



THE COORDINATING CENTER
INSPIRED SOLUTIONS

The Center Line



OUR MISSION

To partner with people of all ages and abilities to achieve their aspirations for independence, health and meaningful community life.

New Executive Order Requires Marylanders to Wear Face Coverings in Retail Spaces

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. People with disabilities who are unable to wear a mask are provided reasonable accommodations per the Americans with Disabilities Act.

[CDC Cloth Mask Resources](#)

#MasksOnMaryland

Governor Hogan has issued an executive order that Marylanders should use masks and cloth face coverings in retail spaces and public transportation effective Saturday, April 18 at 7 a.m.



MAKE YOUR OWN CLOTH FACE COVERING

You can make masks easily at home from a bandana and hair ties, a t-shirt, or a scarf. **Please don't buy masks intended for health care professionals.**



ENSURE THE RIGHT FIT

Your cloth mask should fit snugly but comfortably against your face and cover your nose and mouth. It should not require frequent adjustments: **as always, avoid touching your face as much as possible.**



KEEP IT CLEAN

Don't touch the front of your mask, and don't touch your face while removing it. **Wash your hands after taking it off and be sure to launder it frequently.**



CONTINUE TO KEEP YOUR DISTANCE

Masks can help slow the spread of the virus, but it's still essential to **practice social distancing and stay home unless it's absolutely necessary to leave.**

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

FOR HEALTH RESOURCES, VISIT [CORONAVIRUS.MARYLAND.GOV](https://www.covid19.gov).

Updates from Governor Hogan's Administration

Governor Hogan announced last week his plan for a gradual re-opening of the State.

Entitled “Maryland Strong: Roadmap to Recovery,” the plan outlines a **3-stage approach to re-opening** after the following four building blocks are firmly in place:

- Expanded testing capacity
- Increased hospital surge capacity
- Ramping up supply of PPE
- Robust contact tracing operation

The stages of recovery are:

- **Stage 1:** Lifting the stay-at-home order in limited ways, and involves business, community, religious, and quality of life improvements.
- **Stage 2:** Allowing a large number of businesses and activities come back online. This will be a longer stage of the initial recovery and any businesses that reopen during this period would need to comply with strict physical distancing and appropriate safety protocols.
- **Stage 3:** Allowing higher-risk activities, such as large indoor gatherings.

Click the Red Box to Access the More Information on the Latest News from Governor Hogan



Activate Your Medicaid During COVID-19

Is Your Medicaid Inactive? Did you Originally apply through the Department of Social Services (DSS)?

- If so, do **NOT** go to the Maryland Health Connection website per the usual instructions, or go to DSS (because all DSS's are closed due to COVID-19). **To reactivate your Medicaid click on the green link below.**
- You can “sign in” using your account information or a parent’s account information, or create an account.
- To locate the Medicaid application (click “disabled child” category.)
- If you click the “Applying for Benefits” button at the bottom, it will send you in a loop, and not to an application.
- There is also a link to the Social Security Administration (SSA) on the above site, which may be helpful, since SSA is also closed and not taking phone calls.

**Medicaid
Activation**

Maryland Department of Disabilities Assistive Technology Program

**Need Assistive Technology, but not sure what will work?
Exploring a device but need expert guidance to find what will
work best for you?**

- Our libraries may be closed but we're now offering virtual AT demonstrations and

consultations to help you and your loved ones identify the best AT solutions.

- To schedule a virtual AT demonstration or consultation call 1-800-832-4826 or complete an online request at <http://mdod.maryland.gov/mdtap/Pages/Request-Demo-or-Loan.aspx>.
- One of our Technology Clinicians will be in touch with you to arrange an online demonstration to help you with your technology needs.



Drive-Thru Testing

Where am I able to be tested? Who do I contact?

- Health care providers order COVID-19 testing, so you will need to discuss testing with a health care provider. Please keep in mind that a health care provider's decision to order COVID-19 testing is based on several factors, including clinical judgment, availability of testing supplies and ability to safely collect specimens for testing. At this time, the Maryland Department of Health and local health departments do not collect specimens for COVID-19 testing.

Can I get a test on my own without a provider?

- No, a health care provider must order COVID-19 testing, collect specimens for testing, and then send the specimens to a laboratory to complete the testing.

I might have been exposed to a confirmed case of COVID-19. What do I do?

- The recommendations for what you should do if you were exposed to a confirmed case of COVID-19 depend on what type of contact you had with the person diagnosed with COVID-19. According to the Centers for Disease Control and Prevention (CDC), close contact is defined as being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time. All people, especially close contacts, should carefully monitor for any signs of illness, check their temperature twice a day and if illness or a temperature of 100.4F or greater develops, they should immediately isolate themselves from other people and call a doctor for advice. Current CDC guidance also recommends that if you have had close contact with a confirmed case, you should stay home from work or school for 14 days after the last exposure to monitor for symptoms and contact your health care provider

For More Information Click [HERE](#).

Community Resources

Food Distribution:

- **Free and Reduced Meals.** The Maryland State Department of Education (MSDE) has hundreds of meal distribution centers across the state, which can be found

at mdsummerschools.org.

- **Food Assistance/SNAP.** Marylanders can get information, apply for Maryland Department of Human Services programs and check the status of applications online [here](#), and by calling the DHS Call Center at 1-800-332-6347 (TTY 1-800-735-2258), from 8:30 a.m. to 5:00 p.m., Monday-Friday.
- This news station has a listing of all the **free meal sites across Maryland** and Washington, D.C. Click [HERE](#) for more information.

Maryland Senior Call Check:

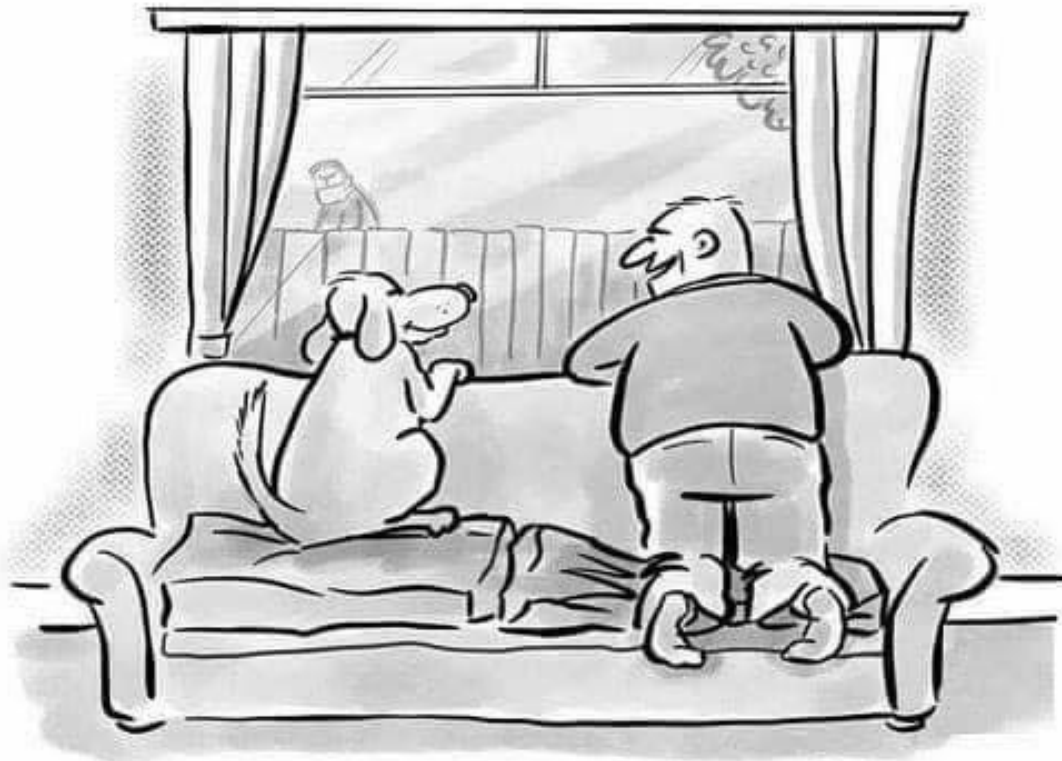
- The **Maryland Department of Aging Senior Call Check, is a FREE resource for MD residents over 65+**. This service will provide free daily calls to Marylander's 65 and over who register. The verification and enrollment process can be completed within 24 hours Monday – Saturday. Senior Call Check phone lines are **open Monday through Friday 8:00 am to 5:00 pm and Saturday 9:00 am to 3:00 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.

Mental Health:

- If you or someone you know needs mental health support **call Optum at 1-800-888-1965**. Optum can assist you in identifying participating providers and answer questions about Maryland Medical Assistance Mental health Benefits.
- NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. [Register for this training](#) or [learn more about this program](#).

**Click the Red Box for Maryland's
COVID-19 Resource Guide**





“Until now, I never understood why you got so excited when someone walked past the house.”

Follow Us!

Want to stay informed and in-touch with The Coordinating Center? Check out our website and social media to access information about COVID-19 and available resources. Use the colored buttons below to follow us on our social media accounts.



www.coordinatingcenter.org