



Nourish Now's operations are continuing. We are closely monitoring the situation and taking the necessary precautions. As of Tuesday, March 31st we will no longer be taking clients in our warehouse and we are in the process of switching our on-site distribution to satellite locations throughout Montgomery County. Please refer to our [website](#) for more information. We are currently taking volunteers with amended requirements, but the same timeframe and protocols. We are asking staff and volunteers to follow CDC guidelines on handwashing, sanitizing and staying home if they are feeling unwell, and we are practicing safe social distancing between each other. We are committed to continuing food recovery and serving food insecure individuals and families in the county. Please refer to these resources and information about the virus and what you can do to help protect yourself and your family.

### **As of Wednesday, December 2nd:**

#### **Current Situation:**

- Maryland's total number of cases is currently 203,355, and there are currently 34,159 cases in Montgomery County. There have been 4,558 confirmed deaths in Maryland as a result of COVID-19 (as of 12/2/2020).
- There are currently 13,626,022 cases of the virus reported in the United States (as of 12/2/2020). All 50 states are reporting cases. There have now been 269,763 deaths in the United States from COVID-19 (as of 12/2/2020).
- As of September 30th, 2020, MCPS is expanding the number of meal service sites for the community. In addition to the 74 school sites, students and families can pick up meals on Monday, Tuesday, Wednesday and Friday at several bus stop locations throughout the county from 11:30 a.m. to 12:30 p.m. See the full list of meal sites here: <https://www.montgomeryschoolsmd.org/reopening/meals/>
- MCPS is increasing to a triple meal service on Fridays, beginning Sept. 18, to help address food insecurity for MCPS students over the weekend. The USDA has granted waivers which again permit meal distribution to all youth 18 and under. MCPS students over 18 will need to provide a student id to pick up meals. Student names will be required for meal pick up. Menu

information is available on the main Menu webpage. Allergens, nutrients and other information can be found on the Wellness & Nutrition webpage.

- As of September 4th, 2020, the U.S. Department of Agriculture has extended the waivers that allow school systems to provide free meals to students during the summer months. MCPS will resume providing free breakfast and lunch to all county children and enrolled MCPS students at 74 meal sites. A student identification number will not be required, however, names will be taken for each child. More information can be found at <https://www.montgomeryschoolsmd.org/reopening/meals/>
- Montgomery County is offering free COVID-19 testing for all Montgomery County residents, no doctor's order necessary. It is recommended to make an appointment to reduce wait times, but walk-ups are allowed. Appointments can be made by calling 240-777-1755 or online at <https://montgomerycountymd.gov/covid19/testing/appointments-en.html>
- Montgomery County announced on July 23rd that the Department of Health and Human Services will provide home-based COVID-19 testing and health/human services assessments to households located in zip codes highly impacted by COVID-19. The zip codes most impacted by COVID-19 include 20850, 20866, 20877, 20901, 20902, 20903, 20906, and 20910. The no-cost visits will be provided seven days a week and the response team will include a health worker and a human services worker. Team members will provide temperature checks, monitor vital signs and give COVID-19 saliva tests to all household members who give consent. A DHHS service navigator will follow up after the visit as needed. Residents can be referred for this service by a community-based agency or refer themselves by calling the Testing Helpline at 240-777-1755 (open 8 a.m. to 6 p.m. seven days/week). Callers will be asked a series of questions to determine eligibility.
- Montgomery County Public Schools announced on July 21st that MCPS will provide virtual-only instruction through the end of the first semester of the 2020-2021 school year, January 29th, 2021.
- Beginning Monday, June 6th, Montgomery County will open its seven outdoor pools and three indoor aquatic centers. Outdoor pools will be open for two-hour sessions between noon and 8pm seven days a week. Indoor aquatic centers will be open for lap swimming only for two-hour sessions between 6am and 8pm Monday-Friday and between 9am and 5pm Saturday and Sunday. All swim sessions require a reservation; reservations can be made at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org)
- Beginning on Monday June 29<sup>th</sup> Montgomery County Public Libraries will open book drops at all branches (with the exceptions of Noyes and Long

Branch) for customers to return items they have been holding on to since March.

- Friday, June 12 at 5:00PM, indoor dining is set to resume at 50% capacity. Outdoor amusements and rides can resume with health and safety procedures. Capacity restrictions at outdoor pools will increase to 50%
- Wednesday, June 10<sup>th</sup>, at 5PM Governor Hogan provided an [update](#) on re-opening.
- On Friday, June 5<sup>th</sup>, Maryland continued to [Stage Two](#) of the Roadmap to Recovery. Business, workplaces, and additional personal services will gradually and safely re-open.
- View an [interactive map](#) of testing sites. Visit for tests at “no out-of-pocket cost” and even if you don’t have symptoms.
- Friday, May 15<sup>th</sup> at 5 P.M. the Stay at Home order was replaced by a Safer at Home advisory in specified [areas](#).
- Additionally, the Maryland Department of Health is **allowing elective procedures** per issued guidelines. These surgeries will occur at the discretion of hospitals and health care providers (5/6/2020).
- Beginning at 7am on May 7<sup>th</sup>, residents can engage in these added [outdoor activities](#): golf, tennis, boating, fishing, camping, and others with social distancing measures due to amendments in the Governor’s Executive Order (5/6/2020).
- At 3PM on Friday, April 24<sup>th</sup>, Governor Hogan released the “[Maryland Strong: Roadmap to Recovery](#).” Montgomery County has released a resources [toolkit](#). Key points have been linked below.
- As of Saturday, April 18 - per [CDC guidance](#), in retail spaces and on public transportation, Marylanders must wear masks or cloth face coverings (4/16/2020).
- [MCPS Community](#) update on April 26, 2020 outlines grade, registration, and new student registration information.
- To view closures and service modifications listed by the Office of Emergency Management and Homeland Security (OEMHS) click [here](#).
- Maryland receives a major disaster declaration from the federal administration in response to the COVID-19 pandemic (3/27/2020).

## Coronavirus Information:

- People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with the level of risk dependent on the location.
- Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.
- COVID-19 is spread just like colds or flu through:
  - coughing and sneezing, which creates respiratory droplets
  - close personal contact, such as touching or shaking hands
  - touching an object or surface with the virus on
- People who suspect they have COVID-19 should contact their health care provider, who will determine if that patient has signs and symptoms compatible with COVID-19 and will decide to refer the patients for lab testing.
- As of May 19<sup>th</sup>, the Governor's [order](#) requires pharmacies to directly order and administer COVID-19 tests.
- Online COVID-19 Self-Assessments are available at:
  - [Adventist HealthCare](#)
  - [Holy Cross Health](#)
  - [MedStar Health](#)

## Social Distancing: Help Stop the Spread

- The CDC and the White House have released official guidelines for residents to help slow the spread.
  - Work or engage in school from home as much as possible.
  - Avoid social gatherings, unnecessary travel and limit discretionary trips from home such as to the store.
  - Stay **6 feet away** from other people, even when you yourself are not experiencing symptoms

## Keeping You and Your Family Healthy:

- Wash your hands often with soap and water for at least **20 seconds**, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
- Emergency special enrollment for all uninsured Marylanders until June 15<sup>th</sup> - [Maryland Health Connection](#)
- County residents not eligible for Federal or State health programs
  - [Care for Kids](#) – for children 19 or younger. Call 240-777-1003 to enroll.
  - [Maternity Partnership](#) – for pregnant women needing prenatal care. Call 240-777-1003 to enroll.
  - Montgomery Cares – adults 18 or older find a clinic [here](#)
- Mental Wellbeing – call or text 301-738-2255
- Domestic Violence Assistance
  - 24—hour assistance: Montgomery County Crisis Center – 240-777-4000
  - Free and confidential help on weekdays
    - The Family Justice Center – 240-773-0444
    - Montgomery County’s Abused Persons Program – 240-777-4295

### **Additional Resources for you and your family**

- COVID-19 testing information: go to <http://www.mococovidtesting.org/>
- Food and SNAP Assistance: go to <https://www.montgomerycountymd.gov/covid19/get-help/food.html> or call 311 for help
- Diapers and Baby Supplies
  - Greater DC Diaper Bank
  - Adventist Community Services of Greater Washington
- Childcare services: essential personnel working in response to COVID-19 can receive free [state-funded childcare](#). Contact 877-261-0060 to learn more.
- Temporary eviction moratorium prohibiting landlords from physically removing renters

- Call the Montgomery County DHCA Office of Landlord-Tenant Affairs for questions and concerns: 240-777-0311
- For [EMERGENCY](#) housing and rental assistance contact the Montgomery County Department of Health and Human Services

More resources available published on [this handbook](#).