






Resources During the COVID-19 Pandemic - Prince George's County

	<p>What If I Don't Have Health Insurance and I Get Sick?</p> <p>The State of Maryland is offering a special enrollment period from March 16-April 15th. See if you qualify by clicking here for immigrant families or here or general information. If you are unable to qualify for health insurance and need health care, these clinics provide sliding scale fees - click here for the list. If you or a family member are feeling sick, please click here to learn about what you should do.</p>
	<p>Where Can I Get Free Meals?</p> <ul style="list-style-type: none">• Many schools are providing free meals for children up to 18 years of age, Monday through Friday. You can find the closest location to your house by clicking here• For food pantries, you can visit St. Camillus on Fridays from 3pm-5pm and Saturdays from 10am-12pm, if your card stamp is after the indicated date. If you have never been here before, just bring a photo ID.• You can also look for other pantries that may be closer to where you live by clicking here or here• You can also find a Manna Food Distribution Site here
	<p>What If I Can't Pay My Rent/Mortgage?</p> <p>Effective March 20, 2020, the state of Maryland has put a hold on all foreclosure and eviction orders until further notice. You can read more about it here</p>
	<p>What If I Can't Pay My Utility Bills?</p> <p>Utility companies will not shut off your services during this crisis, for inability to pay. For more information on Pepco, click here. For information on WSSC, click here. For information on Washington Gas, click here</p>
	<p>What Can I Do To Stay Physically Healthy?</p> <ul style="list-style-type: none">- Stay home.- Wash your hands with soap and warm water for 20 seconds after going out in public, coughing or sneezing, going to the bathroom, before/after eating.- Clean your phone/keyboard regularly with disinfectant wipes- Avoid close contact with people who are sick- Get enough sleep - if you're having trouble sleeping, try any of these meditations. If you child is having trouble sleeping, you can click here



What Can I Do To Stay Emotionally Healthy?

- Meditate and practice mindfulness.
- Do things that make you feel calm/happy - play games, listen to music, dance, do art, read, watch movies, stay connected via FaceTime, WhatsApp or by phone with people who bring you joy
- Limit how much you watch the news/social media reports on COVID-19
- If you are feeling overwhelmed, and want to learn about how mindfulness can help, you can click [here](#) or [here](#)
- It's ok to feel stressed/worried during this time; if so, find someone who will listen and help. You can also call 211 for support/information, or If you are dealing with something more serious, and need immediate mental health intervention, you can call the Prince George's County Crisis Line number found [here](#)
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What if I or My Family Are In Crisis?

The following contact numbers provide support for different difficulties you or your family may be facing:

- Suicide Prevention Hotline - 1-800-273-8255
- Domestic Violence/Abused Persons Hotline - 301-618-3154; more information is [here](#)
- Maryland Youth Crisis Hotline - 1-800-422-0009



How Can I Keep My Kids Engaged/Learning

PGCPS has a page with lots of ideas for parents! Click [here](#) or [here](#)
You can find famous people reading fun stories [here](#)
And find all kinds of other fun things for your kids to do [here](#)



What if I Don't Have the Internet or a Computer?

- Comcast is offering an 'Internet Essentials' package **free** for low-income customers for 60 days. Please click [here](#)
- Comcast is offering low-cost laptops/computers for \$149.99 to Internet Essentials customers. For more information, please click [here](#)



How Can I Stay Most Up To Date on What's Happening in Prince George's County?




The Department of Health and Human Services is updating their website constantly on information and recommendations for the community. If you would like more information, please click [link](#)



What if I Need Something That Isn't Listed Here?

Here is a wonderful resource called Aunt Berta that has information on all kinds of things - just click [here](#) and put in your zip code and you will be directed to area agencies/resources. Just be sure to call first, as many places are on limited schedules.

What if I Have an Immigration Appointment?

	<p>People should check in with their local point of check in to see if they are required to come in. ICE will also temporarily permit the filing of Form I-246, "Application for Stay of Deportation or Removal," through the mail accompanied by money orders, certified funds, or requests for fee waivers only. For up to date information, visit CLINIC's COVID-19 updates here</p>
	<p>Does ICE arrest at clinics or hospitals? ICE does not conduct enforcement operations at medical facilities, except under extraordinary circumstances. Claims to the contrary are false and create unnecessary fear within communities. Individuals should continue to seek medical care. For further information, you can click here</p>
	<p>Remember we are here to support one another, and you are not alone.</p>