

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.
- Take care of yourself, physically and mentally.

How to Receive Help

- **Food:** More info can be found at <https://mocofoodcouncil.org/covid-19-local-food-system-resources/> Also see the section below on **Education and Children** for school meals distribution locations.

Manna Food Center 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	https://www.mannafood.org/covidresponse/ See website for multiple distribution sites https://www.mannafood.org/about/contact-manna/manna-food-distribution-sites/
Nourish Now 301-330-0222 Call to schedule appointment Monday through Friday; Bring a photo ID	https://nourishnow.org/get-food/ 1111 Taft Street, Rockville
Catholic Charities Choice Food Pantry 301-942-1790 Open Monday, Wednesday, Friday, 9am-4pm Bring proof of Montgomery County residency and own bags	https://www.catholiccharitiesdc.org/catholiccharitiescenter/ 12247 Georgia Avenue, Silver Spring
Adventist Community Services 301-585-6556 Call in advance for an appointment	http://www.acsgw.org/food.html <u>501 Sligo Avenue, Silver Spring</u>

- **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.
- **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 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 240-777-4195For 24-hour assistance, call the Montgomery County Crisis Center at 240-777-4000

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!!
- 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.

Health and Safety

- For updates on COVID-19 in Montgomery County go to <https://montgomerycountymd.gov/hhs/rightnav/coronavirus.html>
- Tents are going up at various hospitals to support anticipated needs and the National Guard has been activated to support the medical response.
- Medical and Mental Health Services – the Maryland Governor has authorized telemedicine (via telephone) to encourage efficient, responsive, and safe methods of care.
- If insured, please contact your primary care doctor or insurance provider.
- 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 240-777-0311 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.

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

- 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

Grocery Stores/Pharmacies/Banks/Gas Stations

- Grocery stores, pharmacies, banks and gas stations will remain open and will be resupplied. Hours of operation have been decreased to allow for cleaning and restocking. Check before going.
- **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 <https://visitmontgomery.com/restaurant-directory/> for food and drink locations offering takeout and delivery.

Education and Children

School Meals

- Grab-and-Go Bags are being distributed Monday through Friday – 11am to 1pm at 22 locations in Montgomery County. Drive up or walk to the location. As of March 22, many locations were added. For locations: https://www.montgomeryschoolsmd.org/uploadedFiles/Coronavirus/COVID-19_Emergency_Closure_Meals_for_MCPS_Students.pdf
- 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

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

- MCPS is regularly updating their website: <https://www.montgomeryschoolsmd.org/> with activities and resources.
- State leaders have indicated that the school shutdown may last through the end of the school year due to new federal guidance showing a short closure has little impact on slowing the spread of the virus. The decision to open schools is the responsibility of the State and local Departments of Health.
- 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 - The AP Program is developing resources to support student learning during extended closures as well as a solution that would allow students to test at home. Additional information will be posted by March 20. <https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>

Staying Informed, Engaged, and Connected

- Comcast has opened the Xfinity WiFi Public Hotspots nationally for free. Enable by selecting “xfinitywifi”
- 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/Filing for Unemployment

- **UPDATE 3.22.20:** 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 or 1-800-MD-TAXES.
- 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.

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. Special Weekday Service Plan in effect. Expect frequent 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!**
 - New hours: Weekdays 5AM-11PM, Sat/Sun 8AM-11PM
 - Trains will run every 15 minutes on each line at all times, including the Red Line. All trains will operate with 8 cars, the maximum possible/ length, to help maintain social distancing between customers. Station platforms will be monitored for any possible crowding.
- **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.

- **MetroAccess** - All 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 7th District Congressional Seat will be held through vote by mail – 7th 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:

Montgomery County Government

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

Universities at Shady Grove – Community Resources

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

Centers for Disease Control

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