

# COVID-19 Resources for Our Community

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## What You Can Do

- Avoid all non-essential, non-emergency travel.
- Stay away from others when you are sick and avoid close contact with people who are sick.
- Avoid crowded areas and maintain a healthy distance from other people. Do not take part in gatherings (playing team sports at local fields, large neighborhood cookouts, etc) and discourage family members from doing so.
- Clean high-touch, hard surfaces regularly.
- Take care of yourself, physically and mentally.
- Follow these guidelines if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## How to Receive Help

- **Food:** A comprehensive list of food resources can be found at Montgomery County Food Council's website at <https://mocofoodcouncil.org/covid-19-local-food-system-resources/>
- Also see the sections below on **Education and Children** for school meals distribution locations and **Seniors and Individuals with Disabilities** for other resources.

<b>Manna Food Center</b> 301-424-1130 Call to make an appointment by 3:00pm the day before you want to pick up; multiple distribution sites have been established throughout county	<a href="https://www.mannafood.org/covidresponse/">https://www.mannafood.org/covidresponse/</a>  See website for multiple distribution sites <a href="https://www.mannafood.org/about/contact-manna/manna-food-distribution-sites/">https://www.mannafood.org/about/contact-manna/manna-food-distribution-sites/</a>
<b>Nourish Now</b> 301-330-0222 Please call ahead	<a href="https://nourishnow.org/get-food/">https://nourishnow.org/get-food/</a>  1111 Taft Street, Rockville
<b>Catholic Charities Choice Food Pantry</b> 301-942-1790 Please call ahead	<a href="https://www.catholiccharitiesdc.org/catholiccharitiescenter/">https://www.catholiccharitiesdc.org/catholiccharitiescenter/</a>  12247 Georgia Avenue, Silver Spring
<b>Adventist Community Services</b> 301-585-6556 Call in advance for an appointment	<a href="http://www.acsgw.org/food.html">http://www.acsgw.org/food.html</a>  501 Sligo Avenue, Silver Spring

- **Utilities:** Per the Maryland Governor's order, utilities (water, gas, electric) are prohibited from shutting off services or charging late fees. Evictions are prohibited as well. Many utilities will work on with each customer on future payment arrangements.
  - **Tap Water:** Don't fall victim to scammers trying to sell you water filters. COVID-19 is not detected in water and not transmitted by water. **Your tap water is safe.** More information at [www.wsscwater.com/coronavirus](http://www.wsscwater.com/coronavirus)
- **Monthly Bills:** You are encouraged to contact your bill providers and request to defer payment. Many are working with customers at this time.
- **Housing:** Evictions and foreclosures are prohibited. The Housing Opportunities Commission (HOC) has suspended all inspections.
- **Mental Health:** EveryMind has compiled resources that support mental health and well-being at <https://www.every-mind.org/7493-2/>. Individuals do not have to be in crisis to reach out to **EveryMind** specialists who will listen and provide support. Call/Text 301-738-2255.

- **Domestic Violence Assistance:** For free, confidential help on weekdays from 8:30am-5:00pm, contact either
  - The Family Justice Center at 240-773-0444
  - Abused Persons Program at 240-777-4195
 For 24-hour assistance, call the Montgomery County Crisis Center at 240-777-4000
- The **State of Maryland** also has an A-Z Resource Guide at <https://governor.maryland.gov/marylandunites/>

## How to Help Others – There are many critical needs

- To **Volunteer** to help as well as for donation requests, we encourage you to go to the Montgomery County Volunteer Center COVID-19 Response website: <https://www.montgomerycountymd.gov/volunteercenter/> Search for opportunities for “Emergency Response” and thank you!!
- The State of Maryland also has a place to volunteer at <https://governor.maryland.gov/marylandunites/>
- For **Food Donations**, please contact Manna Food Center at <https://www.mannafood.org/covidresponse/> or Nourish Now at 240-499-6380.
- For **Blood Donations**, go to <https://www.redcrossblood.org/give.html/find-drive> to schedule an appointment.
- For organizations wishing to make **donations of Personal Protective Equipment**, please email [Emergency.Management@montgomerycountymd.gov](mailto:Emergency.Management@montgomerycountymd.gov)
- For **healthcare professionals** who would like to assist, please register for the Medical Reserve Corps at <https://mdr.health.maryland.gov/Pages/MRCNetwork.aspx> as well as email [Emergency.Management@montgomerycountymd.gov](mailto:Emergency.Management@montgomerycountymd.gov)
- Unlike in the past, showing up with baked goods and meals for first responders is highly discouraged. Please consider donating to their respective foundations instead.

## Health and Safety

- For updates on COVID-19 in Montgomery County go to <https://montgomerycountymd.gov/hhs/rightnav/coronavirus.html>
- **Maryland Health Connection** has launched a special enrollment period until April 15 for currently uninsured Marylanders. Visit <https://www.marylandhealthconnection.gov/coronavirus-sep/>
- For those without insurance, visit the **Montgomery County Office of Eligibility and Support Services** at <https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSProgramEligibility-p732.html> or call 311 for assistance.
- For those struggling to cope with anxiety, stress, and other mental health issues, **EveryMind** has resources available at <https://www.every-mind.org/7493-2/> as well as specialists if you need to talk to someone. Call or text 301-738-2255.
- Tents have been set up at various hospitals to support anticipated needs and the National Guard has been activated to support the medical response.
- If insured, please contact your primary care doctor or insurance provider. Your provider will coordinate any testing if appropriate.
- Medical and Mental Health Services – the Maryland Governor has authorized telemedicine (via telephone) to encourage efficient, responsive, and safe methods of care.

## Business Resources

- Per the Governor’s March 23 order, all non-essential businesses and establishments must close. For a list of essential businesses which are not required to close, visit <https://governor.maryland.gov/wp-content/uploads/2020/03/OLC-Interpretive-Guidance-COVID19-04.pdf>
- The State of Maryland has announced several programs to assist businesses.
  - **Maryland Department of Labor:** <http://www.labor.maryland.gov/employment/covidlafund.shtml>
    - Layoff Aversion Fund
  - **Maryland Department of Commerce:** <https://commerce.maryland.gov/fund/maryland-small-business-covid-19-emergency-relief-fund-programs>

- Maryland Small Business COVID-19 Emergency Relief Loan Fund
- Maryland Small Business COVID-19 Emergency Relief Grant Fund
- Maryland COVID-19 Emergency Relief Manufacturing Fund
- **Small Business Administration (SBA)** Disaster Loan Assistance is now available for Montgomery County businesses at <https://disasterloan.sba.gov/ela/>
- Additional resources for local businesses:

Montgomery County Economic Development Corporation	<a href="https://thinkmoco.com/covid-19-resources?mc_cid=99e1ec3829&amp;mc_eid=3dc46923a4">https://thinkmoco.com/covid-19-resources?mc_cid=99e1ec3829&amp;mc_eid=3dc46923a4</a>
Montgomery County Department of Health and Human Services	<a href="https://montgomerycountymd.gov/HHS/RightNav/Coronavirus-biz.html">https://montgomerycountymd.gov/HHS/RightNav/Coronavirus-biz.html</a>
Maryland Business Express	<a href="https://businessexpress.maryland.gov/coronavirus">https://businessexpress.maryland.gov/coronavirus</a>

- The State Comptroller has announced businesses can defer state tax payments to July 15.

## Closures, Cancellations, and Service Modifications

An updated list of local government facility closures and service modifications can be found at:

<https://www.montgomerycountymd.gov/OEMHS/COVID19-Closures.html>

### Closed:

- Per the Governor’s March 23 order, all non-essential businesses and establishments must close. For a list of essential businesses which are not required to close, visit <https://governor.maryland.gov/wp-content/uploads/2020/03/OLC-Interpretive-Guidance-COVID19-04.pdf>
- Park Facilities, Libraries, Senior Centers, Recreation Centers, Aquatic Centers, Movie Theaters, Gyms, Shopping Malls, Entertainment Venues are closed.
  - **Montgomery Parks** has limited gatherings in parks to 10 people and cautions against using playground equipment without hand sanitizer.
- **Restaurants and Bars** are open for carry-out and drive-through only; no eat-in customers. Go to [www.mocoeats.com](http://www.mocoeats.com) for a directory of Montgomery County restaurants who provide take-out and/or delivery service.
- The **US Postal Service** is an essential service. For more info, visit <https://faq.usps.com/s/article/USPS-Coronavirus-Updates-for-Residential-Customers>

## Grocery Stores/Pharmacies/Banks/Gas Stations/Post Offices

- Grocery stores, pharmacies, banks and gas stations are among the essential businesses that will remain open and will be resupplied. Hours of operation have been decreased to allow for cleaning and restocking. Check before going. Note that many deliver but have been overwhelmed by orders.
- **Dedicated Shopping Hours for Seniors** - Grocery stores, including Giant, Safeway, Whole Foods, and Target are offering dedicated shopping hours for seniors and vulnerable individuals (immune suppressed), typically the first hour each day. For a list of stores and hours, visit <https://www.montgomerycountymd.gov/HHS/Resources/Files/COVID19GroceryStores.pdf>
- **Restaurants providing takeout, pick-up, and food delivery** – While eating in restaurants is prohibited at this time, many restaurants are preparing meals for purchase. Visit [www.mocoeats.com](http://www.mocoeats.com) for food and drink locations offering takeout and/or delivery.

## Education and Children

### School Meals

- Grab-and-Go Bags are being distributed Monday through Friday – 11am to 1pm at more than 40 locations in Montgomery County. Weekend Smart Sacks are also being distributed at select locations on Fridays. Drive up or walk to the location. For an updated list of locations: <https://www.montgomeryschoolsmd.org/coronavirus/#emergencymeals>
- School buildings are not open. Meals are dispensed via refrigerated trucks outside each location.

### Childcare

- Montgomery County DHHS is facilitating childcare for emergency responders and essential staff only. Designated essential personnel working in response to the COVID-19 pandemic who require childcare are immediately able to register for the state-funded childcare programs at no cost by calling 1-877-261-0060. <https://earlychildhood.marylandpublicschools.org/state-funded-child-care-essential-personnel%C2%A0>
- Maryland State Department of Education has ordered all child care providers except those serving essential personnel to close.

### Montgomery College/USG/UMD

- Classes will be conducted online following spring break. Students should check emails regularly for instructions from their professors.

### Montgomery County Public Schools

- The State of Maryland has ordered all schools to remain closed through April 24.
- MCPS is regularly updating their website: <https://www.montgomeryschoolsmd.org/> with activities and resources as well as learning plans and information on the distribution of Chromebooks as needed.
- SAT – the College Board has canceled the March 28 and May 2 SAT administration. Students will receive a refund. For more info: <https://pages.collegeboard.org/natural-disasters>
- ACT - ACT has rescheduled its April 4 national test date to June 13. All students registered for the April 4 test date will receive an email from ACT providing instructions for free rescheduling to a future test date.
- AP Testing - For the 2019–20 exam administration only, students can take a 45-minute online free-response exam at home. More info at <https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>

## Employment/Filing for Unemployment

- COVID-19 has resulted in different job opportunities, mainly with essential businesses. Companies currently hiring include: 7-Eleven, Amazon, Domino's, Giant Foods, Walmart, Adventist HealthCare, AKAL Security (for BWI Airport), and more. Some are temporary in support of COVID-19 operations.
- **To search for job openings:**
  - Visit company's website or contact directly.
  - Visit the Maryland Workforce Exchange at <https://mwejobs.maryland.gov> Click on "Find a Job" a bottom of webpage and enter the area to search.
  - Use Indeed.com or Monster.com. Tip: Search for the most recent job postings.
- The State has expanded temporary **unemployment benefits**. To file a claim for unemployment benefits, go to <https://www.dllr.state.md.us/employment/unemployment.shtml> . The call center hours are 7:30am to 3:30pm at 140-949-0022. Please note that due to high volume, you will experience unusually long wait times. If possible, file online.
- Current and new unemployment insurance benefit recipients are exempt from the requirement to actively seek work for a 10-week period beginning the week of March 20. More info at <https://mwejobs.maryland.gov/vosnet/Default.aspx>

## Seniors and Individuals with Disabilities

- **Senior Call Check** – Call 1-866-502-0560 or register online at [www.aging.maryland.gov](http://www.aging.maryland.gov) to receive a daily call to verify well-being of participant. Any Maryland resident of 65 years or older can participate in this free program.

- **Montgomery County Senior Nutrition Program** – for age 60 and over, spouse of adult age 60 and over, and disabled residents. For info on weekly frozen meal delivery and registration info, go to: <https://www.montgomerycountymd.gov/rec/Resources/Files/MCR%20Senior%20Meal%20Information.pdf>
- **Food Resources and Meal Delivery** – Visit <https://mocofoodcouncil.org/covid-19-local-food-system-resources/#unique-identifier1> for a continually updated list of resources to include grocery assistance.
- **Senior Connection** – 301.962.0820. <https://www.seniorconnectionmc.org/>
- **Transportation** - Various options are available for those customers with no signs of illness. Please use only for essential travel. Visit <https://www.montgomerycountymd.gov/DOT-Transit/seniors.html> for complete information.
  - For details on MetroAccess, call 301-562-5360 or go to <https://www.wmata.com/service/accessibility/metro-access/>
  - Call-n-Ride Discounted Taxi, call 301-948-5409

## Staying Informed, Engaged, and Connected

- Comcast has opened the **Xfinity WiFi Public Hotspots** nationally for free. Enable by selecting “xfinitywifi”
- **Internet Essentials** – Comcast is providing 2 months of free service to new customers who apply by April 30. This service is available to qualified low-income households. Allow 5-7 days to receive installation kit. Low cost computers are also available through this program.
- Digital Library Cards are now available from **Montgomery County Public Libraries**. Check out digital e-books and other online services at <https://www.montgomerycountymd.gov/library/services/registration.html>

## Taxes

- The Maryland and Federal Income Tax filing and payment deadlines have both been extended to July 15. You are encouraged to file immediately if you anticipate a refund.

June 1	Returns and payments are due for Maryland business-related taxes not collected in March, April and May including sales and use tax, withholding tax, and admissions & amusement tax, alcohol tax, tobacco tax, and motor fuel tax, as well as tire recycling fee and bay restoration fee returns.
July 15	Deadline for Maryland individual, corporate, pass through entity, and fiduciary income tax payments, as well as March quarterly estimated payments
October 15	Deadline for filing Maryland income tax returns if a federal extension was filed.

- For assistance with Maryland tax filings, contact [taxhelp@marylandtaxes.gov](mailto:taxhelp@marylandtaxes.gov) or 1-800-MD-TAXES.

## Trash/Recycling/Transfer Station

- Transfer Station hours now 9am-5pm, 7 days per week to accommodate one shift of staff.
- Recycling/trash collection – normal schedule for county collection
- For private hauler trash collection, please contact them directly for any collection changes.

## Transportation and Travel – Only Essential Travel

- **Montgomery County Ride On** – <https://www.montgomerycountymd.gov/DOT-Transit/special-plan.html>  
All fares are suspended. Expect frequent schedule changes. Bus services are reduced to priority routes to support medical providers, first responders, and workers critical to emergency efforts. To protect our drivers, please board through rear doors. Do not take any public transportation if you do not feel well.
- **Metrorail – Essential travel only!**
  - As of March 26, several METRO stations are closed with limited service hours to conserve cleaning supplies and due to low ridership. Visit <https://www.wmata.com/> for information.
- **Metrobus** – Emergency Schedule. **Essential travel only!**

- Bus service is greatly reduced to 20 routes to prevent crowding and ensure areas are not cut off. Visit <https://www.wmata.com/> for information about routes that will operate.
  - IMPORTANT: Bus operators are granted the authority to bypass bus stops to maintain safe social distancing aboard the vehicle. Digital signs, websites, apps and timetables will NOT reflect accurate information about bus schedules. Board bus through rear doors.
  - **Transportation Services for Older Adults and Persons with Disabilities** – Various options are available for those customers with no signs of illness. Please use only for essential travel. Visit <https://www.montgomerycountymd.gov/DOT-Transit/seniors.html> for complete information.
    - For details on MetroAccess, call 301-562-5360 or go to <https://www.wmata.com/service/accessibility/metro-access/>
    - Call-n-Ride Discounted Taxi, call 301-948-5409
- For information on what to do if you are sick, go to <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- All Metro Access subscription trips are cancelled until further notice. Customers with a critical need to travel should make a separate reservation calling 301-562-5360 (TTY 301-588-7535) or via the online reservation system.
  - **Highway Tolling** - all-electronic (cashless) tolling in effect. All drivers should KEEP MOVING through toll plazas without stopping. Cash payment lanes will operate as video tolling (cashless) lanes. Motorists who usually pay with cash will be mailed a Notice of Toll Due for the cash toll rate.
  - **EScooters** – Lime has paused service and deployment.

## Voting

- Per the Maryland Governor’s proclamation, the Maryland State primary is postponed until June 2 (similar to other states). The Special election for 7<sup>th</sup> District Congressional Seat will be held through vote by mail – 7<sup>th</sup> District only.

## Other Reliable Sources of Information

Everyone is encouraged to be smart when seeking information on the internet. The following are other reliable sites to obtain helpful information and resources:

### State of Maryland

<https://coronavirus.maryland.gov/>

and

<https://governor.maryland.gov/marylandunites/>

**Centers for Disease Control** – an excellent resource on how to protect yourself & what to do if you think you are sick

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

and

<https://www.coronavirus.gov/>

### Montgomery County Government

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

### Rockville Economic Development, Inc – Resources for Rockville Businesses

<https://rockvilleredi.org/covid-19-resources/>

### Universities at Shady Grove – Community Resources

<https://shadygrove.umd.edu/student-services/csef/community-resources/covid19-resources>