoring a Pharmacy Assistance Program, to Provide Help for Local Families in Need With Prescription Co-pays, Prescriptions, and Other Pharmacy Products Through a Partnership with Fairmount Pharmacy, an Independent Pharmacy Located at 1900 Green St. Visit the SGCDC website at www.springgardencdc.com/donate to learn more and to donate. No families should have to choose between accessing medications that are needed in order to maintain their health and buying food or paying for other necessities. But many neighbors in our area find themselves in just that predicament.

Marking One Year of Covid-19 in Philadelphia

Tuesday, March 16th is Being Acknowledged as the One Year Anniversary of Philadelphia's Announcement of Initial Covid-19 Restrictions. Remembrance events are planned throughout the City to remember the lives lost and the effects that the pandemic has had on all of our lives. The City is planning to mark the occasion with activities throughout the day, including: Words of reflection from Mayor Kenney; symbols of acknowledgement from places of worship, such as ringing bells and lighting candles – requested as a coordinated effort at 12 noon; a virtual reflection event; and the City will be lit up in blue at 7PM to honor frontline workers, first responders, and lives lost to COVID-19. More information can be found in the City press release [here](#).

Vaccination Priorities, State and City

The City and State decide who is eligible to get the vaccine, as supplies have been scarce. See below regarding expanded supplies.

Pennsylvania's Vaccination Priorities: Previously, PA had been vaccinating PA Tier 1A (Philadelphia has its own set of priority tiers and vaccination plan. See below). In PA, the first tier, 1A, includes Covid-19 facing health care workers, long-term health care facilities, persons 65 and older, and persons 16-64 where a condition(s) on a list of high-risk medical conditions applies.

However, Pennsylvania Is Also Now Vaccinating Teachers and School Employees, Who Were Previously Ineligible in the Early Tiers, With the New J&J Vaccine. PA has already received 94,000 doses this week and expects 4 million by the end of March. Teachers who have regular and sustained in-person contact with students will be prioritized, as will pre-K and elementary school teachers and staff. Both public and private school employees will be eligible for the first wave.

Philadelphia's Vaccine Priorities Are Similar to the State's. Click for the [Pennsylvania](#) and [Philadelphia](#) vaccination priority tiers and current status. *Philadelphia has just opened vaccine eligibility to include those 65 and over.*

The Biden Administration Has Directed the States to Open Vaccine Eligibility to All Age-Qualified Residents by May 1, as Supplies of the Vaccine are Increasing.

Can Children and Young Teens Get Vaccinated? Not Yet but Pfizer and Moderna are Now Conducting Trials of the Vaccine in Children 12 and Older, and Moderna just announced the start of testing those as young as 6 months: The Pfizer vaccine has only been approved, for emergency use, in individuals 16 years and older, and the Moderna vaccine for those 18 years and older because the vaccines had initially not been tested for use in younger people. After successful completion of a trial, the data goes to the FDA for review, and then they may start testing on even younger children. **These tests do not include a control group where some participants do not get the vaccine. All get the vaccine and are then tested for antibodies.** Johnson & Johnson, Astra Zeneca, and Novavax are also doing testing on younger people but are further behind.

Individuals Younger than 21 Make Up More Than One Quarter of the U.S. Population, But Account for Only 1% of the Covid Deaths.

Should/Can Pregnant Women Get Vaccinated? Yes, but follow the advice of your health care provider.

How To Register For The Vaccine

Click [here](#), to register with the Philadelphia Department of Health to receive information about available vaccinations for your respective distribution group, and a call back, text and/or email to make an appointment.

The City Also Has a Hotline for Those Without Internet to Make Appointments. Call 215-685-5488 and press 2, during business hours, or call 311.

You can also register directly with other providers, see below. Their appointment websites open and close depending on supply availability. Keep trying!

Getting the Vaccine, Who in Our Area Has Them Now

As Vaccines Shipments from the Federal Government Have Been Increasing, the City and Others Are Beginning to Call Back or Email Eligible Individuals on Their Registration Lists to Make Appointments for the Vaccine at Various Sites, So Be Sure to Answer All Calls and Check Emails Carefully Including Spam. The appointment call may well come up as “spam” on your phone, so be **sure to answer unfamiliar phone calls as it may be a vaccine site calling you!**

Fairmount Pharmacy, 1900 Green St., Now Has the Vaccine to Distribute To Community Individuals Per the Philadelphia Eligibility Tiers. Visit www.FairmountPharmacy.com to register. Check often for additional appointments, released a week or two in advance. Appointments for next week should be released by this Friday night at the latest. On Saturday March 13, they had a successful vaccination day at Enon Baptist Church, just across the street from the pharmacy.

Many Eligible Recipients Are Being Offered Vaccine Appointments by the City at the FEMA Vaccine Program at the Convention Center, See Below, Which Vaccinates 6,000 People a Day. Last we checked appointments were available in the near future.

Philadelphia Teachers and Other School-Based Workers Began Receiving Vaccinations at Children’s Hospital Monday February 23.

Parkway Pharmacy Will Administer the Vaccine Again the Weekend of March 20-21, If They Receive More Vaccine Doses from the City, and Once They Put Aside Enough Vaccine For the Second Shots of Those Who Received the First Shot Two Weeks Ago. Sign up on their Facebook page, and scroll down until you see the link to the registration. Or visit <http://tinyurl.com/4ijnmiz2> to register.

The Fairmount Primary Care Center, 1412 Fairmount Ave., a Federally Qualified Health Center, is Also Providing the Vaccine, Giving First Priority to Their Patients. Visit their website to register at dvch.org

FEMA Opened a Mass Vaccination Site at the Convention Center on March 3. Patients are being sent there from various registration sites including the City, hospitals, and doctors’ offices. The FEMA doses are in addition to the doses that Philadelphia is allocated separately from the Federal government. Prior to the public opening, members of the military inoculated federal and SEPTA workers at the site. *The site is set up to inoculate 6,000 people a day, 7 days a week, for the next two months.* It is part of a 10-city FEMA pilot program.

The FEMA Site Has Experienced Long Lines and A Lot of No Shows and the Resulting Leftover Vaccine Doses: Some are saying that you can wait outside of the FEMA section of the Convention Center to see if there are unused vaccines that otherwise might go to waste, and there was also a secret passcode for the leftover doses circulating until recently. Hopefully, a better system for distributing unused doses is being developed.

The City is Also Operating Vaccination Sites in 3 Communities Each Week and Is Now Accepting Walk-ups If You Are in Category 1A or 1B and Live in the Clinic’s Neighborhood. The City began allowing walk-ups this weekend after noticing that appointment slots were going unclaimed. Current clinic locations are: Community Academy Charter School - 1100 E. Erie Ave., the MLK Older Adult Center – 2101 Cecil B. Moore Ave., University of the Sciences’ Bobby Morgan

Arena – 835 S. 43rd St., and Simon Gratz Middle School – 1798 W. Hunting Park Ave. Another clinic at The Grand Yesha Ballroom in South Philadelphia will open Wednesday, and the clinic at the Edward O'Malley Athletic Association in South Philadelphia will open on Friday. Health Commissioner Dr. Thomas Farley says that walk-up appointments are intended for the residents of the clinic's neighborhood, but he did not indicate that the requirement would be strictly enforced. He said that any evidence that you are a Philadelphia resident would be sufficient. *The Convention Center also started allowing walk-ups today (3/16), but it is limited to 22 zip codes, that do not include 19130.*

The Black Doctors Covid-19 Consortium Vaccinated Over 4,000 Individuals at the Liacouras Center in 24 Hours One Weekend in February. Many braved the cold, dark and long lines, and a sleepless night to get their vaccinations.

The Black Doctors Covid-19 Consortium is Also Running Vaccination Sites for Residents of Many Parts of the City, and the Liacouras Center, But They Do Not Include Our 19130 Zip Code.

Hospitals are Now Vaccinating their Own Staff and Patients, But Patient Vaccination Has Been Slower.

Some Shop-Rite, Walgreens, and CVS Pharmacies in the City Are Vaccinating Eligible Individuals. Contact them directly on their websites or by phone. The City will also be reaching out to those who have registered with the City to make appointments at pharmacies. Most are fully booked unless you hit their website at just the right time.

Some Additional Chain and Independent Drug Stores Have the Vaccine, and Some Doctors and Hospitals. Contact your medical provider, pharmacy, or hospital to see if you can get an appointment.

As Part of its Federal Retail Pharmacy Program, in Phase I, the Federal government began shipping an initial 1 million doses of the vaccines directly to 6,500 pharmacies throughout the country, starting on February 11. In subsequent phases, they are shipping to 21 “national pharmacy partners and networks of independent pharmacies, representing over 40,000 pharmacies”. Pharmacies have been the mainstay for flu vaccinations for years. **The plan is to vaccinate over 100 million people in 100 days through this program. The**

pharmacies have been selected by the Centers for Disease Control and Prevention.

The City is Also Working with Employers to Vaccinate Essential Workers. Employers should contact the Philadelphia Health Department.

Some Wegmans Pharmacies outside of Philadelphia have been taking appointments. Click [here](#) for Wegmans' appointment site.

What Else Can I do to Get the Vaccine, if I Qualify? Aside from the above, you can also look for appointments in other jurisdictions, for example, surrounding counties; but some have criticized the practice, except in areas where there is a lot of skepticism about the vaccine and vaccine supplies could go unused.

Also, Try FINDASHOT.ORG to Connect with a Vaccine Appointment.

Should Providers Hold Back Vaccines for the Second Shots? No. This was once being proposed as a way to speed up vaccinations, but it is currently not being suggested. Everyone should get their second shot unless they get the J&J one shot vaccine.

Covid-19 Information, Numbers, Statistics, Guidelines

The U.S. Recently Reached a Grim Milestone of Over 535,000 Dead from the Virus. The U.S. has only 4% of the world's population but has experienced over 20% of Covid deaths, a sad testament to our inexplicable and inexcusable failure to deal effectively with the pandemic from the outset.

Total U.S. Infections Have Exceeded 29.5 Million; Total Infections Worldwide to Date Have Been 120 Million; and Total Worldwide Deaths Are 2.65 Million.

But There is Some Good News: Cases in the U.S. Have Been Dropping Dramatically (After the Holiday Surge); and Deaths Were Down 22% Last Week; However, The Infection Numbers Have Been Plateauing, and Warnings Have Been Issued. With new (potentially more deadly and transmissible) variants coming in, which will most likely become the dominant strains in the U.S.; the lack of knowledge about the current vaccines' effectiveness against them; and our country being nowhere near the goal of vaccinating a critical mass of the

population, **this is not the time to let down your guard! Some health professionals are even warning of another surge if we are not careful. See below for details.**

More Good News: The One-Dose J&J Vaccine, Has Been Authorized by the FDA for Emergency Use in the U.S., and Supplies are Already Being Shipped and the Vaccine Administered Locally: The stated effectiveness of the vaccine is lower than others, but 86% effective against serious illness, and similar efficacy to that of Pfizer or Moderna for preventing hospitalization or death. Also, the J&J vaccine was tested after the new variants had begun to become more dominant so there may not be much, if any, difference in effectiveness between it and the other 2 vaccines, Pfizer and Moderna, tested in the earlier days of the pandemic.

Even More Good News: The Biden Administration Has Brokered a Deal for Merck Pharmaceuticals to Manufacture the J&J Vaccine, Significantly Expanding Production Capabilities for the New Vaccine.

The Best News Yet: The Biden Administration Says the U.S. Will Have Enough Vaccine by May 2021 to Vaccinate the Entire U.S. Adult Population!

Dr. Fauci Thinks We May Reach a Semblance of Herd Immunity by Late Summer or Early Fall. See below re immunities.

Protect Yourself and Your Family and Take Whatever Vaccine is Offered as Soon as You Are Eligible. Even the J&J vaccine may provide immunity comparable to the other two vaccines that are currently approved (Pfizer and Moderna). See below.

Some States, Including Texas and Mississippi Have Ended All Restrictions, Apparently as A “Political Statement”, a move which has been described as “Neanderthal” given the unknown effect of the new (potentially more lethal and transmittable) variants. See below. These states are not only putting their own residents at risk, but health workers and residents of other states, as well, if a new surge results from premature relaxation of precautions.

The World Health Organization Has Issued a Statement that it is Premature and Unrealistic to Think That the Pandemic Might be Stopped by the End of the Year, but that the vaccinations could reduce hospitalizations and deaths. We need to focus on reducing transmissions as well. The vaccines could do that, but we

don't know yet to what extent they do so. "Nothing should be taken for granted in a pandemic."

Great News: The Centers for Disease Control and Prevention ("CDC") Reports that the Daily Vaccinations Topped 2 Million for the First Time on Wednesday March 3rd. The U.S. also set a new world record of 2.98 Million Covid shots in a single day on Saturday, March 13th.

Some 69.78 Million Americans Have Received At Least the First Dose of Vaccine (20.9% of US population), and 37.5 Million are Fully Vaccinated (11.4% of US population), Nowhere Near the 70 to 90% Vaccination Necessary for Herd Immunity.

New Information About Virus Symptoms

Delirium is Often a Covid-19 Symptom in Older Adults; Don't Ignore It! New studies have suggested that delirium is a Covid-19 symptom that many older people develop, even when they don't exhibit other symptoms such as fever or shortness of breath. But it is often confused with other causes and ignored. The potential Covid-19 symptoms include confusion, inattention, disorientation, and other cognitive changes - - and they commonly signal a Covid-19 infection in older people, whose immune systems work differently than younger individuals. They could be spreading the disease to others, and they also need treatment ASAP to avoid worsening effects of the disease. Make sure they are tested as soon as symptoms develop.

The Vaccines, What Are They, What They Do

For the 3 Currently Available Vaccines (Pfizer, Moderna, and J&J), and Others in the Development Pipeline (Astra Zeneca and Novavax), and How They Work, See SGCDC's February 5, 2021 Guide.

Novavax Just Completed Successful Trials in the UK. It is not yet authorized for emergency use in the U.S.

AstraZeneca Vaccine Use Has Been Temporarily Halted in A Number of Countries Because of Reports of Post-Inoculation Blood Clots. But AstraZeneca states that the vaccine does not cause the condition; and the World Health Organization has continued to support its use.

The Vaccine Side Effects, Long Term Effects of the Virus

Expect Some Side Effects from the Vaccines, Especially After the 2nd Dose, From a Sore Arm to Achiness, and Even A Fever and Malaise. The side effects mean that the vaccine is working to develop antibodies. The vaccines do not inject a live virus into the body so experiencing symptoms does NOT mean that you are getting a mild form of Covid-19! It means that the vaccine is working.

The Centers For Disease Control and Prevention (“CDC”) Has Just Reported That Women are More Prone to Vaccine Side Effects Than Men (But Side Effects Are Typically of Short Duration).

The Vaccine Can Sometimes Result in Enlarge Lymph Nodes in the Armpit or Near the Shoulder, and Can be Mistaken for Cancer, So Don't Get a Mammogram Right After the Vaccination or an Invasive Cancer Test. Swollen lymph node occur on the same side as the vaccination and can also occur after other vaccinations or the flu. It was a recognized side effect during the vaccine trials. One way to avoid the problem is to postpone a mammogram until 4 to 6 weeks after the last vaccination.

New Reports Advise That A Newly Discovered Side Effect of the Virus May Be the Development of Type 1 and Type 2 Diabetes. Health experts don't know why, and it's not clear if it would be a permanent side effect. Just another reason you shouldn't let down your guard.

Skin Rashes on Your Arm Where You Got the Vaccine May Be A Side Effect of the Moderna Vaccine

All of the Vaccines Are Designed to Eliminate Symptoms and Serious Illness and Death; It is Not Clear Whether You Can Still Get, and Transmit, the Virus After Getting the Vaccine, But Studies to Date Suggest that You Can.

Accordingly, Getting the Vaccine Does Not Mean a Return to Normal Yet. We Must Still Wear Masks and Keep Social Distances for A Long time To Come. See the CDC Guidelines below.

A Virus Infection Can Result in Unpleasant and Even Disabling Long-Term Side Effects, from Aches to Fatigue to Neurological Symptoms. Don't risk getting it. Wear a mask, social distance, avoid groups, and get the vaccine as soon as you are able to.

The Variants

What are the Current Known Variants of the Virus, Why Are They a Problem, and Will the Current Covid-19 Vaccines Protect Against the New Virus Mutations/Variants?

There are currently 3 known variants of the Covid-19 virus, the UK, Brazilian, and South African, and a 4th "variant of the variants". See the February 5 Guide for a detailed description of them. All have now been found in the U.S.

The variants are mutations of the virus. The more cases there are, the more chances the virus has to mutate. Many health officials are concerned that we are in a "race against time", to vaccinate, and to stop the spread of the virus faster than it can mutate. ***Once the virus mutates, and the mutations (variants) become the dominant strain, the threat is that the new strains are more lethal and transmissible, that the vaccines developed to date may not be as effective, or that you can get a new version of the virus even if you have already had it once.***

The existence of variants is detected by genome sequencing, something the U.S. has fallen behind on compared to other countries.

Not much known at this time about whether the existing and new vaccines protect against the variants, and to what extent. **However, in mass vaccinations in Israel, the Pfizer vaccine was found to be effective against the U.K. strain. Both Moderna and now Pfizer are also working on booster shots to protect against the variants.**

Immunities, Post-Vaccination Guidelines

When Does Immunity Start and How Long Does It Last? A recent Pfizer study showed that immunity started 7 days after the 2nd dose. It is not clear when immunity kicks in with the Moderna vaccine but probably no longer than a few weeks. Data from Johnson & Johnson show that most vaccinated trial participants had a robust immune response 15 days after getting the shot, with significant protection reached by day 29. Recent studies have also said that those who were infected may have antibodies for at least 6 months, but little is currently known about how long immunities last from an infection or from the vaccine, including against the new variants.

How Many People Need to Be Vaccinated to Get Back to Normal? Doctor Fauci and other experts agree that 75-85% of the population needs to be vaccinated to return to our normal way of life. So far, we have fully vaccinated only 11.4% of the U.S. population.

However, An Alarming Number of Individuals in the U.S. Are Refusing to Get the Vaccine, Based on Politics and/or Misinformation, Threatening the Success of the Race to Achieve Herd Immunity, and To Halt the Spread of the Virus and the Expansion of the New More Lethal Variants.

Will Covid “Go Away with the Vaccine and Herd Immunity?” Probably not. It will probably remain as some form of more minor illness, like the flu.

Will We Have to Get A Yearly Covid Shot Going Forward? As yet this is unknown, but probably.

Can I Still Contract or Spread the Virus Even if I Got Vaccinated? A perfect vaccine would 1) stop you from acquiring the disease altogether, 2) stop onward transmission, and 3) stop symptoms. The vaccines were tested to see if they could prevent serious illness and symptoms, and death. There is no clear answer yet on the issue of transmission, but researchers believe that in some cases, you can still spread the disease to others even if you have been vaccinated. **Pfizer is currently conducting tests on the issue of transmission of the virus by vaccinated individuals.** The vaccine also takes a while to provide immunity, even after the second shot. You can still contract it while your body is building up immunity. It is also not 100% effective, although some of the vaccines are close. So, for all of

these reasons, even if you are vaccinated, you should still wear a mask and avoid gatherings until more information is available, and a critical mass of the population is immunized.

The Centers For Disease Control and Prevention ("CDC") Has Just Issued Somewhat Tentative Guidelines For What You Can Do If Fully Vaccinated.

Fully vaccinated people can: visit with other fully vaccinated people indoors without wearing masks or physical distancing; visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing; refrain from quarantine and testing following a known exposure, if asymptomatic.

However, for now, fully vaccinated people should continue to: 1) Take precautions in public, like wearing a well-fitting mask and physical distancing; 2) Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease; 3) Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households; 4) Avoid medium- and large-sized in-person gatherings; 5) Get tested if experiencing COVID-19 symptoms; 6) Follow guidance issued by individual employers; and Follow CDC and health department travel requirements and recommendations.

What Age Groups Are Spreading the Virus? Some recent studies claim that those in the age group 20 to 49 are responsible for spreading 72% of the infections and should potentially be vaccinated sooner. Current models provide for older individuals to receive the vaccine first.

State and Local Governmental Covid-19 Responses and Grants

The State Will Allow Indoor Dining at 75% Indoor Capacity and Bar Service Starting April 4, For Restaurants That Self Certify Compliance with Safety Precautions, Among Other Changes. The City is reviewing the State's actions to see if it will follow suit.

Occupancy Limits for Outdoor Gatherings in Both the State and City Have Now

Been Raised to 20% of Maximum Capacity and Indoor Gatherings to 15%. The Wells Fargo Center welcomed fans back starting on March 7.

After a Standoff Between the Teachers Union and the School District About the Safety of School Buildings, it Was Decided that 53 Schools Would Open the Week of March 1, and Classes For Pre-K to 2nd Grades For Those That Have Opted for Hybrid Learning Would Begin March 8th. Another 45 Opened for K to 2nd Grade on Monday. There is a continuing process to review the schools that remain closed. The goal is for all 152 schools to open by March 22. The Teachers Union had opposed reopening until indoor air circulation issues had, in their view, been adequately addressed.

Philadelphia Will Be Offering a 4th Round of Rent Relief in March for those Who Applied in Rounds 1-3 But Were Not Accepted. Certain conditions apply. Phase 4 will open sometime in March, but a date has not yet been announced. Click [here](#) to check the status and to apply when applications are accepted.

Download COVID Alert PA to receive alerts about whether you have had a possible exposure to someone who has tested positive. You can download the app directly from your app store or wherever you add apps to your device.

Governor Wolf Has Announced the Details of the State's Rollout of \$145 million in Aid to Bars and Restaurants. The funds will be provided to the State's 67 counties based on population through the Covid-19 Hospitality Recovery Program. Philadelphia's share is \$17 million. Grants of \$5,000 to \$50,000 will be awarded. Counties applied to the State's Department of Community and Economic Development for the funds. **The funds were to be available to the counties on February 28.**

The State Covid 19 Hospitality Industry Recovery Grants, Called CHIRP, are Being Administered in Philadelphia By PIDC and the Application Period Opened Monday, March 15 at 11:00 AM and Closes April 5 at 11:59 PM. Click [here](#) to apply.

A List of Grants for Women-Owned Businesses Can Be Found [Here](#).

The Public Utility Commission Ruled That Shutoffs for PUC Regulated Utilities (PGW and PECO) Could Begin Again as of November 9. But individuals who qualify as "protected customers," based on income, can avoid shut off until March

31. Click [here](#) for more information and for links to assistance programs. **See the February 5, 2021 Guide for more information.**

Federal Covid-19 Responses

The Biden Administration’s \$1.9 Trillion Covid-19 Relief package Has Passed Both the House and the Senate and Was Signed by the President on Thursday March 11. It includes another \$1400 for each eligible person, plus \$1400 per dependent, in stimulus checks for those who earned less than \$75,000 (\$112,500 for head of household or \$150,000 for joint filers) and is phased out up to \$80,000, \$120,000, and \$160,000, respectively. It also extended the \$300 weekly unemployment benefit through September 6 and expanded the child tax credit for 2021, upping the credit to \$3600 for those under 6 and \$3000 for those 6-17. It also makes more of the credit refundable for lower-income earners. It provides funding for other programs too, including funds for failing pension plans, tax credits for some health insurance plans, plus funding for schools, transit agencies, and local governments. Congress passed \$4 trillion in Covid-19 aid in 2020.

The Second Round of “PPP” Paycheck Protection Forgivable Loan Program is Still Ongoing: In January 2021, the U.S. Small Business Administration (“SBA”) reopened the “PPP” Program both for first-time applicants and a new second draw program that allows businesses that received an earlier PPP loan to apply for a second loan, if they have experienced greater than 25% decrease in gross receipts. Both rounds of loans are forgivable if the money is spent for eligible payroll and some other business-sustaining expenses. For more information, visit the SBA’s PPP website [here](#). The application period closes March 31.

The Administration Dedicated a Two-Week Window (February 24 – March 10) in Which Only Businesses With 20 Employees or Fewer Could Apply for PPP Loans; it is Also Carving Out \$1 Billion in PPP Relief for Sole Proprietors. Certain restrictions have also been removed such as not being behind on student loans.

The Centers for Disease Control and Prevention (“CDC”) Has Extended the Federal Eviction Moratorium Until March 31. The problem with moratoriums, however, is that the debt doesn’t go away, it just keeps accumulating.

Earlier, President Biden Signed Executive Orders to Begin to Deal Effectively with the Spread of the Pandemic and Its Effects: These include, among others,

mask wearing, student loan payment deferrals, Defense Production Act, expansion of SNIP, other pandemic relief, travel bans and testing of travelers. See the February 5 Guide.

The President Has Also Signed an Executive Order Opening Up Enrollment of ACA health insurance coverage for a 3 Month Period Starting Feb 15. Enrollment is typically limited to November 1 through December 15. See below.

Other Health Issues

With New More Transmissible Variants Now in the U.S., Many Health Experts Are Advocating Double Masks - - For Example, Both a Cloth Mask and a Surgical Mask. N95 masks are even better, but, while still in short supply, those supplies should be reserved for health care professionals. Or try KN-95.

The Biden Administration Has Expanded the Enrollment Period for the Affordable Care Act Coverage. Enrollment runs until May 15. To date, over 206,000 individuals have signed up since February 15, 2021. Visit healthcare.gov for more information and to sign up. The former Administration refused to expand the enrollment period to respond to the pandemic and slashed the budget for enrollment outreach.

Chemotherapy Treatment in the Age of Covid-19: To avoid at-risk cancer patients contracting the virus while receiving chemo treatments in a hospital or an outpatient setting, Penn Medicine has been providing patients with the ability to administer chemo at home. See the February 5 Guide.

Returning to work after an exposure or positive test – See the February 5 Guide.

Have Your Doctor Arrange for Testing if You Think You Have Been Exposed or Find A Free Testing Site in Philadelphia at www.phila.gov/testing.

Help the City Trace Your Contacts if You Have Tested Positive and Stay Anonymous if You Want: Click [here](#).

Eli Lilly's Monoclonal Antibody Drug, "Bamlanivimab," Designed to Kick-Start an Immune Response to the Disease, Has Cut Hospital Stays by Covid-19 Patients By 70%, When Combined with Etesevimab, Another Monoclonal Antibody.

Other Countries, How Are They Doing?

Many Other Countries Are In Desperate Need Of The Vaccine But the U.S. Must Stop the Rampant Virus Spread Here First, Including New Variants, Resulting in a Foreign Policy Mess as China and Russia Provide Others With a Vaccine (When the U.S. Has Not Been Able To Do So), and Some Accuse the U.S. of Hoarding.

Under Intense Pressure to Provide Vaccines to Other Countries - - As We Would Have Traditionally Done Had the Virus Not Raged Out of Control Here - -The Biden Administration Has Just Entered into an Arrangement with Australia, India, and Japan To Finance a Dramatic Expansion of Vaccine Manufacturing Capability.

Recreation, Events, Cultural Institutions

The Philadelphia St. Patrick's Day Parade, Which Would (as Reported) Have Been in its 250th Year, Has Been Cancelled: The next Parade will be March 22, 2022.

The May 2021 Broad St. Run Has Been Postponed Until a DATE TBD in the Fall of 2021. The 10-mile run, a tradition for 40 years, which was cancelled in 2020, was postponed this year on account of Covid-19, to the fall of 2021. Stay tuned.

Eastern State Penitentiary Reopened on March 12, 2021 for Daytime Tours. Hours are Wednesday through Sunday 10 AM to 5 PM. Tickets are on sale now. You can also still support them by becoming a member. Also, view interesting online content, make a purchase at their online store, and/or participate in their First Tuesday speaker program, the very informative **"Searchlight" Series, the First Tuesday of Every Month, 6 PM to 7 PM, by Zoom or on Facebook.** Visit their Events site [here](#) for more information.

Mural Arts Started Up Its Popular Walking Tours Again on March 13. New routes are also being offered. Tours are limited to 10 people and all must wear masks. Visit www.muralarts.org/tours to sign up.

The Philadelphia Museum of Art reopened January 8 with new hours, Sat., Sun., Mon. 10AM to 5 PM, Fri 10 AM to 8:45 PM. Pay what you wish Fri. 5 PM to 8:45, Advance ticket purchase recommended. The **Barnes Foundation** is open Friday to Monday, 10 AM to 5 PM. **The Rodin Museum** is closed through Spring 2021, and **Perelman** is currently closed.

All of Our City's Cultural Institutions Have Been Hit Hard by the Pandemic Restrictions; Become a Member, and/or Make a Donation, if You Are Able, to Help them Weather the Pandemic: In our area, they include Eastern State Penitentiary, the Philadelphia Museum of Art, the Rodin Museum, the Barnes Foundation, Please Touch Museum, the Academy of Natural Sciences of Drexel University, and the Franklin Institute. Become a member now!

Buy Tickets Now for the Flower Show, Being Held Outdoors on June 5 to 13 at FDR Park. Visit phsonline.org/the-flower-show

Financial

Stimulus Payments of \$1400 Were Provided For in the recent Stimulus Package. Click [here](#) to use the IRS "Where's My Stimulus Payment" tool. Some payments have already started to hit people's bank accounts.

Stimulus Payments from the December 2020 Legislation, providing for \$600 in additional stimulus payments for those earning up to \$75,000 a year was passed in December 2020. Click [here](#) to visit the IRS Payment Status site, where you can now setup an account to track your first or second stimulus payment status. ***If you didn't get your payment, or received less than the full amount, you can claim it on a 2020 tax return as a Recovery Rebate Credit.***

Free Online Income Tax Filing Services: The IRS has also teamed with several income tax preparers to provide a free online filing service for those who made less than \$72,000 a year in 2020. Click [here](#) for a list of providers.

The IRS is Behind on Issuing Tax Refunds as They Have Struggled to Distribute Stimulus Checks.

Those Who Had a Higher Income in 2020 on Account of Expanded Unemployment Benefits May Owe More Taxes Than Expected. Unemployment Benefits Are Taxable. However, Under the recent Stimulus Legislation, the First \$10,200 Received in 2020 is Tax Free.

Local Businesses – Ongoing Offerings

The Following Restaurants are Currently Offering Outdoor Dining:

| | | |
|------------------------------|------------------------|--------------|
| Bar Hygge | 1720 Fairmount Ave. | 215-765-2274 |
| Bishop's Collar* | 2349 Fairmount Ave. | 215-765-1616 |
| The Fairview* (opening Wed.) | 601 N. 21st St. | 215-419-5940 |
| Fare | 2028 Fairmount Ave. | 215-763-5500 |
| The Green Room* | 1940 Green St. | 215-241-6776 |
| Juno | 1033 Spring Garden St. | 267-639-2892 |
| Kelliann's* | 1549 Spring Garden St. | 215-563-6990 |
| La Calaca Feliz* | 2321 Fairmount Ave. | 215-787-9930 |
| Little Pete's (has a tent)* | 2401 Pennsylvania Ave. | 215-232-5001 |
| Osteria* | 640 N. Broad St. | 215-763-0920 |
| Urban Saloon | 2120 Fairmount Ave. | 215-232-5359 |
| Zorba's* | 2230 Fairmount Ave. | 215-978-5990 |

*** = also offers reduced-capacity indoor dining.**

Takeout Food:

All of the restaurants listed above, but call them to be sure; Plus:

| | | |
|-------------------------|------------------------|--------------|
| Bishop's Collar* | 2349 Fairmount Ave. | 215-765-1616 |
| City View Pizza* | 1547 Spring Garden St. | 215-564-1910 |
| Engimono Poke & Deli* | 2319 Fairmount Ave. | 215-454-6669 |
| Engimono Sushi* | 1811 Fairmount Ave. | 267-273-0303 |
| Fairmount Pizza* | 2000 Fairmount Ave. | 215-763-4000 |
| Ipho* | 1921 Fairmount Ave. | 215-763-7777 |
| I-Tea* | 1537 Spring Garden St. | 215-665-8886 |
| Kansai Sushi | 1822 Spring Garden St. | 215-568-0888 |
| King of Tandoor | 1824 Callowhill St. | 215-568-0750 |
| LaScala's Pronto* | 1501 Spring Garden St. | 215-751-0200 |
| Luigi's Pizza Fresca* | 2401 Fairmount Ave. | 215-769-8888 |
| Mangia Macaroni | 1543 Spring Garden St. | 215-563-1690 |
| Old Nelson | 1500 Spring Garden St. | 267-519-2239 |
| Pete's Famous Pizza | 2328 Fairmount Ave. | 215-765-3040 |
| Rybread | 1711 Fairmount Ave. | 215-769-0603 |
| Sakura Japanese Cuisine | 1521 Spring Garden St. | 215-569-3838 |

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| Santucci's Pizza* | 656 N. Broad St. | 215-763-4448 |
| South Jazz Kitchen | 600 N. Broad St. | 215-600-0220 |
| Stockyard Sandwich Co. | 1541 Spring Garden St. | 215-977-9273 |
| Tela's Market & | 1833 Fairmount Ave. | 215-235-0170 |
| Thirsty Dice* | 1642 Fairmount Ave. | 215-765-2679 |
| Umai Umai | 533 N. 22 nd St. | 215-988-0707 |

Coffee Shops

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|----------------------------------|-----------------------|--------------|
| Coffee Cream and Dreams | 1500 Fairmount Ave. | 267-225-7602 |
| The Daily at the Divine Lorraine | (Fairmount Ave. side) | |
| OCF Coffee House | 2100 Fairmount Ave. | 267-773-8081 |

These local Businesses Provide To-Go Beer and Wine, and Some do Delivery:

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|------------------------|------------------------|-------------------------|--------------|
| Bar Hygge | 1720 Fairmount Ave. | Growlers and Wine to go | 215-765-2274 |
| The Bishop's Collar | 2349 Fairmount Ave. | 6 packs of beer | 215-765-1616 |
| City View Pizza | 1547 Spring Garden St. | 6 packs of beer | 215-564-1910 |
| Fairmount Pizza | 2000 Fairmount Ave. | 6 packs of beer | 215-763-4000 |
| Fare | 2028 Fairmount Ave. | Craft beers and 6 packs | 215-763-5500 |
| The Green Room | 1940 Green St. | Craft beers and 6 packs | 215-241-6776 |
| Kelliann's Bar & Grill | 1549 Spring Garden St. | Craft beers and 6 packs | 215-563-6990 |
| La Calaca Feliz | 2321 Fairmount Ave. | Craft beers and 6 packs | 215-787-9930 |
| Old Nelson | 1500 Spring Garden St. | Craft beers and 6 packs | 267-519-2239 |
| Parkway Deli | 2200 Spring Garden St. | Growlers and 6 packs | 267-758-6785 |
| Stone's Beer&Beverage | 1701 Fairmount Ave. | Beer distributor | 215-763-9789 |
| Thirsty Dice | 1642 Fairmount Ave. | Beer & "boozy shakes" | 215-765-2679 |

Ice Cream and Shakes (including "Adult Shakes")

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|--------------|------------------------------------|--------------|
| Thirsty Dice | 1642 Fairmount Ave. (17th St Side) | 215-765-2679 |
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Baked Goods, Keto:

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|--------------|---------------------|--------------|
| DessertCrazy | 1925 Fairmount Ave. | 267-764-1411 |
|--------------|---------------------|--------------|

Groceries:

| | | |
|---------------------|-----------------------------------|--------------|
| Klein's Supermarket | 24 th & Fairmount Ave. | 215-232-1120 |
| Old Nelson | 1500 Spring Garden | 267-519-2239 |
| Tela's | 1833 Fairmount Ave. | 215-235-0170 |
| Sal's Produce Plus | 676 N. Broad St. | 215-763-7186 |

These Local Salons and Barber Shops are Now Open:

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|---------------------------------|------------------------|--------------|
| Civil Barbers (New Address) | 2501 Olive St. | 215-660-9556 |
| Classic Barber | 1517 Spring Garden St. | 215-567-6166 |
| Halo Salon at the Philadelphian | 2401 Pennsylvania Ave. | 215-232-2660 |
| Ou Salon | 2323 Fairmount Ave. | 267-930-3299 |
| Shear Excellence | 2019 Fairmount Ave. | 267-519-9708 |
| Shear Perfection | 1535 Spring Garden St. | 215-568-5009 |
| SNIP Philadelphia | 2052 Fairmount Ave. | 215-232-7647 |
| Sulimay's Salon & Barber Studio | 2333 Fairmount Ave. | 215-763-4448 |

You Can Buy PPE at:

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|--|--|--------------|
| Fairmont Hardware | 2011 Fairmount Ave. | 215-765-5820 |
| Fairmount Pharmacy | 1900 Green St. | 215-567-0364 |
| Luz Marina Montano Fashion Design – | 1914 Fairmount Ave. | 267-972-7328 |
| designer cloth masks (\$12 each of 5 for \$50) | www.mmontano.com | |
| Parkway Pharmacy | 2401 Pennsylvania Ave. | 215-642-2422 |

These Gyms and Fitness Centers are Now Open.

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|--------------------|------------------------|--------------------|
| Anytime Fitness | 1640 Fairmount Ave. | anytimefitness.com |
| BPM Fitness | 1808 Spring Garden St. | 215-515-2110 |
| Culture Philly Gym | 1415 Melon St. | 267-607-5883 |
| J'aime Fitness | 2102 Brandywine St. | 610-357-6675 |
| Lumos Yoga & Barre | online & outdoor | 215-787-0700 |
| Retro Fitness | 1500 Spring Garden St. | 570-591-1209 |
| Yoga Habit | outdoor classes | yogahabit.com |

Gifts, Plants, Other:

The Neighborhood Potters, 2034 Fairmount Ave., is open for curbside pickup and in-store shopping by appointment. They will also ship your purchase. Find terrific gifts there for family and friends. www.sandiandneil.com, 215-439-0893.

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|--------------------|-------------------------------|--|
| Ali's Wagon | 2017 Fairmount Ave. | www.aliswagon.com |
| Bookhaven | 2202 Fairmount Ave. | 215-235-3226 |
| Cerulean Arts | 1355 Ridge Ave. (Appt online) | ceruleanarts.com |
| Fairmount Hardware | 2011 Fairmount Ave. | 215-765-5829 |
| Plants Etc. | 2313 Fairmount Ave. | 215-236-3060 |

Physical Therapy, Health: Call to Schedule an Appointment

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|-------------------|------------------------|--------------|
| Jefferson Health | 2100 Spring Garden St. | 215-955-9555 |
| Vybe Urgent Care | 1500 Spring Garden St. | 267-768-8288 |
| Wallace and Nilan | 1714 Fairmount Ave. | 267-606-6923 |
| Wellpoint | 2014 Fairmount Ave. | 267-687-5655 |

Bicycle Repair and Accessories:

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|------------------------|------------------------|--------------|
| Fairmount Bicycles | 2015 Fairmount Ave. | 267-507-9370 |
| Philadelphia Bikesmith | 1822 Spring Garden St. | 267-324-5910 |

Pharmacies

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|--------------------|------------------------|--------------|
| Fairmount Pharmacy | 1900 Green St. | 215-567-0364 |
| Parkway Pharmacy | 2401 Pennsylvania Ave. | 215-642-2422 |
| Rite Aid | 1924 Fairmount Ave. | 215-765-5078 |
| CVS | 2320 Fairmount Ave. | 215-232-5262 |
| CVS | 490 N. Broad St. | 215-430-5757 |

Pet Stores / Veterinary Care:

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|------------------------------|---------------------|--------------|
| Art Museum Veterinary Center | 1710 Fairmount Ave. | 215-982-1490 |
| Fairmount Animal Hospital | 2315 Fairmount Ave. | 215-684-1439 |
| Fairmount Pet Shoppe | 2024 Fairmount Ave. | 215-236-6080 |