

DEMOCRAT
DAVID TRONE
U.S. CONGRESS

**LOCAL, STATE, AND
NATIONAL
RESOURCE GUIDE
FOR COVID-19**

Paid for by David Trone for Congress, Inc.

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A Message from Congressman David Trone

Dear fellow Marylanders,

COVID-19 continues to ravage communities across the state and the country, and the spikes in infections in Maryland are deeply concerning. Each and every one of us must take this virus seriously, listen to the experts, and do our part to prevent the spread. We've seen how effective it can be when we practice basic preventative measures like social distancing and wearing a mask. We successfully crushed the curve over the summer. I am confident that we can do it again if we stay vigilant. The lives of our friends, family, neighbors, and fellow Marylanders depend on all of us doing our part.

In this guide, you will find information about organizations in each county that can provide you with assistance during the COVID-19 outbreak. Whether it be grocery store hours for seniors, meal delivery services, unemployment information, or general assistance, my team can help. Many of us may be feeling embarrassed or uncomfortable asking for help. Now is the time to set those reservations aside and reach out when you need assistance. My team will be updating this list regularly to ensure accurate and timely information. If you know of an organization that should be included, please don't hesitate to contact my team.

These are uncertain times, and the information can feel overwhelming. But I am confident that with our tenacity, strength, and community-focused efforts, we will overcome these challenges. Stay safe, stay healthy, and please don't hesitate to contact me if you need assistance.

Sincerely,



*David Trone
Member of Congress*

Safe Practices and Hygiene Tips

The Centers for Disease Control and Prevention recommend these practices to prevent the spread of COVID-19:

- **Wear a mask in public places, especially where socially distancing is difficult.**
- Wash your hands with soap and water **frequently**
 - Cough and sneeze into a tissue or bent elbow
- Practice social distancing and avoid unnecessary contact
with the general public
- Clean and disinfect frequently touched surfaces on a regular
basis
 - Stay home and self-isolate if you feel sick
- Seek medical attention if you feel difficulty breathing, pain or discomfort in your chest, confusion, or bluish lips or face.

Information about Health Insurance Coverage

Having health insurance is incredibly important, especially now. Special enrollment in the State Marketplace has ended, but you may still qualify for health coverage.

If you have lost health coverage in the last 60 days, or expect to lose coverage in the next 60 days, you are eligible for health coverage through the State of Maryland.

Other qualifying life changes:

- You got married
- You had a baby or adopted a child
 - You got divorced or separated
- Someone on your health insurance plan died
 - You moved
- You were recently released from incarceration
 - You became a US Citizen

If you or your family meet certain income requirements, you are eligible to apply for Medicaid at any time.

Click [Here](#) to see if you qualify.

Information About Unemployment Benefits

*Filing for unemployment benefits is something that we hope we'll never have to do. It can feel overwhelming and confusing. If you are considering filing for unemployment, remember that this is a benefit that you have **paid** for throughout your career. There is no shame in taking advantage of this benefit when you fall on difficult times.*

The \$600 per week benefit from the CARES Act has expired.

Maryland has applied and been approved for the new Lost Wages Assistance program through FEMA. As the program is implemented, Marylanders may be eligible to receive additional federal unemployment benefits beginning in late September.

Changes to those benefits include:

- Additional \$300 per week in compensation
- Coverage for self-employed, gig, independent contractors, freelance, and self-employed individuals
 - Expanded coverage for those unable to work due to COVID-19

To apply for unemployment benefits or to get more information, call 410-949-0022 or [Click Here](#).

If you are an employer looking for information about unemployment insurance, call 410-767-2412 or [Click Here](#).

Federal Resources

CDC COVID-19 Resources and Information- [Click Here](#)

Department of Health and Human Services Updates- [Click Here](#)

Travel Advisories from the US Department of State- [Click Here](#)

CDC Travel Information- [Click Here](#)

Smart Traveler Enrollment Program (STEP) Information- [Click Here](#)

STEP allows US Citizens and nationals to register their trip with the nearest Embassy or Consulate and receive updates about their travel.

US District Court for Maryland- [Click Here](#)

USCIS Appointment Information and Updates- [Click Here](#)

Social Security Updates and Benefit Information- [Click Here](#)

Paycheck Protection Program for Small Businesses- [Click Here](#)

This program allows small businesses to receive funding backed by the federal government to cover costs of payroll, rent, utilities, and various other business costs. Loans are forgivable up to 100% if employees are retained for at least 8 weeks.

SBA Disaster Assistance Loans- [Click Here](#)

Low-Interest loans are available to small businesses to cover cost during the economic disaster from COVID-19.

Statewide Resources

Updates from the Maryland Department of Health- [Click Here](#)

Updates from Governor Larry Hogan's Office- [Click Here](#)

Maryland COVID Alert App and Contact Tracing- [Click Here](#)

Maryland has implemented an optional mobile phone application aimed at alerting individuals who may have been in contact with an infected person. By using contact tracing and the power of technology, this app can help keep us informed of when we are potentially exposed to COVID-19.

Maryland Insurance Administration- [Click Here](#)

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

Disaster Preparedness Information for Businesses- [Click Here](#)

Information from the Maryland Emergency Management Agency on how businesses can prepare for and respond to disasters.

Emergency Special Enrollment for Health Insurance- [Click Here](#)

Now through June 15, uninsured Maryland residents can enroll for health coverage through Maryland Health Connection.

AARP Community Connections- [Click Here](#)

AARP has built a national network of organizations in various communities working to combat coronavirus. Follow the link to see organizations in your area.

Governor's Office of Service and Volunteerism- [Click Here](#)

Information about how you can give back in your community during the COVID-19 pandemic.

Mental Health Resources

As we face extended periods of isolation and changes in our daily lives, it is important to focus on our mental health just as much as our physical health. These organizations provide critical resources to assure that we remain safe and healthy.

CDC Recommendations for Anxiety and Stress- [Click Here](#)

Tools to assist with coping with anxiety, stress, and other changes related to COVID-19

National Alliance on Mental Illness COVID-19 Guide- [Click Here](#)

Comprehensive guide including resources and information for those suffering from mental illness

American Psychological Association Resource List- [Click Here](#)

Information on finding local mental health providers and resources during the COVID-19 pandemic

If you or someone you know is struggling, it is okay to ask for help.

**If there is an immediate risk to someone's life or safety, don't wait.
Call 911.**

National Suicide Prevention Hotline-
1-800-273-TALK (8255)

National Domestic Violence Hotline-
1-800-799-7233

Veterans Crisis Line-
1-800-273-8255, option 1

Resources for Students, Families, and Educators

US Department of Education Resources- [Click Here](#)

Maryland Public Schools Guidance- [Click Here](#)

New York Times COVID Learning Resources- [Click Here](#)
Lessons, writing prompts, and essays to teach students about COVID-19

Resources for Students with Disabilities- [Click Here](#)

University of Maryland Counseling Center Resources- [Click Here](#)
Coping Strategies, Frequently Asked Questions, and Resources for Higher-Ed Students

AACAP Resources for Kids and Families- [Click Here](#)
Various resources for children and their families from the American Association of Child and Adolescent Psychiatry

Resources for Montgomery County

Montgomery County has ordered that all residents must wear a face covering in public areas (grocery stores, pharmacies, public gathering spaces). Businesses and organizations reserve the right to deny service to anyone failing to follow this order.

Manna Food Center- 301-424-1130 info@mannafood.org

Meal assistance for low-income families

MCPS Meal Distribution Sites- [Click Here](#)

For students and Montgomery County residents under age 18

Thrive Market COVID-19 Relief Fund- [Click Here](#)

\$150 stipend for low-income families

Grocery stores offering dedicated senior shopping hours- [Click Here](#)

List of Montgomery County stores offering hours for seniors and Immunocompromised individuals

Meals for Seniors- [Click Here](#)

Locations in Montgomery County serving meals for seniors and those with disabilities

Montgomery County Business Resource Guide- [Click Here](#)

Services and resources available for small business owners

Mental Health Assistance- [Click Here](#)

Virtual mental health services

Department of Health and Human Services Updates: [Click Here](#)

Resources for Frederick County

Frederick County Community Action Agency- [Click Here](#)

Food Bank, Soup Kitchen, Homeowner Assistance, Medical Care

Frederick County Workforce Services- [Click Here](#)

Unemployment Insurance Information, Temporary Employment

FCPS Meal Distribution Sites- [Click Here](#)

Meals for students and Frederick County resident under age 18

United Way of Frederick County- [Click Here](#)

Food assistance, meals for low-income families

Health Department Coronavirus Updates: [Click Here](#)

Resources for Washington County

Washington County Community Action Council- [Click Here](#)

Food Pantry, Housing Assistance, Employment Information, Medical Assistance, Transportation

United Way of Washington County- [Click Here](#)

Food Assistance, Meals for Low-Income Families

Hagerstown Area Religious Council- [Click Here](#)

Micah's Backpack, Meals for Students and Low-Income Families

WCPS Meal Distribution Sites- [Click Here](#)

Meals for Students and Washington County residents under age 18

Salvation Army Maryland/West Virginia- [Click Here](#)

Temporary housing, disaster services, meal programs for low-income Individuals and families

Health Department Coronavirus Updates- [Click Here](#)

City of Hagerstown Spring Sprouts Grant Program- [Click Here](#)

Grants for businesses to increase efficiency and gain competitive advantage, updated for COVID-19 response

Resources for Allegany County

County United Way- [Click Here](#)
Serving Allegany and Garrett Counties

Western Maryland Food Bank- [Click Here](#)
Meal Response Team and Food Service for Western Maryland

Allegany County HRDC- [Click Here](#)
General Assistance for Seniors and Low-Income families

St. Anthony's Place Food Pantry- [Click Here](#)
Food and Cleaning supplies for low-income families

ACPS Meal Distribution Sites- [Click Here](#)
Meals distributed at all 21 ACPS locations

Health Department Coronavirus Updates- [Click Here](#)

Resources for Garrett County

Garrett County Community Action Committee- [Click Here](#)

Food Assistance, Housing Assistance, Transportation, Medical

GCPS Meal Delivery Service- [Click Here](#)

Meals delivered for students and Garrett County residents under age 18

Western Maryland Food Bank- [Click Here](#)

Meal Response Team and Food Assistance

The House of Hope- [Click Here](#)

Food Assistance, General Assistance for individuals and families

United Way of Garrett County- [Click Here](#)

Food Assistance, Meals for Low-Income Families

It's In the Bag- 301-334-2510

Take Home Meals for GCPS Students

Health Department Coronavirus Updates- [Click Here](#)