## Coronavirus Prevention
### At Home & At Work

### At Home

- **Wash Your Hands Frequently**
- **Consider changing clothes when you come in from work.**
- **Leave shoes/boots at the door.**
- **Don’t share cooking/eating utensils.**

### At Work

- **Wear a Mask/Facecovering over your nose and mouth.**
- **Don’t Share Tools/Utensils.**
- **Wash Your Hands Frequently.**
- **Stay 6 feet apart, if possible.**

### If you have been exposed to COVID-19

- **Take your temperature and monitor for any symptoms.**
- **If you have any symptoms, contact your healthcare provider or the Health Department.**

### If you are sick:

- **Do not go to work.**
- **Stay in a separate room from others, if possible.**

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Maura J. Rossman, MD., Howard County Health Officer

For questions or more information, contact the Coronavirus Health Information Line at 410-313-6284 or visit www.howardcountymd.gov/coronavirus
Additional Resources

Grassroots 24/7 Crisis Hotline - 410-531-6677 (local) or 2-1-1 (statewide)
www.grassrootscrisis.org

Access to Health - 410-313-5845
www.hchealth.org
The Bureau of Access to Health helps enroll individuals and families into quality healthcare by: processing insurance applications for low income children under age 19 through the Maryland Children’s Health Program (MCHP); assisting clients with applying for health insurance and providing services to help clients navigate the Medicaid system in the Administrative Coordination Care Unit (ACCU); and scheduling transportation for Medicaid recipients to receive necessary medical treatment with the Medical Assistance Transportation Program.

Women, Infants and Children Program - 410-313-7510
www.hchealth.org
Women, Infants and Children program (WIC) is a federally funded nutrition education program with healthy supplemental foods. The supplemental foods are purchased with eWIC cards at local grocery stores. It is also a referral program for other health agencies. It provides services to pregnant women, new mothers, infants and children under the age of five.

IMPORTANT
*** WIC is NOT part of Public Charge. *** (“Public Charge” means any immigrant who receives one or more public benefits for more than 12 months total within a 36 month period.) The final Public Charge rule says that WIC participation will NOT be considered in any “public charge” determination conducted in the United States. WIC clinics do NOT collect information about immigration status. They do NOT share personal participant information with immigration authorities.

The Bureau of Behavioral Health - 410-313-6202
www.hchealth.org
The Bureau of Behavioral Health provides linkage to many types of resources in Howard County including: Crisis Response Services, Mental Health Services (including a Mental Health Program for Immigrants), Substance Use Services, Case Management Services and Insurance Eligibility.

FIRN - 410-992-1923
www.firnonline.org
Foreign-Born Information and Referral Network (FIRN) is a nonprofit organization in Howard County, Maryland that empowers immigrants, refugees, and asylees by facilitating their access to community resources, opportunities and basic needs like food and housing. FIRN also provides immigration counseling, interpreting & translation, and information through events, workshops, and webinars.

Howard County COVID-19 Virtual Assistance Center - services.howardcountymd.gov/hcportal