

CURRENT CDC GUIDELINES For Those At Higher Risk:



Stay at home as much as possible.



In public, keep away from others who are sick, **and wash your hands often.**



Avoid crowds.



Have access to several weeks of **medications and supplies.**



Stay up to date on **CDC Travel Health Notices.**

COVID-19 TESTING

- **NEW** – All Montgomery County Residents are eligible for **FREE** testing
NO insurance required!
NO provider referral required!

Appointments are recommended to reduce your wait time and risk of exposure, however walk-ins are accepted. To make an appointment:

- [Go online \(or here for Spanish\)](#)
- Call **240-777-1755** between 8 AM and 6PM every day of the week

After scheduling your appointment, you will receive an email confirmation with instructions for how to prepare for your COVID-19 test.

Other Safety & Wellness Information

Take Everyday, Preventative Actions



Wash your hands for **20 seconds** or sing the Happy Birthday Song, **especially** after blowing your nose, coughing, sneezing or having been in a public place.



Use **soap and water**. If soap is **not** available, use **hand sanitizer** with at least 60 percent alcohol.



Avoid touching your face, nose and eyes.



If you go out in public, **keep your distance** from others who are sick, wash your hands often.

Consider ways of **safely getting food brought to your house** through family, social, or commercial networks.



What To Do If You Get Sick

STAY HOME

- **Call your health care provider**, let them know about your symptoms. They will assess if you need testing and provide next steps for care.
- [How to Properly Wear Your Facemask](#)

Wearing a face mask in public helps prevent the spread of COVID-19 — but **only if** worn properly, covering both your nose and mouth. Read mask-wearing tips to get the maximum protection for yourself and others.



Wash your hands before and after touching the mask.



Touch only the bands or ties when putting on and taking off your mask.



Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.

Plan Ahead in Case You Get Sick



Stay in touch with others.



Develop a contact list of friends, family, neighbors, community health workers, etc.



Determine who can provide you with care if your caregiver gets sick.



Listen to your body. If you are feeling sick, stay home and call your health care provider.



Family and Caregiver Support

- Know what medications your loved one is taking and help them prepare to have extra on hand.
- Monitor food and essential medical supplies needed and create a back-up plan.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.



Make sure you can breathe and talk comfortably through your mask.



Wash reusable masks after each use. If the mask is disposable, discard it when visibly soiled or damaged.

MONTGOMERY COUNTY RESOURCES

FREE CRISIS HOTLINES

- Montgomery County Crisis Center: **240-777-4000**
- EveryMind Hotline: **301-424-0656**

TRANSPORTATION

- Participating taxicab companies will pick up and deliver food and meals from grocery stores, food banks and carry-out restaurants to Call-n-Ride participants' doorstep. This is a contact-less delivery service; a phone call will confirm delivery. Click [here](#) for more information about scheduling and fare.

- [Comprehensive Guide to Public, Private, and Non-Profit Transportation for People with Disabilities & Adults 50+](#) and other [Transportation Options in Montgomery County](#)

Note – please call ahead to each organization, as protocol may have changed to follow pandemic guidelines

RECREATION

- [Virtual Recreation Hub](#) for fitness, arts and crafts, virtual trips and tours, and much more!

FOR CAREGIVERS

- [Engage@Home YouTube Channel](#) from Montgomery County [Caregiver Support Program](#)

FOR OLDER ADULTS

- **UPDATED 7/30/20** - [FAQs for Older Adults](#)
- [ElderSAFE Community Resource Guide](#) from Charles E. Smith Life Communities
- [Teens Helping Seniors](#) – for contact-less grocery delivery
- [AARP Coronavirus Information Tele-Town Halls](#)

Thursdays | 1:00 pm | **855-274-9507**

FOOD/NUTRITION RESOURCES

- [Multilingual Food Assistance Resources](#) & [Food Assistance Referral Map](#)

- [Montgomery County Food Council](#) – Resources on food assistance, grocery resources, benefit resources, prepared meals, including for seniors, and how to help. This site is also translated in Spanish.
- [Food Assistance Resource Directory \(FARD\)](#): Location, hours, and eligibility guidelines for 100+ sites in Montgomery County where residents can access food and benefits application assistance.
 - *Please note that hours of operation for providers listed in the FARD are subject to change, pending closures and staff availability during the COVID-19 outbreak. Please call ahead to verify opening hours.
- [Capital Area Food Bank](#) Community Hubs in Montgomery County remain open. This site is also translated in Spanish.
- [flyers in English & Spanish](#) for how to request food from [Manna Food Center's](#) warehouse and [food distribution sites](#) are serving food to the community.
- [Adventist Community Services](#) sites continue to operate

SUBURBAN HOSPITAL ONLINE PROGRAMMING

Suburban Free Webinar Series | *Registration is required at events.suburbanhospital.org*
Please review the schedule above, with several featured programs below:

NEW - Treatment Approaches for Pancreatic Cancer: What's New?

Wednesday, July 12 | 1-2 PM | FREE

Pancreatic cancer remains the 4th leading cause of cancer-related deaths in the United States for both men and women. Dr. Ashwani Rajput, Director of the Kimmel Cancer Center, Johns Hopkins will describe the current research being developed to treat and prolong patients' lives.

[REGISTER HERE](#)

NEW – Virtual Better Breathers Club

Tuesday, August 18 | 10-11 AM | FREE

Be part of this patient-centered and community-based club that supports persons with chronic lung disease including COPD, asthma, idiopathic pulmonary fibrosis, and lung cancer. Families, friends and support persons are welcome to attend. Registration is required. August Topic: Exercising & Lung Disease

[REGISTER HERE](#)

NEW - TaijiFit

Tuesdays | **August 18 – 22** | 10-10:45 AM | \$70

This serene workout of continuous flowing movement gently yet effectively works many systems of the body. Based on traditional Tai Chi movements, TaijiFit repeats these movements in succession to build confidence and comfort in Tai Chi. Appropriate for all ages and fitness levels to the Tai Chi experience through the concept of Flow.

[REGISTER HERE](#)

OASIS LIFELONG LEARNING ONLINE PROGRAMMING

Spring/Summer Online Classes | Browse catalogue and register at <https://washington-metro.oasisnet.org/>

Please note that classes are being added on a rolling basis – continue to check the schedule above. One featured program is highlighted below:

NEW - "The Searchers": Making of an American Legend

Monday, August 3 | 10:30 AM-12 PM | \$15

Former Pulitzer Prize-winning journalist for the *Washington Post*, Glenn Frankel tells the story of John Ford's monumental 1956 Western movie and its true origins in the kidnaping of a nine-year-old Texas girl by Comanches in 1836.

[REGISTER HERE](#)

NEW – Word Wednesday: How to Create and Master Word Puzzles

Wednesday, August 5 | 10:30-11:30 AM | \$10

Join Russell Ginns on a journey through a dozen puzzles, from cryptic crosswords to mixed up messages to wonderful word searches. Learn some tricks to solve them... and how to make your own!

This program is co-sponsored by Planet Word, a new museum of words and language opening soon in the historic Franklin School in Washington, DC.

[REGISTER HERE](#)

UPDATED - In addition to Suburban Hospital's [Nutrition and Weight Management](#) classes, your local **Giant Food** also offers virtual services. Upcoming sessions include:

Love Your Gut from the Inside Out

Monday, August 3 | 6:00 PM | **FREE**

Emerging science suggests that the bacteria in your gut may be key to better overall health. Join us to learn about the ins and outs of digestive health. Learn which foods make your gut feel loved and which can cause irritation.

[REGISTER HERE](#)

Meal Planning to Fit Your Budget

Monday, August 3 | 3:00 PM | **FREE**

Tuesday, August 4 | 1:00 PM | **FREE**

If you think eating healthy is too expensive, then this presentation is for you. Learn how to stretch your dollars to create nutritious and delicious meals on a budget. We will share tips for meal planning as well as affordable recipes that will reduce food waste and improve your diet.

[REGISTER HERE](#)

Build a Better Smoothie and Salad

Tuesday, August 4 | 6:00 PM | **FREE**

We love our smoothies and salads! Join us to learn new tips and strategies to make your next smoothie or salad your best. During this webinar you will learn ways that encourage you to make your next smoothie and/or salad extraordinary!

[REGISTER HERE](#)

Virtual Store Tour

Wednesday, August 6 | 6:00 PM | **FREE**

Thursday, August 13 | 6:00 PM | **FREE**

Join Giant's nutritionist for a virtual tour through each section of the store to identify items that can be included in a healthy, balanced diet. You'll also get answers to the top questions we typically get during our store tours, along with dispelling some shopping myths.

[REGISTER HERE](#)

Build a Better Breakfast

Tuesday, August 11 | 6:00 PM | **FREE**

If you've got breakfast boredom, we can help! Join us to learn easy ways to make a quick breakfast from scratch, products to consider if you don't like to cook, and ways to break your fast outside of the traditional cereal box.

[REGISTER HERE](#)

Nutrition for Fitness Lovers

Tuesday, August 18 | 6:00 PM | **FREE**

Our new normal has provided new opportunities for staying fit or starting a new movement program. No matter if you are just starting out, a weekend warrior, or a performance athlete, join us for nutrition tips and strategies to fuel your workouts.

[REGISTER HERE](#)

For more free content from Giant Food Nutritionists, click [here](#).

OTHER

Suburban Hospital's [2020 Community Health Improvement Report](#) has been released. Have you ever wondered how programming offered to the community is determined? As a non-for-profit hospital, Suburban completes a Community Health Needs Assessment every three years, following a set of guidelines from the IRS. This data-informed process identifies and prioritizes the health needs in the community we serve. The Hospital then applies a detailed Implementation Strategy to address these needs. One of the many ways we address the needs is through health education – with many examples in this very email! For a summary of the health needs, what Suburban has committed to in the last year, and how we impact the community, read the Community Health Improvement report.

Thank you – Stay Well – Stay at Home!
Suburban Hospital Community Health and Wellness

