

COVID-19 HEALTH RESOURCE GUIDE

BALTIMORE METROPOLITAN AREA

Stress Anxiety
HOPE
Depression
Community
Optimism
Vaccine
Disparity
Loss
Community
Vaccine



Linked in Friendship, Connected in Service

PRESENTED BY:
BALTIMORE (MD) CHAPTER
HARBOR CITY (MD) CHAPTER
PATAPSCO RIVER (MD) CHAPTER

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DURING COVID**

Introduction

Greetings,

Over the last several months, we continue to learn more about the severe acute respiratory syndrome, the novel coronavirus, COVID-19.

This pandemic has presented massive disruptions that have altered our lives, created an economic crisis and amplified racial inequities. This global pandemic has exposed existing health care disparities, which continue to intensify because of this virus. African Americans are contracting COVID-19 at higher rates and are at a higher risk of dying from this disease.

We are pleased to present this community resource guide that was developed by the members of the Baltimore (MD), Harbor City (MD) and Patapsco River (MD), Chapters of The Links, Incorporated.

This resource guide will help you identify community resources and agencies in Baltimore City and Baltimore County that can provide information on COVID-19 prevention, the COVID-19 vaccines and other support services related to housing, intimate partner violence, food access, transportation, mental health/social and emotional wellbeing and chronic disease prevention.

For your convenience, we included links to websites and embedded documents as a quick reference to the topics listed above. Please note, all links to websites and the embedded documents included in this resource guide are a compilation of existing sources available to the public.

We hope this resource guide will be a tool in educating our communities and frontline staff on how to identify and alleviate COVID-19 in the Black community.

Sincerely,

Baltimore (MD) Chapter
Harbor City (MD) Chapter
Patapsco River (MD) Chapter
of The Links, Incorporated

**Picking up the phone for
MD COVID is our best
defense to stop the spread.**

To learn more, visit:
bit.ly/mdcontact

**It's Baltimore versus COVID.
Let's win this together.**

**§ BALTIMORE
§ CITY HEALTH
§ DEPARTMENT**

Incoming Call

MD COVID

(240)466-4488



HOW CAN I PROTECT MYSELF AGAINST COVID-19?

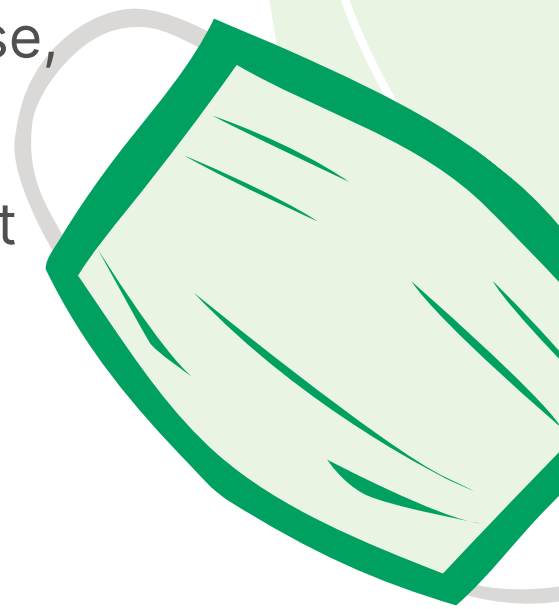
Wash your hands **frequently**

Avoid touching your eyes, nose, and mouth

Avoid crowded places and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.



COVID-19 AND BLACK HEALTH

SATURDAY | 2.13.21 | 10-11:30 AM EST

 **LIVE** [FACEBOOK.COM/PRCLINKS](https://www.facebook.com/PRCLINKS)

Join renowned health experts for a discussion on the impact of COVID-19 on the Black community and the facts about the new vaccines.



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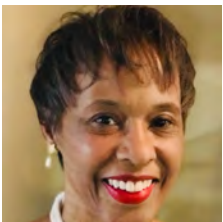
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CORONAVIRUS SYMPTOMS

#StopTheSpread

Coronaviruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS-CoV).

THE FOLLOWING SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE

These symptoms are usually mild and begin gradually

- Fever
- Fatigue/Tiredness
- Shortness of breath
- Cough

SEEK MEDICAL ADVICE IF:

- You live in an area with an ongoing spread
- Have been in close contact with a person known to have COVID-19
- You develop symptoms

BALTIMORE CITY

COVID-19

The burdens and consequences of COVID-19 has fallen on communities of color, specifically the African American community. Even with the vaccine becoming available, we must continue to slow the spread of COVID-19 and prevent its devastating impact in our community.

PREVENTION



Wear a mask to protect yourself and others

Stay at least 6 feet from others



Wash your hands for at least 20 seconds

Clean and disinfect frequently touched surfaces daily



Monitor your health. Be alert for symptoms (e.g. fever, cough, shortness of breath, etc.)

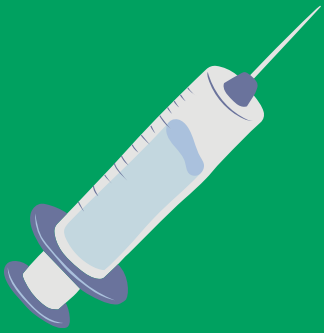
VACCINE INFORMATION

VACCINE UPDATES

For the latest updates related to COVID-19 vaccine access in Baltimore City, click [here](#).

65+ COVID-19 Vaccine Interest Form

For Baltimore City residents 65 years and older, complete this [interest form](#) to receive more information about the vaccine registration process.



COVID-19 TESTING

Schedule your FREE COVID-19 Test

Self-scheduled and walk-up appointments are available at various locations in Baltimore City.

For more information about COVID-19 testing in Baltimore City, click [here](#).



MORE INFORMATION

Learning more about the COVID-19 Vaccine

Unsure or have questions about the vaccine? Check out the video [Making it Plain: What Black America Needs to Know About COVID-19 and Vaccines](#)

Or, check out the Vaccine Education Toolkit from the American Lung Association. Click [here](#).



BALTIMORE CITY

COVID-19 Supports and Services

COVID-19 has affected every area of life – our jobs, housing, education, food access, transportation and so much more. Check out the resources below to access vital supports and services for Baltimore City residents.

FOOD ACCESS

Food Resources and SNAP Benefits



In response to the COVID-19 pandemic, Baltimore City is providing emergency food resources such as grab-and-go meals, grocery boxes, home delivered boxes, and other food related resources. Click [here](#) to learn more.

If you qualify for SNAP, apply for benefits online [here](#). Or, Baltimore City residents may call 1-800-332-6347.

HOUSING

Eviction Protection & Legal Services



Families and individuals who are at risk of losing housing can apply for eviction prevention through Baltimore City Community Action Partnership Office. Click [here](#) to apply.

Visit this [link](#) to find local organizations that provide free legal advice and in some cases representation.

INTIMATE PARTNER VIOLENCE

House of Ruth



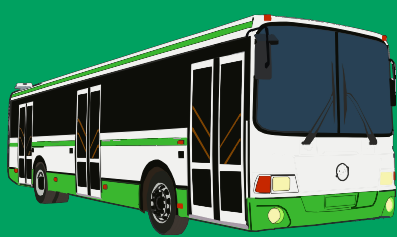
House of Ruth offers a variety of services to assist individuals with safety planning, basic needs, emergency shelter, legal advice, group counseling, etc.

24-Hour Hotline: (410) 889-RUTH (7884)

To learn more about their services and resources, click [here](#).

TRANSPORTATION

MobilityLink



Shared-ride specialized transit services for individuals with disabilities. To learn if you qualify, call 410-764-8181 or click [here](#) to apply online.

And remember, when using public transit:

- Wear a mask
- Stay 6 ft apart, as much as possible
- Carry supplies like sanitizer containing 60% alcohol
- Avoid touching surfaces

For more information about how to protect yourself when using transportation click [here](#).

COVID-19 VACCINE FAQ

Information as of February 2, 2021



WHAT IS THE COVID-19 VACCINE?

- The COVID-19 vaccine **protects** you from getting sick with COVID-19 .
- The vaccine comes in **two shots**. After getting your first shot, you will take the second shot in 3-4 weeks.
- You need to wait 2 weeks after your second shot to be fully protected from COVID-19.



HOW DOES THE VACCINE WORK?

- COVID-19 vaccine uses **mRNA**, which teaches your body to safely build protection against COVID-19.
- mRNA **does not change your genes (DNA)** because the mRNA cannot affect your DNA.



WHO SHOULD GET THE VACCINE?

- Everyone should get vaccinated, including those with health problems and older adults.
- Even if you already had COVID-19, you should still get vaccinated to protect yourself and others.



WHAT ABOUT SOCIAL DISTANCING?

- Even if you are vaccinated, please continue to **wear your mask, wash your hands often, and stay at least 6 feet away from other people you do not live with**.
- Your efforts will help keep everyone safe!



IS THE COVID-19 VACCINE SAFE?

- **Yes!** The COVID-19 vaccines have been tested in trials and **the data shows that COVID-19 vaccines are safe**, and that they work. People that get the vaccine are asked to report any side effect, so we know it continues to be safe.
- **How can we know it is safe and works if it was produced so fast?**

- Scientists have been working with mRNA vaccines for more than a decade, and were able to quickly apply them to the COVID-19 virus. Extra money from the federal government allowed them to work faster, but without skipping any steps. Because the disease has been spreading fast, they were able to show the vaccine worked much sooner than they would for other vaccines.



CAN A COVID-19 VACCINE MAKE YOU SICK WITH COVID-19?

- **No!** COVID-19 vaccines do not contain the virus. This means the vaccine cannot give you COVID-19.
- The vaccine teaches our body to recognize and fight the COVID-19 virus.
- With the shots, you may have mild symptoms, such as fever. These symptoms show that your body is building **protection**.



WHY IS IT IMPORTANT TO GET THE COVID-19 VACCINE?

- The vaccine reduces your chances of getting sick from COVID-19, and may reduce your chance of spreading it to others.



WHAT IF I CAN'T AFFORD THE VACCINE?

- The vaccine is **free!**
- Some online appointment systems may ask you for your insurance information, but even if you have no insurance, you can get the vaccine.



Brandon M. Scott
Mayor

For the most up-to-date information,
visit coronavirus.baltimorecity.gov/covax

BALTIMORE
CITY HEALTH
DEPARTMENT



Food and Nutrition Resources
BALTIMORE COUNTY

Millions of people are newly experiencing food insecurity, alongside those who were experiencing food insecurity before the COVID-19 crisis began. In the United States currently, 1 in 9 people struggle with hunger. There are a number of free food options in Baltimore County, detailed below.



MARYLAND 211

2-1-1 Maryland connects Marylanders to the health and human services they need to achieve a more stable life for themselves and their families.

Text My211MD to 898-211 for Basic Needs Resource Alerts

Dial 2-1-1

MARYLAND FOOD BANK

Maryland Food Bank is the hub of Maryland's food assistance safety net, combining expertise with a statewide network of thousands of community partners.

Click the laptop and enter your zip code to find food nearby.



ARE YOU SNAP ELIGIBLE?

The Supplemental Nutrition Assistance Program, or SNAP program, provides nutrition benefits to supplement the food budget of families so they can purchase healthy food.

Many eligible Marylanders do not use this form of food assistance due to lack of awareness of their eligibility or difficulty with the application process.

Call (410) 737-8282 to check if you are eligible.

FREE AMAZON GROCERY BOXES FOR SENIORS

Adults age 60 or older may qualify for a grocery box with enough non-perishables for 1-2 weeks depending on household size.

Call 410-396-2273 to sign up for the program if you currently have no food at home or will run out before you can buy more.

≥700,000 PEOPLE IN MARYLAND ARE HUNGRY



HOME TEAM PROGRAM

The Home Team is a community-based volunteer program in Baltimore County that provides friendly visits to seniors, age 60 years and older. Assigned volunteers can pick up food from partnering food pantries and deliver the bags to your door.

To volunteer or receive friendly visits, please call 410-887-4141 or email hometeam@baltimorecountymd.gov

ASSISTANCE CENTER OF TOWSON CHURCHES

ACTC serves the community with prepacked grocery bags every two weeks for anyone in need of daily lunches (and mail pick-up services) for those experiencing homelessness.

Email actc316@gmail.com or call 410-296-4855

Service area zip codes: 21013, 21030, 21053, 21057, 21082, 21093, 21105, 21111, 21120, 21131, 21152, 21204, 21210, 21212, 21234, 21239, 21284, 21285, 21286

COMMUNITY ASSISTANCE NETWORK

Community Assistance Network (CAN) provides emergency food to income eligible Baltimore County residents. The Emergency Food Package provides enough food for approximately 5 to 7 days. CAN attempts to provide food from the major food groups so that each package is nutritionally balanced.

Call 410-285-4674 ext. 112 to learn more.

MEALS ON WHEELS

For seniors throughout Central Maryland, Meals on Wheels (MoW) does more than deliver nutritious meals. MoW provides support and safety-net services that help sustain health, promote independence, maintain economic stability, and improve overall quality of life.

Apply for meals [here](#) or call 410-558-0827.

DID YOU KNOW?

Community Resources is a regional resource directory for Baltimore residents. The directory's content has been expanded to accommodate resources and services that range from adult day care to recreation and travel.

It is full of information; check out the 148-page guide [here!](#)



DID YOU KNOW?

The Food Distribution Site Map includes sites for weekday meal distribution operated by both Baltimore County Public Schools (BCPS) and Baltimore County Government as well as sites for Saturday family food distribution operated by Baltimore County Government.

Users can search for locations closest to where they live [here](#).

Visit 2-1-1's [database](#) for more information.

2-1-1 Maryland | MD Programs & Services Aid | Get Help www.211md.org



BALTIMORE COUNTY

COVID-19 VACCINE AND SERVICES

The Baltimore County Department of Health has opened a hotline for residents to call with questions or concerns regarding COVID-19. The number is 410-887-3816.

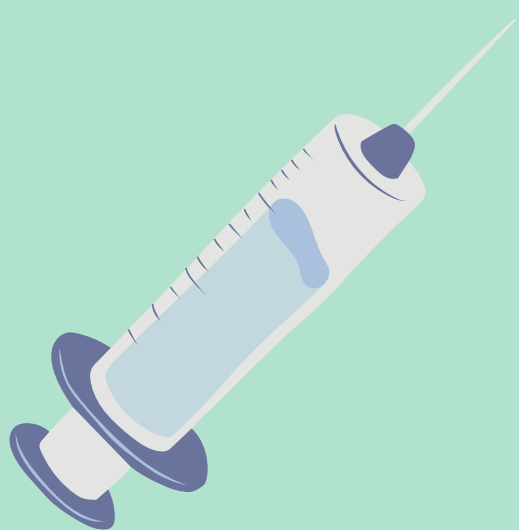
KNOW THE DATA

Vaccines are one of the safest and most important public health tools to protect against serious illness and prevent the spread of dangerous diseases, like COVID-19. Specifically, vaccines help our bodies develop immunity to viruses and prevent us from getting sick. But how many people are getting vaccinated in Baltimore County? And which vaccines are being offered? Click the [link](#) to stay up to date on the latest statistics.



REGISTER FOR THE VACCINE

Baltimore County residents who want to be vaccinated should complete this [form](#). After completing the form, you will be contacted by Baltimore County staff once you become eligible AND when vaccines are available, with additional information about how to schedule your appointment.



CHECK YOUR STATUS

People who have symptoms of COVID-19, who have had close contact with an infected person and people who have taken part in activities that put them at higher risk for COVID-19, such as travel, attending large social or mass gatherings, or being in crowded indoor settings should get tested.

The Baltimore County Department of Health is operating clinics to test residents for COVID-19. Schedule your appointment [here](#).



ADDRESS YOUR SOCIAL NEEDS

COVID-19 has affected every area of life – our jobs, housing, education, food access, transportation and so much more. Check out the [Baltimore County Community Resources Guide](#) to access hundreds of vital social supports and services for Baltimore County residents.



"NOTHING IN LIFE IS TO BE FEARED, IT IS ONLY TO BE UNDERSTOOD. NOW IS THE TIME TO UNDERSTAND MORE, SO THAT WE MAY FEAR LESS."

-MARIE CURIE

CHRONIC DISEASE PREVENTION

CARDIOVASCULAR DISEASE

Did you know?

Heart disease remains the #1 cause of death worldwide.

Primary risk factors include: smoking, diet, lack of exercise, high blood pressure, weight, family history, and age.

Use these links to improve your [physical activity](#), [reduce sodium](#) and [sugar](#), [eating healthier](#) and [reduce stress](#).



DIABETES

Did you know?

An estimated 13.3% of African Americans have been diagnosed with diabetes in [Maryland](#).

Reduce your risk of Type 2 Diabetes:

- Increase your physical activity
- Manage stress
- Make small changes to your diet

Click [here](#) to check out recipes from the American Diabetes Association to improve your diet. Small changes go a long way!



CANCER

Did you know?

[African Americans](#) have the highest death rate and shortest survival of any racial/ethnic group in the U.S. for most cancers.

Cancer Screening during COVID

During COVID-19, cancer screening has declined. However, there are still options for screening. Click [here](#) to visit the American Cancer Society to learn more.



CHRONIC DISEASE PREVENTION

The best way to prevent chronic disease:

- Eat healthy
- Get regular physical activity (30 minutes a day)
- Rest
- Manage stress
- Regular health screenings
- Quit smoking
- Know your numbers (cholesterol, blood pressure, BMI, blood sugar)
- Know your family history



A Special Message from Roberta's House

FIVE TIPS FOR COPING DURING COVID

Roberta's **HOUSE** 
A Family Grief Support Center

FEED YOUR MIND & SPIRIT

Avoid negative and pessimistic thoughts

Manage emotional thoughts
"Be your best friend"
Continue to watch virtual religious services on line

SUPPORT CHILDREN

Encourage questions

Validate their feelings
Help children creatively express feelings
Clarify misinformation
Provide comfort
Deliver a bit of extra patience

MAINTAIN CONNECTIONS

Invest in friendship

Plan regular calls with friends
Share a virtual meal or happy hour
Take breaks from screens
Cuddle with your pets

EAT HEALTHY

A balanced diet protects you

Eat healthy regular meals
Avoid overeating or excessive snacking
Choose more fruits and vegetables
Make water your drink of choice

ADAPT AND MOVE FORWARD

Crisis is temporary

Tap into memories, experiences and stories that illustrate you and your families' strengths and ability to get through hard times

Journal lessons learned

Count your blessings

Keep a diary to tell your children and grandchildren about this historic moment

IT'S BALTIMORE VERSUS COVID. ANSWER THE CALL TO HELP US WIN.

Picking up the phone for MD COVID is our best defense to stop the spread. And your privacy is always guaranteed.

To learn more,
visit bit.ly/mdcontact

Let's win this together.

 **BALTIMORE
CITY HEALTH
DEPARTMENT**

*Brandon Scott
knows about
winning as one of
Baltimore City's
youngest Mayors*



A COMMUNITY PROJECT BY:



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