

**Coronavirus 2019
(COVID-19)
Community Resource Guide**



**Congressman David Trone
Maryland's Sixth Congressional District**

LAST UPDATED: 3/13/2020 AT 5:00PM

A Message from Congressman David Trone

Dear Friend,

I know that the coronavirus outbreak is on the forefront of all of our minds as the virus continues to spread globally and within our community. I want to update you on where you can get information, and what you can do to help protect yourself and your family.

Please note that this is a general resource guide and the information within is not exhaustive. This guide is a compilation of existing federal, state, and county resources and is not intended to be the sole resource for those impacted by the COVID-19 outbreak. Because the situation is evolving, please check my website, <https://trone.house.gov/covid19> or call my office at (202) 225-2721 for additional assistance.

The best way to protect yourself and your family is to practice good hygiene habits. Wash your hands often, don't touch your face, cough into your elbow, give yourself distance from people who are sick, and if you think you are sick, CALL your doctor's office first.

You can call my Gaithersburg office at (301) 926-0300 if you have problems with a federal agency and need additional assistance. My staff and I are here to help.

Sincerely,



David Trone

U.S. Representative



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Quick Guide

For an immediate, life-threatening emergency, call 911. For all other health concerns, call 211.

CDC

800-232-4636; online at <https://www.cdc.gov/coronavirus/2019-ncov/>

Maryland Department of Health

410-767-6500; online at www.health.maryland.gov/coronavirus

Montgomery County Department of Health and Human Services

240-777-0311; online at <https://www.montgomerycountymd.gov/hhs/>

Frederick County Health Department

301-600-1029 or 301-600-0312 (after hours); online at <https://health.frederickcountymd.gov/>

Washington County Health Department

240-313-3200; online at <https://washcohealth.org/>

Allegany County Health Department

301-759-5000; online at <https://health.maryland.gov/allegany/Pages/Home.aspx>

Garrett County Health Department

301-334-7777 or 301-895-3111; online at <https://garretthealth.org/>



Background on Coronavirus (COVID-19)

- COVID-19 is a new respiratory illness that can spread from person to person. Because it's so new, we don't yet have a vaccine or cure for it. Most people who get COVID-19 will recover on their own. But we know that some people can have serious complications that require medical care or hospitalization.
- There is currently an international outbreak affecting countries all over the world. As COVID-19 spreads, your life may be disrupted in a variety of ways. Keep yourself and household healthy by being prepared.
- Seeking and sharing accurate information during a time of heightened concern is one of the best things we can do to keep our families and communities healthy and safe. As new information emerges, please remember that the risk of COVID-19 is NOT connected with race, ethnicity or nationality. Stigma will not help to fight the illness.

What are the symptoms of COVID-19? How does it spread?

- Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure to the disease.
- COVID-19 spreads between people who are in close contact with one another (about 6 feet) via coughs or sneezes. It may also be spread by touching a surface or object with the virus on it.
- People are thought to be most contagious when they are the sickest, although some spread is possible before people show symptoms.

How can I prevent spreading COVID-19?

- Prevention starts with practicing good personal health habits:
 - Wash your hands often with soap and water.
 - Cover your coughs and sneezes with a tissue.
 - Clean and disinfect frequently touched surfaces and objects.
- Stay home when you're sick.
- Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.
- The Centers for Disease Control (CDC) website offers more details on these [preventive steps](#).

How do I plan ahead for COVID-19?

- Make an emergency plan of action with members of your household, relatives, and friends. CDC website offers [common sense guidance](#) for preparing you and your family for emergencies.
- If the disease starts spreading in your area, health officials might recommend closing schools or canceling events and encouraging people to work remotely to slow the spread of the disease. Maryland public schools are closed until March 27th.
- Make plans for alternative arrangements for you or your child in the case of a school or university dismissal or shutdown. You should also make plans for older individuals and pets, as needed.



- Check in with your work about sick leave and telework options should you need to stay home because you are sick or need to care of a household member.
- Make a list of emergency contacts—family, friends, neighbors, carpool drivers, health care providers, teachers, employers, local public health department, and community resources.
- Gather extra supplies, such as soap, tissues, and alcohol-based hand sanitizer. If you or one of your household members have a chronic condition and regularly take prescription drugs, talk to your health provider, pharmacist, and insurance provider about keeping an emergency supply of medications at home.
- The Maryland Insurance Commissioner has released guidance allowing for early 30-day prescription medication refills for individuals covered by many commercial providers. Please check with your provider for details.

What do I do if I have suspected or confirmed COVID-19?

- Monitor your symptoms (fever, cough, shortness of breath). Call your healthcare provider before visiting the office. If you have an appointment, be sure you tell them you have or suspect you have COVID-19.
- Stay home, except for getting medical care. If you have mild symptoms, you may not need to seek medical care.
- Separate yourself from other people and animals in your home.
- Do not go to work, school or public areas.
- Avoid using public transportation, taxis, or ride-share.
- If you have a facemask, wear it around other people or pets and before entering a healthcare provider's office.
- If you can't wear a mask because it's hard for you to breathe while wearing one, then keep people who live with you out of your room or have them wear a facemask if they come in your room.
- Cover coughs and sneezes with a tissue, then throw the tissue away in a lined trash can. Wash hands thoroughly afterwards. Soap and water is best.
- Avoid sharing personal household items like dishes, glasses, or bedding.
- Wash your hands often with soap and water for 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Rub hands together until dry.
- Clean all "high touch" surfaces -- counters, tables, doorknobs, bathroom fixtures, phones, and keyboards -- daily.
- Use household cleaning products, following the manufacturer's recommendations.
- If you are having a medical emergency, call 9-1-1. Notify dispatch that you have or may have COVID-19.
- Remain in home isolation for 7 days OR until 72 hours after your fever has resolved (and symptoms get better) whichever is longer.



What do I do if I was potentially exposed to someone with confirmed COVID-19?

First, know that you generally need to be in close contact with someone with COVID-19 to get infected. Close contact includes scenarios like living with, or caring for, a person with confirmed COVID-19, being within six feet of a person with confirmed COVID-19 for about 10 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you or you had direct contact with their body secretions.

If you may have had close contact with a person with COVID-19 but are not sick.

- Monitor your health for fever, cough and shortness of breath for 14 days after your last contact with the ill person.
- Do not go to school or work. Avoid public places for 14 days.

If you are a close contact of a person with confirmed COVID-19 and are sick

- If you are sick with fever, cough, or shortness of breath--even if your symptoms are mild--isolate yourself.
- If you are at higher risk for severe illness (over 60, with underlying health conditions such as heart disease, lung disease, or diabetes), have a weakened immune system or are pregnant) call your healthcare provider. They may want to test you for COVID-19.
- If you have symptoms but are not in a high risk category, talk with your healthcare provider. They will help you determine if you need to be evaluated.

What do I do if I have COVID-19 symptoms but haven't been around anyone who has been diagnosed with COVID-19?

- The most common symptoms of COVID-19 are fever, cough, and shortness of breath. These can be symptoms of other respiratory illnesses as well as COVID-19.
- If you are in a high-risk category, and have symptoms of COVID-19, call your healthcare provider for advice. If you are at risk for serious illness, your healthcare provider may arrange a test for COVID-19.
- If you do not have a high risk condition and your symptoms are mild, you do not need to be tested for COVID-19. Do not go out when you are sick, practice excellent hygiene, and wear a facemask when you are around other people if you can.
- Cover coughs and sneezes. Avoid sharing personal household items. Clean your hands often. Clean all "high-touch" surfaces often.
- Monitor your symptoms and call your healthcare provider if symptoms worsen.
- Stay home and avoid others for 72 hours after your fever goes down and symptoms get better.

What do I do if COVID-19 starts spreading in my community?

- Stay informed about local COVID-19 activity through the Maryland Department of Health [website](https://health.maryland.gov/pages/home.aspx) (<https://health.maryland.gov/pages/home.aspx>), and be aware of any signs that people in your community are getting sick. For example, watch for school dismissals or closures.



- Avoid contact with people who are sick. Cover your coughs and sneezes with a tissue, and wash your hands often with soap or water. Don't share personal items and clean frequently touched surfaces with soap and water.
- If you are sick, stay home. When seeking medical care, wear a facemask and keep your distance from others. If someone in your house is sick, stay home to avoid unknowingly spreading the virus to others. We still don't fully understand how this spreads.
- Do not attend large events, such as sporting events, conferences, or other community events if you are sick, do not feel well, or someone in your home is sick. If you aren't sick, consider your risk of getting COVID-19 at the event before you go.
- Discourage your children from gathering with others after school unless it is a small group. If any of the children show symptoms of COVID-19, separate them from others immediately.
- Watch your children for symptoms of COVID-19. Notify your children's childcare facility or school if they are sick and get any classroom assignments or activities they can do from home.
- Set up a separate room for sick household members, if possible. Clean the room regularly and try to obtain clean, disposable face masks to use.
- Check in with family and friends who live alone—especially those with chronic diseases. If you live alone, ask your friends and family to check in with you if you become sick.



Federal Resources

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

US Health and Human Services (HHS) Statements on U.S. Government Response <https://www.hhs.gov/>

State Department Travel Advisories

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

CDC Coronavirus Information for Travel

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

Smart Traveler Enrollment Program (STEP) <https://step.state.gov/step/>

U.S. District Court in Maryland online <https://www.mdd.uscourts.gov/>

Small Business Help

The Small Business Administration (SBA) can provide small business loans for those impacted by a COVID-19 outbreak. SBA may also be able to assist with export challenges by helping identify alternative markets or providing STEP vouchers to defray costs. Visit <https://sba.gov/coronavirus> or <https://disasterloan.sba.gov/ela/Information/EIDLLoans>

If you have an appointment with U.S. Customs and Immigration Services (USCIS)

If you feel sick, cancel or reschedule your USCIS appointment. Please check the USCIS office in Baltimore for updated guidance.

<https://www.uscis.gov/about-us/find-a-uscis-office/field-offices/maryland-baltimore-field-office>

If you have an appointment with Social Security Administration (SSA)

Online assistance is available here <https://www.ssa.gov/locator/>

If you have an appointment with CBP (Trusted Traveler Programs)

Updates are available here: <https://www.cbp.gov/> Contact CPB: <https://www.cbp.gov/contact>

If you have an appointment with the VA

Updates and information are available here: <https://www.publichealth.va.gov/n-coronavirus/index.asp>

If you are experiencing difficulties with a federal agency, please contact Congressman Trone's office for assistance at 301-926-0300; online at <https://trone.house.gov>



Statewide Resources

Maryland Department of Health

www.health.maryland.gov/coronavirus

Governor's Office

410-974-3901; online at <https://governor.maryland.gov/>

Maryland Insurance Administration

410-468-2000; <https://insurance.maryland.gov/Pages/newscenter/NewsDetails.aspx?NR=2020251>

See if you can still get or change 2020 health coverage: <https://www.marylandhealthconnection.gov/>



Resources for Businesses and Workers

Maryland Insurance Administration

410-468-2000; <https://insurance.maryland.gov/Pages/newscenter/NewsDetails.aspx?NR=2020251>

- Lost business income insurance is subject to the specific terms and conditions of your policy. Contact the broker or agent that sold the policy, the insurance company or the Maryland Insurance Administration with any questions..

Disaster Preparedness Planning for your Business

online at <https://mema.maryland.gov/Pages/business.aspx>

Financial Assistance for Businesses

- The federal Small Business Administration (SBA) may be able to provide assistance through the Economic Injury Disaster Loans program to businesses that have suffered substantial economic injury in an eligible disaster area. The SBA can provide a loan of up to \$2 million to help meet financial obligations and operating expenses.
 - Visit: <https://disasterloan.sba.gov/ela/>
 - <https://www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-provide-disaster-assistance-loans-small-businesses-impacted-coronavirus-covid-19>

Export Assistance for Businesses

- ExportMD Program helps to offset some of the costs of marketing internationally for Maryland's small and mid-sized companies. Visit: <https://commerce.maryland.gov/fund/programs-for-businesses/exportmd-program>
- The SBA's Export Working Capital Program can help small businesses obtain working capital advances from lenders on export orders, export receivables or letters of credit. SBA's Senior International Credit Officers can work directly with an impacted company to explain the program and application process. Visit: <https://www.sba.gov/content/financing-your-small-business-exports-foreign-investments-or-projects-0>

Employer and Worker Assistance

- The Maryland Department of Labor Division of Unemployment Insurance (DUI) pays temporary benefits to workers who have lost their job through no fault of their own and meet the program's eligibility requirements. The program also connects customers through a range of Workforce Development service, including career planning and guidance, training, and employment opportunities. Please visit the website for more information: <http://labor.maryland.gov/employment/uibenefits.shtml>



Montgomery County Resources

For general questions about COVID-19 or Maryland's response, please visit

www.health.maryland.gov/coronavirus

Montgomery County Department of Health and Human Services Coronavirus Updates

<https://www.montgomerycountymd.gov/HHS/RightNav/Coronavirus.html>

Montgomery County Department of Health and Human Services

240-777-0311; online at <https://www.montgomerycountymd.gov/hhs/>

Montgomery County Office of Emergency Management and Homeland Security

240-777-0311; online at <https://frederickcountymd.gov/2001/Emergency-Management>

Montgomery County Circuit Court

240-777-9400; online at <https://www.montgomerycountymd.gov/cct/>

Hospitals

Adventist HealthCare Shady Grove Medical Center

240-826-6000 or 240-826-6405; online at <https://www.holycrosshealth.org/>

Holy Cross Germantown Hospital

301-557-6000; online at <https://www.adventisthealthcare.com/>

Montgomery County Public Schools

240-740-3000; online at <https://www.montgomeryschoolsmd.org/>



Frederick County Resources

For general questions about COVID-19 or Maryland's response, please visit

www.health.maryland.gov/coronavirus

Frederick County Health Department Coronavirus updates

<https://health.frederickcountymd.gov/CivicAlerts.aspx?AID=271>

Frederick County Health Department

301-600-1029 or 301-600-0312 (after hours); online at <https://health.frederickcountymd.gov/>

Frederick County Division of Emergency Management

301-600-6790; online at <https://frederickcountymd.gov/2001/Emergency-Management>

Frederick County Circuit Court

301-600-1976; online at <https://www.courts.state.md.us/clerks/frederick>

Hospitals

Frederick Health

240-566-3300; online at <https://www.frederickhealth.org/>

Frederick County Public Schools

301-644-5000; online at <https://www.fcps.org/>



Washington County Resources

For general questions about COVID-19 or Maryland's response, please visit www.health.maryland.gov/coronavirus

Washington County Health Department Coronavirus Updates

<https://www.washco-md.net/coronavirus-info/>

Washington County Health Department

240-313-3200; online at <https://washcohealth.org/>

Washington County Emergency Management Division

240-313-4360; online at <https://www.washco-md.net/emergency-services/emerg-man/>

Washington County Circuit Court

301-733-8660; online at <https://mdcourts.gov/clerks/washington>

Hospitals

Meritus Health

301-790-8000; online at <https://www.meritushealth.com/>

Washington County Public Schools

301-766-2800; online at <http://wcpsmd.com/>



Allegany County Resources

For general questions about COVID-19 or Maryland's response, please visit

www.health.maryland.gov/coronavirus

Allegany County Health Department Coronavirus Updates

<https://health.maryland.gov/allegany/Pages/COVID19.aspx>

Allegany County Health Department

301-759-5000; online at <https://health.maryland.gov/allegany/Pages/Home.aspx>

Allegany County Emergency Management Division

301-876-9155; online at <https://www.alleganygov.org/168/Emergency-Services>

Allegany County Circuit Court

301-777-5923; online at <https://mdcourts.gov/clerks/allegany>

Hospitals

Western Maryland Health System

240-964-7000; online at <https://www.wmhs.com/>

Allegany County Public Schools

301-759-2000; online at <https://www.acpsmd.org/>



Garrett County Resources

For general questions about COVID-19 or Maryland's response, please visit
www.health.maryland.gov/coronavirus

Garrett County Health Department Coronavirus Updates

<https://garretthealth.org/covid-19-information/>

Garrett County Health Department

301-334-7777 or 301-895-3111; online at <https://garretthealth.org/>

Garrett County Emergency Management

301-334-7619; online at <https://www.garrettcounty.org/emergency-services>

Garrett County Circuit Court

301-344-1937; online at <https://www.courts.state.md.us/clerks/garrett>

Hospitals

Garrett Regional Medical Center

301-533-4000; online at <https://www.grmc-wvumedicine.org/>

Garrett County Public Schools

<https://www.garrettcountyschools.org/news/2020/03/gcps-update-on-coronavirus--march-11-2020>



Preventing Stigma

Viruses don't discriminate, and neither should we.

Coronavirus doesn't recognize race, nationality or ethnicity.

The 2019 novel coronavirus started in Wuhan, China. That's just geography. Having Chinese ancestry—or any other ancestry—does not make a person more vulnerable to this illness.

Wearing a mask does not mean a person is ill.

People wear masks for a variety of reasons, including to avoid pollen and air pollution or for cultural and social reasons. We should not judge someone for wearing a mask or assume they are sick.

You can interrupt stigma. Start by sharing accurate information.

Avoid spreading misinformation. Stay informed through reputable, trusted sources:

- Centers for Disease Control and Prevention: <https://www.cdc.gov/>
- Maryland State Department of Health: www.health.maryland.gov/coronavirus
- County-operated Public Health Websites (see pages within)

Speak up if you hear, see, or read misinformation or harassment.

Gently correct the false information and remind the speaker: prejudiced language and actions make us all less safe. If a serious harassment occurs, consider reporting it.

Show compassion and support for those most closely impacted.

In schools and workplaces, create learning opportunities for students and staff that dispel racist and misinformed ideas. Listen to, acknowledge and, with permission, share the stories of people experiencing stigma. Bigotry is never acceptable in any community.

