



BRHP Resource Guide for Navigating COVID-19 Pandemic

As of May 11, 2020

If you would like to add a community resource to this list, please contact outreach@brhp.org.

Anne Arundel County

- **Anne Arundel County Department of Aging and Disabilities:** Starting on March 24, 2020, clients of the Senior Nutrition Program will be able to pick up hot meals at select senior activity centers. The pickup sites can be found at <https://www.aacounty.org/coronavirus/older-adults-chronic-disease/index.html>. For seniors who need someone to pick up their meals, or are interested in registering, can call (410) 222-0256.
- **Anne Arundel County Department of Health:** Seniors that need daily meals can contact: (410) 222-4257.
- **Anne Arundel County Government:** If you need assistance call the COVID-19 Hotline at (410) 222-7256. The hotline is available Monday through Friday, 7:30 a.m. to 10 p.m. It is also available on Saturday and Sunday, 10 am to 4 pm. You can also email at covid19info@aacounty.org.
- **Anne Arundel County Public Schools:** Free meals will be available for anyone 18 and under. The pickup sites can be found at <https://www.aacps.org/mealpickup>

Baltimore City

- **Comcast Internet Essentials - Free for Two Months for City School Students:** Baltimore City Public Schools has partnered with Comcast to bring high speed internet service for free for 2 months to students, families, and staff through the Internet Essentials program to eligible participants. Check to see if you qualify: <https://www.internetessentials.com/>
- **Baltimore COVID-19 Asset Map:** https://www.google.com/maps/d/viewer?mid=1LSfov2kKi_ipvJpj4D2L4zm4mtS2bRbu&ll=39.30036317351751%2C-76.62684372704729&z=12
- **Baltimore City Public Schools:** Baltimore City is providing grab-n-go meals to all Baltimore children and youth (18 and under) at 18 meal sites. The meals will be available from 10am-2pm and children and adults can each receive 4 meals/person. **NOTE: The City Neighbors Hamilton site is temporarily closed.** For locations, visit: <https://www.baltimorecityschools.org/meal-sites>
- **Baltimore City Health Department:** Provides a list of primary care clinics for people without insurance



- **Baltimore Neighborhood Quarantine Response Team:** Those of us with healthy immune systems can assist our neighbors. When we are well we can buy groceries, pick up prescriptions, offer to walk our neighbor's dogs or do anything else that would make it easier for folks to stay inside. Information can be found here: [Baltimore Neighborhood Quarantine Response Team Sheet](#)
- **Baltimore Rec and Parks:** Recreation Centers will provide free snacks beginning at 2 PM and dinner beginning at 5 PM to 7 PM. A virtual rec center that provides free activities and tutorials can be found here: [Virtual Rec Center](#)
- **Downtown Baltimore of Partnership:** Resource guide. View it here: [DPOB Resource Guide](#)
- **Eating Together Baltimore:** Seniors should reserve their meal through the website. Call Maryland Access Point for their pickup time at (410) 396-2273.
- **MedStar Pharmacy:** Free prescription delivery service to patients who live within a 5 mile radius. Call (410) 554-2557 for more information.

Baltimore County

- **Maryland Access Point:** Resource for Seniors, (410) 887-2594
- **Baltimore County Department of Health:** Hotline for residents with questions and concerns regarding COVID-19, (410) 887-3816. Available Monday through Friday, 8:30 a.m. to 5 p.m.
- **Baltimore County Government:** If you need help with access to food or have questions, call (410) 887-2594. You can also email food@baltimorecountymd.gov. Seniors can also email aginginfo@baltimorecountymd.gov. You can view the resource guide for all of the resources that Baltimore County is currently offering at <https://www.baltimorecountymd.gov/News/covidresourceguide.html>.
- **Baltimore County Public Schools:** Free meals for students who are 18 and under at Cove Village Apartments—Essex, Dulaney HS, Kings Point Shopping Center, Rosedale Library, Sollers Point Multi-Purpose Center, Carney ES, Chadwick ES, St. Peter Evangelical Lutheran Church on Eastern Avenue, and Woodmoor ES. Meals are also available for pickup in the parking lot of select schools. For those locations, visit: <https://www.bcps.org/system/coronavirus/>.
- **Baltimore County Department of Recreation and Parks:** Limited meal distribution to children 18 and under through the Maryland Food Bank and Healthy Food Access St. Vincent de Paul of Baltimore. Pickup time is between 11 am to 1 pm. For pickup locations visit: <https://www.bcps.org/system/coronavirus/>.



Carroll County

- **Carroll County Government:** Hotline for residents with questions and concerns regarding COVID-19, (410) 876-4848. Available 7 days a week, 8 a.m. to 5 p.m.
- **Carroll County Public Schools:** Free meals will be delivered using the schools' regular bus routes. People are asked to meet the bus at the regular stop. Breakfast and lunch will be picked up at the same time.
- **Carroll County Veterans Shuttle:** Limited operation. Questions about the Veterans Shuttle Transportation Program can be directed to the Carroll County Bureau of Aging & Disabilities at 410-386-3800.

Harford County

- **Harford County Government:** Residents can pay county bills online at <https://www.harfordcountymd.gov/649/Payment-Options>.
- **Harford County Public Schools:** Free meals are available for anyone 18 and under. The pickup time is 11 am to 1pm. The locations can be found at <https://www.hcpsmenus.com/>

Howard County

- **Howard County Food Bank:** New clients should bring proof of Howard County residency and identification. Hours are:
 - Tuesdays: 1 to 4 p.m.**
 - Wednesdays: 1 to 4 p.m.**
 - 5 to 8 p.m. (by appointment only)**
 - Thursdays: 1 to 4 p.m.**
 - Saturdays: 9 a.m. to noon (by appointment only)****More information:** <https://www.cac-hc.org/programs-services/food-assistance/>
- **Howard County Government:** Residents can pay County bills online. More information at <https://www.howardcountymd.gov/alt-pay>. There is a hotline for residents with questions and concerns about COVID-19, call (410) 313-6284. The hotline is available Monday through Friday, 8 am to 5 pm. There is a list of public resources that can be found here: [Howard County Public Resources](#)
- **Howard County Public Schools:** Free meals are available for anyone 18 or under. The time to pick up is from 11:30 am to 1:30 pm. The pickup locations can be found at <https://news.hcps.org/news-posts/2020/03/hcps-to-provide-free-meals-during-school-closures-meal-service-march-17-27-2020/>
- **Dedicated Store Hours for Seniors:** Big Lots (9 am to 10 am, Monday – Saturday and 10 am to 11 am on Sundays); Giant (6 am to 7 am); Safeway (7 am to 9 am, Tuesday and Thursdays); Target (8 am to 9 am, Wednesdays); (7 am to 8 am, Tuesdays); Whole Foods (7 am to 8 am); Walgreens (8 am to 9 am; Tuesdays)



State of Maryland

- **Maryland Network Against Domestic Violence:** Links to all the domestic violence service providers across the state, many have chat functions available.
<https://mnadv.org/covid-19-response-from-maryland-domestic-violence-service-providers-across-the-state/>
- **Maryland Hunger Solutions:** Need help with your SNAP application? Call Maryland Hunger Solutions at 866-821-5552. In light of recent events involving covid-19, we would like to remind those seeking assistance with SNAP applications or case concerns that you can contact us on our toll-free phone number. We can assist with completing and submitting SNAP applications over the phone, submit any changes to your active SNAP case, answer questions about your benefits, and direct you to additional food resources.
<https://www.mdhungersolutions.org/>.
- **Maryland Department of Human Services:** List of Community Food Resources in Maryland by Region
<http://dhs.maryland.gov/documents/Food%20Supplement%20Program/Federal%20Govt%20Shutdown%202019/List%20of%20Community%20Food%20Resources%20in%20Maryland%20by%20Region.pdf>.
- **Applying for the Food Supplement Program:** There are a variety of ways to file an application for the **Food Supplement Program (FSP)** benefits. You may file an application online at [myDHR](#). Additionally, local departments of social services will give or mail you an FSP application on the same day you ask for one. You may ask for it in person, over the phone, by mail, or someone else may get one for you. You also have the option to download a [SNAP application](#). For more information, visit:
<http://dhs.maryland.gov/food-supplement-program/applying-for-the-food-supplement-program/>.
- **Maryland Coronavirus Hotline/Maryland 211:** A hotline for residents who have questions or concerns regarding COVID-19, call 211. More information can be found at <https://211md.org/>.
- **Maryland Department of Aging:** Senior Call Check program for MD residents over 65+. Senior Call Check phone lines are open Monday-Friday 8 am-5 pm and Saturday 9 am-3 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560) and register. Registration is also available online at aging.maryland.gov.



- **Maryland Department of Human Services Food Resource Guide:** [DHS Food Resource Guide](#)
- **Maryland's Digital Library:** E-books and Audiobooks can be rented through the Libby app. More information can be found here: [Libby App](#)
- **Maryland Emergency Management Agency:** Safety and resources alerts through text message. Text "MdReady" to 898211. <https://memama.maryland.gov/Pages/default.aspx>
- **Maryland Family Network:** Free childcare referral service. Call 1-877-261-0060. <http://www.marylandfamilynetwork.org/>
- **Maryland Food Bank:** Some food banks are still open. For more information, visit: <https://mdfoodbank.org/find-food/>.
- **MD Legal Aid:** Free virtual help for civil legal issues. Call (443) 451-2805. Email: virtualcommunitylawyer@mdlab.org.
- **National Domestic Violence Hotline:** A resource of highly trained expert advocates who are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. <https://www.thehotline.org/help/>.
- **Office of Larry Hogan:** Email updates with the latest COVID-19 news and resources sent directly to your personal email. Sign up at <https://public.govdelivery.com/accounts/MDGOV/signup/13652>
- **OSI Baltimore Resource Guide:** <https://www.osibaltimore.org/2020/03/covid-19-information-and-resources/>.
- **Pro Bono Counseling Project:** Free Counseling service. Call (410) 825-1001 from 10 am to 2 pm to speak with a counselor. Learn more: <https://probonocounseling.org/>.
- **Temporary Cash Assistance:** Temporary Cash Assistance (TCA), Maryland's Temporary Assistance to Needy Families (TANF) program, provides cash assistance to families with dependent children when available resources do not fully address the family's needs and while preparing program participants for independence through work. For more information, visit: <http://dhs.maryland.gov/weathering-tough-times/temporary-cash-assistance/>.
- **The Y! in Central Maryland:** Starting Wednesday, March 25, the Y's 11 Family Centers will open to provide child care for approximately 700 children of first responders and frontline health care workers. They'll serve children ages 4-12 from 7 a.m. to 6 p.m. daily, following "enhanced health guidelines developed by the Maryland Department of Health," including taking the temperature of every child entering the building, restricting building access, frequent hand-washing, enhanced cleaning procedures and limiting 10 people to each space. Learn more: <https://ymaryland.org/emergencypersonnelservices>.



- **Unemployment:** The Division of Unemployment Insurance's website and call centers are currently experiencing an unprecedented volume of users due to COVID-19. This may result in unusually long wait times. During this state of emergency, our normal call center hours from 8:00 a.m. to 2:00 p.m., will be extended to 7:30 a.m. to 3:30 p.m. effective March 19, 2020. To contact a Claim Center, call 410-949-0022. Visit the website at <https://www.dllr.state.md.us/employment/unemployment.shtml>. We strongly encourage you to utilize our [NetClaims](#) application to file your claim online.
- **United Way:** Covid-19 Community Economic Relief Fund offers help with bills, rent, and food. Call 1-866-211-9966 and provide your zip code.
<https://www.unitedway.org/recovery/covid19>
- **Substance Abuse and Mental Health Services Administration (SAMHSA):**
 - **Disaster Distress Helpline:** A hotline for those who are having difficulty with coping with the pandemic, 1-800-985-5990 or Text TalkWithUS to 66746.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - **Taking Care of Your Mental/ Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak -**
https://drive.google.com/file/d/1HG5wfBJFOO8vY5xAR0QxfRlKRowAo_8q/view
 - **Virtual Recovery Resources:** A list of resources that can be accessed virtually during mandated stay-at-home orders and quarantine periods to support recovery from mental/substance use disorders -
<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
- **Store Hours Exclusively for Seniors (60+):** Aldi (8:30 am to 9:30 am, Tuesday and Thursday); Dollar General (The first hour of each day); Giant (6 am to 7 am); Safeway (6am to 9 am, Tuesday and Thursday); Target (One hour before stores open on Wednesdays); Whole Foods (one hour before stores open).

Educational Resources

- **Baltimore City Mayor's Office of Children and Family Success:** Here are some things you can do at home to help cut through the noise, stay active, keep your brain busy and have some fun in the days and weeks ahead. <https://www.bmorechildren.com/staying-unbored-1>
- **Enoch Pratt Free Library:** Free tutoring and study assistance for students. Live tutors are available from 1 pm to 11:55 pm every day. Visit: [Enoch Pratt's Brainfuse](#)



- **Homeschool Cooperative 2020:** Free online educational programs taught by volunteer professors, experts, & enthusiasts (& kids!). www.homeschoolcoop2020.com
- **Outschool:** Outschool is committed to supporting those affected by closures in the wake of COVID-19. Browse our free schooling resources for educators, families, and learners. www.outschool.com
- **B & O Railroad Museum:** B & O Junior Junction - Activities and educational videos for children. Visit: <http://www.borail.org/jrjunction.aspx>
- **Baltimore Museum of Industry:** Free educational activities for children of all ages. Visit: https://www.thebmi.org/visit/visit-from-home/?fbclid=IwAR2pjmFIMRtsGtsDjmTBDtF4aAV69qipzQW_R61Oa-EuevsxsjFH00Yg3L0
- **International Association of Children's Museums:** Free coronavirus guide for children. Visit: [Children's COVID-19 Guide](http://www.iaacm.org/childrens-covid-19-guide)
- **National Aquarium:** Free environmental and science-based educational activities. Visit: <https://www.aqua.org/activities>
- **Port Discovery:** Educational resource guide. View it here: <https://www.portdiscovery.org/visit/parenting-tips-resources?parenting-tips-resources=>

Other Resources:

- **Federal Student Aid:** To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This suspension of payments will last until **Sept. 30, 2020**, but you can still make payments if you choose. Learn more: <https://studentaid.gov/announcements-events/coronavirus>.
- **Coronavirus Aid, Relief and Economic Security (CARES) Act:** U.S. Department of Labor Announces New CARES Act Guidance on Unemployment Insurance for States in Response to COVID-19 Crisis: <https://www.dol.gov/newsroom/releases/eta/eta20200402-0>
- **Johns Hopkins Bloomberg School of Public Health:** An article on how to protect your mental health during a pandemic. Read here: [Protecting your mental health during the coronavirus pandemic](https://www.jhsph.edu/news/2020/04/protecting-your-mental-health-during-the-coronavirus-pandemic)
- **Worker ReEmployment (Sponsored by the U.S. Department of Labor):** Worker ReEmployment is your one-stop site for employment, training and financial help after a layoff.
- <https://www.careeronestop.org/WorkerReEmployment/UnemploymentBenefits/unemployment-benefits.aspx>



- **CDC Coronavirus Info Page:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **U.S. Department of Labor:** For details about the CARES Act visit: <https://www.dol.gov/newsroom/releases/eta/eta20200402-0>
- **World Health Organization (WHO) Advice for the Public:** These materials are regularly updated based on new scientific findings as the epidemic evolves. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>