



At Suburban Hospital, we are continuously monitoring and assessing the effects of this pandemic on our community and local resources. It is very important that our neighbors and community are well informed to make healthy and safe decisions for themselves and families. Below we will share resources for COVID-19 Testing & Screening, Suburban Hospital Health and Wellness Resources, and Ways to Help:

COVID-19 Testing & Screening

- **Testing is currently limited and not everyone needs a test. Your medical provider will advise you on what you should do if you are concerned.** If you think you are ill and need medical care, you should first contact your medical provider. Additionally, call ahead before going so the provider can take precautions when you arrive. Testing guidelines from the Centers for Disease Control (CDC) change frequently. You may want to visit [their site](#) for updates on their guidance about who should be tested.
- If you do not have health insurance, **the** Maryland Health Connection has extended the COVID-19 [Special Enrollment Period](#) to June 15 for **uninsured Marylanders who need health coverage**. Visit [MarylandHealthConnection.gov](#) or download the “Enroll MHC” mobile app. Request or select “Coronavirus Emergency Special Enrollment Period.” Free help is available by calling 1-855-642-8572 from 8 a.m. to 6 p.m. weekdays. Deaf and hard of hearing use Relay. Help is available in more than 200 languages. The deadline has also been extended to July 15 for uninsured tax filers to take advantage of the [Easy Enrollment Program](#) by checking the box by on their state tax returns to find out their eligibility for free or low-cost health insurance.
- **When should I come to the hospital?**
 - **You should *only* come in to the hospital if you are experiencing severe breathing difficulties or potentially life-threatening symptoms.** Ask yourself the following questions: Prior to being aware of COVID-19, would my symptoms have prompted me to seek medical attention? If “No...”, then please stay home and call your primary care physician. If “Yes...”, or if you are instructed by your care provider, please go to your nearest Urgent Care, Emergency Provider, or dial 911.
 - All 6 Montgomery County hospitals have expanded their triage capabilities; If you are sick with flu-like symptoms and go to an emergency room, you may be screened for COVID-19 and testing will be performed only if risk factors have been met.
 - **If your symptoms are mild, please stay home if you feel sick.** To help reduce the spread of COVID-19, it is best to practice social distancing

Suburban Hospital Health and Wellness Resources

Suburban Hospital has transitioned many of its classes and programs online and will use the Zoom platform. Visit events.suburbanhospital.org to view the offerings currently available online. The following are **FREE** upcoming special events:

- **Thursday, April 23 at 6:30 PM:** [Angst: Raising Awareness Around Anxiety](#)
EveryMind and the six Montgomery County Hospitals will be hosting a free Virtual Screening of the documentary, *Angst*. It will be followed by a panel discussion with the authors of the *The Self-Driven Child*. Documentary is appropriate for ages 10 and up.
- **Wednesday, May 13 at 6:30 PM:** [Healing for the Whole Person: How Mindfulness and Breathwork can Ease Pain and Lift the Spirit](#). Breathing and meditation not only relieve stress and anxiety but can also boost the immune system and improve lung capacity. Dr. Neda Gould of Johns Hopkins Bayview Medical Center and local author Lauren Chelec Cafritz will deliver experiential approaches and research findings on how each of us can benefit from these practices.

Oasis Montgomery Lifelong Learning, a partner of Suburban Hospital, is pleased to offer many of its classes online. Please review the schedule [here](#).

Ways to Help

- [In-kind and financial support to Suburban Hospital](#)
- [American Red Cross blood donation locations](#)
- [United Way of the National Capital Area Emergency Assistance Fund](#)

In closing, we leave you with inspirational words from Chaplain Barbara McKenzie from Suburban Hospital's Spiritual Care Department:

Suburban Hospital, a Community of Love

"And the work of love is to make a world with the real possibility of life for all. That is the work of love. ~
Presiding Bishop, Michael Curry of the Episcopal Church.

We have witnessed an incredible drive of health care workers, neighbors, families and friends come together to rescue, serve and help heal. Yes, we are living through the worst of times. And yet we keep pulling, giving, working, trying and hoping.

What's the source of this strength? The answer is love. Love makes the world go round. Love is the most essential and precious gift on earth. Love will lift us up and give us hope to move forward. Our hospital represents a community of love and together we shine. Love never fails but always flourishes. We are going to prevail and walk away stronger because we are the work of love.