

## **COVID-19 What do Older Adults Need to Know and What is Available in Baltimore City**

*Updated 5.13.2020*

### **What is COVID-19?**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### **Why are older adults and people with chronic health conditions at higher risk for COVID-19?**

Older adults are at higher risk for becoming seriously ill from COVID-19. This is because our systems grow weaker as we age, which makes it harder to fight off diseases. You can reduce your risk of contracting COVID-19 by taking the following preventative steps:

- Stay home as much as possible
- Avoid people who are sick
- Wear a cloth face mask over your nose and mouth per Centers for Disease Control guidance. Guidance and instructions on how to make a mask is available through the following link: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, & cell phones)
- Avoid crowds
- Avoid all travel including airplanes and cruise ships.

### **What is a quarantine and how can I prepare?**

Quarantines are used to stop the spread of contagious diseases. They are for people who don't have symptoms of COVID-19, but who were around someone with the sickness. A quarantine keeps people away from others so they don't unknowingly infect anyone.

*1. Create a safety plan*

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Have an emergency communication plan, such as a group text or phone chain, so that all your relatives and friends know how to reach you. Make sure you have current contact information for anyone you need to contact during an emergency.

### *2. Stock an emergency medical kit*

This should include a 14-day supply of any medications you take, medical equipment, and written information about your treatment.

### *3. Consider getting a Maryland Access Point Gold Card*

This card provides medical history and emergency contact information for first responders. Call Maryland Access Point (MAP) at 410-396-2273 (CARE)

### *4. Make a supply kit*

This should include a 14-day supply of:

- Water
- Non-perishable food
- Everyday supplies such as extra batteries, a can opener, flashlight, plastic bags, and disposable cups, plates, and utensils
- Basic hygiene products
- Change of clothing and blankets
- Contact info and key documents
- Cash
- First aid kit

### **Do I need a mask?**

Wear a cloth face mask over your nose and mouth per Centers for Disease Control guidance. Guidance and instructions on how to make a mask is available through the following link: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

### **If I suspect I have COVID-19, how can I get tested?**

First, call your primary care physician if you think you've been exposed to COVID-19 and experience the following symptoms (keep in mind these symptoms can appear 2-14 days after exposure):

- Fever
- Cough
- Shortness of breath

If you do not have a primary care doctor, call one of the following Federally Qualified Health Centers (FQHC):

#### **1. Baltimore Medical System**

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Orleans Square 410-558-4747

St. Agnes 443-703-3200

Belair Edison 410-558-4800

Highlandtown 410-558-4900

Pine Heights 443-703-3600

Middlesex 410-558-4700

**2. Chase Brexton** - 410-837-2050 After hours- 410-837-2050

### **3. Family Health Center Baltimore**

Family Health Centers of Baltimore - 410-354-2000

Family Health Centers of Baltimore & Brooklyn - 410-355-0343

### **5. HealthCare for the Homeless -**

Fallsway Road - 410-837-5533

West Baltimore - 443-703-1400

### **6. Parkwest Health System**

Belvedere Ave 410-542-7800

Men and Family Health 443-874-5502

Reisterstown Road Plaza 410-764-2266

**7. Total HealthCare** 410-383-8300 for all sites

### **How do I pay to be tested for COVID-19?**

If you are a Medicare beneficiary, Medicare will cover all lab tests for COVID-19, medically necessary hospitalizations, and telehealth check-ins with your doctor. If you do not have insurance and need to get tested, call one of the FQHCs listed above. They will take patients on a sliding scale based on your income.

### **How should I care for someone who has tested positive for COVID-19 at home?**

- Put patient in a separate bedroom
- Use personal protective equipment, such as gloves and facemasks when with patient
- Follow the CDC's guidance, which can be found here:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

## **What Other Resources Do Older Adults Need?**

### **Who can I talk to about my needs?**

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If you need someone to talk to and help answer questions, call Maryland Access Point (MAP) at 410-396-2273 (CARE) or email at [MAP.BCHD@baltimorecity.gov](mailto:MAP.BCHD@baltimorecity.gov)

### **Where can I get food?**

If you are a current participant at a senior center or congregate meal site, call your center to reserve a boxed meal that will be available for pick up. If you are not a participant, call the Maryland Food Bank at (410) 737-8282 or visit [www.FoodPantries.org](http://www.FoodPantries.org).

### **What food resources are available in the community?**

- 1. Shiloh Baptist Church:** 2100 N. Monroe Street. Pantry open M-F 10-1pm
- 2. Greater Harvest Baptist Church:** 1617 W Saratoga Street, Free hot lunch Wednesdays, 12-1:30pm
- 3. GEDCO CARES Pantry:**  
5502 York Road, 410-532-2273
- 4. [www.Baltimorecityfoodpantry.org](http://www.Baltimorecityfoodpantry.org)**

### **What grocery stores will deliver to my home?**

GIANT – PeaPod, 1800-573-2763  
Safeway – [www.Safeway.com](http://www.Safeway.com)  
Eddie’s Roland Park 410-889-1558  
ShopRite – Shop.shoprite.com  
Chesapeake Farm to Table  
(<https://chesapeakefarmtotable.localfoodmarketplace.com/Products>).  
443 841 2327

### **Who delivers meals?**

Meals on Wheels - 410-558-0827 Intake screenings: Marga Corussi  
corruzi@mowcm.org. or 443-573-0927  
Moveable Feast – 410-327-3420

### **Who delivers pet food?**

Thankful Paws - 410-907-PAWS  
Baltimore Humane Society- 410-833-8848

### **How can I get my prescription medications?**

The following pharmacies will deliver:

**South Baltimore Pharmacy** - 410-355-8500  
**Northern Pharmacy** - 410-254-2055

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**Austin Pharmacy** – 410-773-0300

**CVS** [cvs.com/store-locator/landing](https://www.cvs.com/store-locator/landing)

**Walgreens** [walgreens.com/storelocator/find.jsp](https://www.walgreens.com/storelocator/find.jsp)

**Walmart** [walmart.com/store/finder](https://www.walmart.com/store/finder)

**Target** [target.com/store-locator/find-stores](https://www.target.com/store-locator/find-stores)

**Giant** [giantfood.com/store-locator](https://www.giantfood.com/store-locator)

**Safeway** [local.safeway.com/search.html](https://www.local.safeway.com/search.html)

**Wegman's** [www.wegmans.com/stores](https://www.wegmans.com/stores)

### **Who can I call for legal help?**

Maryland Volunteer Lawyers Service (800-510-0050 / 410-547-6537) and Senior Legal Services (410-396-1322) can provide legal assistance for civil cases Maryland Legal Aid Senior Hotline (410-951-7550)

### **Who will help me with about scams or abuse?:**

- Maryland Attorney General's hotline:  [\(410\) 528-8662](https://www.maryland.gov/attorney-general/hotline)
- Adult Protective Services: 1-800-332-6347
- CHANA elder abuse helpline: 410-234-0030

### **What if I have no heat or my utilities are threatened to be cut?**

- Call MAP or 211 for assistance
- Fuel Fund of MD 410-235-9080

*Please note that no utility cut-offs or late fees will be implemented during the current state of emergency in Maryland.*

### **What do I do if I am facing eviction?**

Public Justice Center 410-625-9409

*Please note that evictions are halted during the current state of emergency in Maryland.*

### **Who can help me with home repairs & modifications?**

Civic Works HUBS program

Brooke Paluzzi 410-470-9871

### **Who can help me with anxiety, worry, and depression?**

- Mental Health Association of MD - 443-901-1550
- National Alliance on Mental Illness - 410-884-8691

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- Behavioral Health System Baltimore - 410-637-1900
- Chase Brexton LGBT Resource Center - 410-837-2050 x1107

### **Who can help if I or someone I know has thoughts of suicide**

- Baltimore Crisis Response Center 410-433-5175
- 211

### **Where might I find up-to-date information on COVID-19**

- Baltimore City Health Department: <https://health.baltimorecity.gov/novel-coronavirus-2019-ncov>
- Maryland Department of Health: <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you need assistance with groceries, meals, or delivery, call 311, who can direct you to special support services for those over 60. Remember that you're not alone. **In these uncertain times, we all need somebody to LEAN on.**

**L**ink to ways to get food and necessities

**E**xplore available services

**A**sk for help when you need it

**N**obody has to do it alone. We're all in this together.

Baltimore City residents 60 years and older can do all this, and more, through calling 311.