

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 COVID-19 Vaccines**

After months of intense research and development, COVID-19 vaccines are beginning to be distributed in the United States. This laudable effort is due to the tireless work of dedicated scientists working around the clock to develop safe and effective vaccines in record time.

Currently, both Pfizer/BioNTech and Moderna are approved for use by an FDA emergency use authorization. Both of these vaccines are being distributed in Maryland every day.

**The State of Maryland is currently distributing vaccines to Group 1A**, which includes frontline hospital staff, first responders, nursing home residents and staff, all licensed healthcare workers, correctional workers, and frontline judicial workers. **Beginning Monday, January 18th, Group 1B** (assisted living residents, education workers, and adults age 75 and over) will be eligible. **Group 1C (adults 65 and older) will be eligible beginning on January 25th.**

### **Frequently Asked Questions**

*Information about the vaccine can be confusing and constantly changing, leaving you with questions about how this impacts you and your family. Below are answers to some frequently asked questions.*

#### **When will I know when it is my turn to get the vaccine?**

Your best sources of information will be your local health department and your doctor. If you are a healthcare worker/first responder, or teacher your employer should manage the distribution of your vaccine. If you have special circumstances or specific questions about when you'll receive the vaccine, contact your local health department.

#### **Will I have to pay for the vaccine?**

The vaccine is paid for by the government under the Cares Act. If you have insurance, your insurance may be billed for the cost of vaccine administration, but you will not receive a bill.

#### **Is the vaccine safe?**

Yes. The Food and Drug Administration has designed and implemented a robust and detailed approval process to ensure the safety and efficacy of these vaccines. The companies producing them spend thousands of hours researching, developing, and testing the final products. Rest assured that vaccines approved by the FDA are safe.

**Is the vaccine effective?**

Each vaccine produces different levels of protection against COVID-19. The current vaccines being produced/distributed have shown efficacy levels varying from 85% to 95%. The FDA's rigorous testing ensures that these vaccines are a safe and effective protection against COVID-19.

**When will I get the vaccine?**

The State of Maryland, under the direction of Governor Hogan, has implemented a tiered structure detailing the order in which groups of people will receive the vaccine. You can read more about that plan [here](#). Many factors will play a role in the timing of vaccine distribution, especially the availability of additional doses. I, along with my colleagues in Congress, am working daily to ensure that the State has the resources necessary to distribute the vaccines in an equitable and efficient manner.

**How is the vaccine administered?**

The vaccine is administered via a shot in your arm. Most of the COVID-19 vaccines being produced will require two doses. Once you receive the first dose, you will be required to return after 21-28 days to receive the second dose. You can view your immunization records and sign up for reminders through the State of Maryland's portal [here](#).

**I know someone who doesn't fall under Group 1A that was vaccinated, how did that happen?**

On a local level and on a case-by-case and day-to-day basis, some institutions are distributing vaccines on a first come, first served basis in order to maximize vaccine distribution and prevent dosage waste. There is no predicting when/where this will occur.

**I'm eligible for the vaccine, but there are no appointments available. When will I be able to get vaccinated?**

Although the state is opening up vaccinations to more of the groups in their plan, the number of doses allocated by the federal government currently remains the same. You should expect the distribution of these vaccines to Groups 1B and 1C to take weeks to even months.

**Once I receive the vaccine, do I still need to take precautions?**

Yes. Even if you've received the vaccine, you should still wear a mask and practice social distancing. It still remains unclear whether you can transmit the virus even after being vaccinated (though you would likely not have any symptoms), and it's possible that you could spread COVID-19 to others in your family or community who have yet to receive the vaccine.

**When will things feel normal again?**

Things will start to return to "normal" once a large majority of society have developed immune protection against the virus. It is uncertain when that time will be, but experts suggest that things may begin to normalize in the fall of 2021. Until then, it is crucial that we all remain vigilant and do our part to protect and take care of one another.

## **Resources for Vaccine Information**

Centers for Disease Control and Prevention- [Click Here](#)

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

National Institute for Allergies and Infectious Diseases-  
[Click Here](#)

Maryland Department of Health COVID Hotline-  
(877) 319-1525

# **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 Stimulus Payments**

*In the most recent COVID relief bill passed by Congress, \$600 dollar direct stimulus payments were approved for all eligible single filers and \$1200 for married couples filing jointly. Those with qualifying child dependents will also receive an additional \$600 per qualified child.*

The federal government has begun distributing direct stimulus payments to all eligible individuals. In order to receive a direct payment, the following requirements must be met:

- You must be a US citizen or permanent resident.
- You must not be claimed by anyone as a dependent.
- Your adjusted gross income for 2019 must be less than \$75,000 (individual) \$112,500 (head of household), or \$150,000 (Joint Return).
- Individuals making between \$75,000 and \$87,000 per year are eligible for a reduced payment. Heads of household making between \$112,500 and \$124,500 qualify for a reduced payment. Joint filers making between \$150,000 and \$174,000 qualify for a reduced payment.

If you received your first stimulus check through direct deposit, you will receive the stimulus payment in the same manner. Otherwise, you will receive a physical check. The IRS anticipates that all payments will be issued by January 31, 2021.

Should you not receive either this or the previous stimulus check, you can claim them on your 2021 tax forms under Line 30 on the 1040 or 1040-SR form under the heading “Recovery Rebate Credit.”

[Visit the IRS website to check the status of your payment.](#)

# 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 Federal COVID Relief Package that was signed into law on December 27, 2020 includes an extension of the programs created under the CARES Act, including:

- Federal Pandemic Unemployment Compensation (FPUC): Additional \$300 per week in compensation for anyone receiving benefits from January 2, 2021 - March 13, 2021.
- Pandemic Unemployment Assistance (PUA): Coverage for self-employed, gig, independent contractors, freelance, and self-employed individuals. Extension now expires on April 20, 2021.
- Pandemic Emergency Unemployment Compensation (PEUC): Extended 11 additional weeks of benefits to those who have exhausted their regular unemployment benefits coverage for a total of 24 additional weeks of coverage. Benefit now expires on April 10, 2021.

To apply for unemployment benefits or to get more information, please [Click Here](#).

If you are an employer looking for information about unemployment insurance, please [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](mailto: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](#)