

COVID-19 Community Resources

Maryland Health Department: <https://coronavirus.maryland.gov/>

Maryland Governor's Updates: <https://governor.maryland.gov/coronavirus/>

Centers for Disease Control (CDC)

Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

How To Protect Yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Coronavirus Symptoms:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

What To Do If You Are Sick:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Travel Information: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

FAQ: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Health Departments

Maryland Department of Health

Website: <https://coronavirus.maryland.gov/> Phone: (410) 767-6700

Anne Arundel County Department of Health

Website: <https://aahealth.org/covid-19/> Phone: 2-1-1

Baltimore City Department of Health

Website: <https://health.baltimorecity.gov/novel-coronavirus-2019-ncov>

Baltimore County Department of Health

Website: <https://www.baltimorecountymd.gov/Agencies/health/index.html>

Coronavirus Hotline: (410) 887-3816

Howard County Department of Health

Website: <https://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls>

Phone: (410) 313-6300

Montgomery County Department of Health

Website: <https://montgomerycountymd.gov/hhs/rightnav/coronavirus.html>

Phone: (240) 777-1755

Coronavirus Testing in Maryland FAQ

Website: https://phpa.health.maryland.gov/Documents/coronavirus_testing_FAQ.pdf

Translated COVID-19 Information (10 different languages)

Website: <https://gocri.maryland.gov/covid19-translations/>

Translated COVID-19 Information (ASL)

Website: <https://bit.ly/covid19-ASL>

Benefits

The Maryland Employment Network - Open for virtual benefits counseling.

Website: <https://www.ticket2workmd.org/> Phone: 1-855-384-2844

Maryland COVID-19 Unemployment FAQ

Website: <http://labor.maryland.gov/employment/uicovidfaqs.shtml>

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Mental Health

Resources/FAQ:

https://phpa.health.maryland.gov/Documents/FAQ_covid19_Maintaining_Mental_Health.pdf

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

National Help Hotlines

<https://www.hhs.gov/coronavirus/mental-health-and-coping/index.html>

The U.S. Department of Health provides the phone numbers for several national help hotlines, including: Disaster Distress Helpline, National Suicide Prevention Hotline, National Domestic Violence Hotlin, Veterans Crisis Line, and SAMHSA's National Helpline

Meals

Maryland Meal Centers for Students & Youth

Website: <https://gosv.maryland.gov/wp-content/uploads/sites/29/2020/03/Maryland-Meals-for-Students-and-Children.pdf>

Grocery Delivery Services

Website: <https://aging.maryland.gov/SiteAssets/Pages/Novel-coronavirus/List%20of%20Grocery%20Delivery%20by%20County.pdf>

Health Insurance

For Marylanders who do not have Health Insurance:

Maryland Health Connection has opened a new special enrollment period for uninsured Marylanders through June 15. For more information, visit: <https://www.marylandhealthconnection.gov/coronavirus-sep/>

Maryland Health Insurance FAQ

Website: <https://insurance.maryland.gov/Documents/newscenter/MIA-Health-covid-FAQs.pdf>

Resources for Seniors (Maryland Department of Aging)

Website: <https://aging.maryland.gov/Pages/Novel-coronavirus.aspx>

Senior Call Check Program

Website: <https://aging.maryland.gov/Pages/senior-call-check.aspx>

Phone: 1-866-50-CHECK (1-866-502-0560)

Child Care Resources

Maryland Family Network

Designated essential personnel may find child care programs using LOCATE: Child Care, a free service available by phone Monday Friday at **877-261-0060** between 7:00 AM and 7:00 PM

<http://www.marylandfamilynetwork.org/programs-services/locate/>

Utilities

Baltimore Gas and Electric Company (BGE)

BGE will be suspending service disconnections and waiving new late payment charges at least until June 1st. It will also be working with customers on a case-by-case basis to establish payment arrangements and identify energy assistance options. For more information about BGE's payment assistance programs, visit their website:

<https://www.bge.com/SafetyCommunity/Safety/Pages/coronavirus.aspx>

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