<https://labor.ny.gov/ui/cares-act.shtm>

**Contact information for UI programs:**

**If You Are Already Approved for UI Benefits:**

**What you should do:**

* **Do nothing except continue to certify weekly.** Your benefits will be updated automatically.  
  (**Please do not call**; it will only make it difficult for others to reach an agent.)

**What you may qualify to receive:**

* 39 weeks of UI benefits.
* An additional $600/week until 7/31/2020.  
  (Payments begin 4/5/2020)

**If You Are Filing a New UI Claim:**

**What you should do:**

* Apply online at [www.labor.ny.gov/signin](https://applications.labor.ny.gov/IndividualReg/).

**What you may qualify to receive:**

* 39 weeks of UI benefits.
* An additional $600/week until 7/31/2020.  
  (Payments begin 4/5/2020)

**If You Are Not Traditionally Eligible for UI Benefits:**

**What you should do:**

* Check your [eligibility for PUA.](https://labor.ny.gov/ui/pdfs/pandemic-unemployment-assistance.pdf)
* If you believe you are eligible, apply online at [www.labor.ny.gov/signin](https://applications.labor.ny.gov/IndividualReg/).

**What you may qualify to receive:**

* 39 weeks of PUA benefits.
* An additional $600/week until 7/31/2020.  
  (Payments begin 4/5/2020)

**If You've Exhausted 26 Weeks of Benefits After 7/1/2019:**

**What you should do:**

* Apply online at [www.labor.ny.gov/signin](https://applications.labor.ny.gov/IndividualReg/).

**What you may qualify to receive:**

* 13 weeks of benefits.
* An additional $600/week until 7/31/2020.  
  (Payments begin 4/5/2020)

**More Information:**

See [Frequently Asked Questions About UI During the Coronavirus Emergency](https://labor.ny.gov/ui/pdfs/ui-covid-faq.pdf)

If you are self-employed, you may now file for Unemployment Insurance benefits online. See the [Guidance for Self-Employed Individuals.](https://labor.ny.gov/ui/pdfs/self-employed-ui-guide.pdf)

Here is a [step-by-step process to enter online services to file a claim](https://www.labor.ny.gov/ui/pdfs/Unemployment-Filing-Instructions.pdf).

To apply for UI benefits, file on these days:  
Filing for UI benefits is based on your last name.  
**A - F file on Monday | G - N file on Tuesday | O - Z file on Wednesday**  
Missed your day? File on Thurs-Fri-Sat

**When to Apply:**

[**Please see the CARES Act web page**](https://www.labor.ny.gov/ui/cares-act.shtm)**for information about how the CARES Act may affect UI benefits.  
  
If you are filing a new unemployment insurance claim, the day you should apply is based on the first letter of your last name.  
A - F file on Monday | G - N file on Tuesday | O - Z file on Wednesday  
Missed your day? File on Thurs-Fri-Sat  
Any claim you file will be backdated to the date you became unemployed. If you are eligible, you will be paid for all benefits due.**