

COVID-19 Resource Guide

Table of Contents:

-Upcoming Webinars/Events
-Archived Webinars/Events

I. Government

Local, State, National/Federal, International

II. Pastoral & Ministry

III. Socio-Economic

IV. Financial

V. Insurance

VI. Spiritual/Inspiration (H.O.P.E.)

VII. Communication

VIII. Health

IX. Technology

X. Adventist HealthCare

XI. Miscellaneous

XII. General

XIII. Fraud and Abuse

XIV. Reopening Your Faith Community

XV. Employment **Time Sensitive Information**

XVI. Testing Locations

XVII. Instructive & Pictorial Videos

XVIII. Safety As We Reopen

Upcoming Webinars/Events

Archived Webinars/Events

1. [Webinar: Mental Health in a Time of COVID-19 Webinar Series: Preparing Faith Leaders to Address the Challenge \(click link\)](#)
As part of Mental Health Month, please join us for the next in this series **Tuesday May 26th at noon ET**. This webinar series addresses overwhelming stress the COVID-19 experience is placing on people and communities. Part 1: Preparing Leaders to Address the Challenges (webcast April 28, 2020, download the recording). Part 2: "When Trauma, Fear, and Anxiety Become Overwhelming," will air on May 12 at 12 pm ET. Register here. **Part 3: "Task-shifting to Address Increasing Challenges," May 26 at 12 pm ET**. Part 4: "Connecting Spirituality to Mental Health Services in the Midst of the Crises," June 9 at 12 pm ET Registration opening soon.
2. [Psychological First Aid for Leadership – Webinar](#) Wed., May 20, 2020, 1:00 p.m. EDT, Register [here](#). Psychological First Aid (PFA) is an evidence-informed prevention strategy aimed at reducing distress and increasing resilience during and following mass disasters, including natural disasters and pandemics. The Northwest MHTTC is hosting this presentation by The Trauma Recovery Innovations program, University of Washington, which have been adapting PFA in order to support members of the health care work force amidst the COVID-19 pandemic.
3. [Emerging Trends in Substance Use – Webinar](#) Wed., May 21, 2020, 12:00 p.m. EDT, Register [here](#). Northeast & Caribbean ATTC hosts this two-hour webinar reviewing trends in substance use, especially in light of COVID-19. The program will review and consider the rise in alcohol use and methamphetamines, information on heroin use, the high rates of relapse for people in recovery, and the ways in which people in recovery are maintaining their sobriety.
4. [Webinar: Cycles of Isolation: Risk Factors of Isolation and Protective Strategies in a Socially Distant Epoch](#) Thurs., May 22, 2020, 2:00 p.m. EDT, Register [here](#). New England PTTC Prevention Technology Center hosts experts to discuss the risk factors associated with isolation, how isolation leads to the use of substances, and how that use of substances leads to further isolation.
5. [Webinar: Cycles of Isolation: Risk Factors of Isolation and Protective Strategies in a Socially Distant Epoch. Thurs., May 22, 2020, 2:00 p.m. EDT, Register here](#). New England PTTC Prevention Technology Center hosts experts to discuss the risk factors associated with isolation, how isolation leads to the use of substances, and how that use of substances leads to further isolation.

I. Government

a. Local

1. Prince George's County

<https://www.princegeorgescountymd.gov/ArchiveCenter/ViewFile/Item/3219>

2. Montgomery County

<https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html#faq>

b. State

1. State & (all) territories

<https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>

2. Office of Gov. Larry Hogan

<https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>

3. Maryland State

<https://coronavirus.maryland.gov/>

[Governor Larry Hogan - Official Website for the Governor of Maryland](#)

4. District of Columbia

<https://coronavirus.dc.gov/>

c. National/Federal

1. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
2. <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
3. <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019>

d. International

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

II. Pastoral & Ministry

1. [10 guidelines for pastoral care during the coronavirus](#)
Christian Century: How can we accompany people through this valley of anxiety, fear, and death?
2. [COVID-19 and worship: Resources for adapting to social isolation](#)
Calvin Institute of Christian Worship: As containment of COVID-19 forces your worshiping community to implement 'shelter in place' worship and practice social isolation, we offer these resources to help you plan and cope in ways that encourage and support your community.
3. [10 ideas for church financial leaders amid the COVID-19 crisis](#)
UMC Discipleship: Here are some directions for financial leaders across the church to help with sustaining the church and its ministry as we live through the coronavirus crisis.
4. [Guide for Christian funerals during COVID-19 \(PDF\)](#)
Massachusetts Council of Churches: In times of trial like the death of a loved one, we turn to the familiar practices from our faith and ancestors. And so, we know that this disruption for a grieving community is doubly hard.
5. [Coronavirus Relief: What Churches and Nonprofits Need to Know About Accessing SBA Loans](#)

III. Socio-Economic

- a. Food/Nutrition **See VIII, section b, subsection i**
- b. Affordable Housing /Financial Assistance/Shelter information

Maryland

1. <https://www.hud.gov/states/maryland/renting>
2. <https://www.mdaccesstojustice.org/covid-eviction>
3. <https://www.homelessshelterdirectory.org/maryland.html> (Directory. Shelters for all Maryland)
4. <http://dhs.maryland.gov/bureau-of-homeless-services/>
5. <https://211md.org/211provider-md-housing-shelter>
6. <tps://www.catholiccharitiesdc.org/housinghelp/>

Montgomery County

1. <https://www.montgomerycountymd.gov/HHS/ProgramIndex/FinHousingServicesIndex.html>
2. https://www.montgomerycountymd.gov/DHCA/navigation/affordablehousingresources_other.html
3. <https://affordablehousingonline.com/housing-search/Maryland/Montgomery-County>
4. https://www.needhelppayingbills.com/html/montgomery_county_rent_assist.html (Gives list of all agencies that help with rent)
5. <https://www.rockvillemd.gov/194/Affordable-Housing>
6. https://www.montgomerycountymd.gov/DHCA/covid-19_landlords.html (eviction information)

Prince George's County

1. <https://www.princegeorgescountymd.gov/993/Rental-Assistance-Services>
2. <https://www.princegeorgescountymd.gov/906/Housing-Authority>
3. <https://www.princegeorgescountymd.gov/1684/Housing-Homeless-Services>
4. <https://pgcasa.org/housing/>
5. https://www.needhelppayingbills.com/html/prince_georges_county_rent_ass.html
6. <https://affordablehousingonline.com/housing-search/Maryland/Prince-Georges-County>

Washington, D.C.

1. <https://dhs.dc.gov/service/emergency-rental-assistance-program>
2. https://www.hud.gov/states/district_of_columbia/renting
3. <http://www.dchousing.org/category.aspx?catid=1&AspxAutoDetectCookieSupport=1>
4. <https://www.homelessshelterdirectory.org/cgi-bin/id/city.cgi?city=Washington&state=DC>
5. <https://owpi.dc.gov/service/emergency-and-temporary-housing>

Veterans

1. <https://www.va.gov/housing-assistance/>
2. <https://www.benefits.gov/benefit/5891>

c. Transportation.

Please note: Each Resource below will have specific guidelines and restrictions due to COVID-19 information is changing regularly as restrictions on travel change.

1. <https://www.mta.maryland.gov/coronavirus> (information on traveling during pandemic)
2. <https://washington.org/dc-information/coronavirus-travel-update-washington-dc> (updated May 2020)
3. <https://www.wmata.com/service/status/details/COVID-19.cfm>
4. <https://www.neighborride.org/>
5. <https://mhcc.maryland.gov/consumerinfo/longtermcare/TransportationAssistance.aspx>
6. <https://www.montgomerycountymd.gov/DOT-Transit/seniors.html>
7. <https://www.greenbeltmd.gov/Home/ShowDocument?id=15009>
8. <https://www.montgomerycountymd.gov/HHS-Program/ADS/Transportation/MedAssist.html>
9. <https://www3.montgomerycountymd.gov/311/Solutions.aspx?SolutionId=1-3ETS29>
10. <https://www.seniorconnectionmc.org/our-programs/senior-rides/>

IV. Financial

1. Updated FAQ Paycheck Protection Program Loans

The Small Business Administration (SBA), in consultation with the Department of the Treasury, has issued this [updated document](#) as an interpretation of the [H.R.748: \(CARES\) Coronavirus Aid, Relief, and Economic Security Act](#) and of the [Paycheck Protection Program Interim Final Rule](#) to address borrower and lender questions.

2. Find Eligible Lenders:

Use this tool to find a nearby lender eligible to issue a loan under the Paycheck Protection Program.

3. Facilitating Low-Income Families' Use of Emergency Paid Family Leave

In response to the COVID-19 pandemic, in March 2020 Congress enacted emergency paid family leave as well as emergency paid sick leave as part of the [Families First Coronavirus Response Act](#). This [brief](#) suggests lessons for facilitating the use of emergency paid family leave by lower-income families, drawing on research by HHS on families' participation in state paid family leave programs.

4. Pathway Forward: U.S. Chamber Foundation Webinar Series

Featuring deep-dive conversations with a cross-sector of experts led by the U.S. Chamber of Commerce President Suzanne Clark, *Path Forward* will air twice-weekly on Mondays and Thursdays at 3:00 p.m. ET to explore the complex issues that must be considered as part of a responsible reopening strategy.

a. Grants

1. [Office of Juvenile Justice and Delinquency Prevention: FY 2020 Preventing Trafficking of Girls](#)

OJJDP-2020-18135- To prevent/reduce victimization of girls who are vulnerable to sex trafficking. Closing Date: May 26, 2020

Webinar Overview: April 28, 2020, 2:00 pm – 3:00 pm EDT. Register [here](#).

2. [FY 2020 Second Chance Act Community-based Reentry Program](#)

BJA-2020-17110 – BJA is seeking applications to implement or expand on reentry programs that demonstrate strong partnerships with corrections, parole, probation, and other reentry service providers. Closing Date: May 4, 2020.

3. [Innovations in Community-Based Crime Reduction Program](#)

BJA-2020-17118 – The Innovations in Community-Based Crime Reduction (CBCR) Program helps communities build trust and support law enforcement agencies by integrating enforcement strategies into community-based crime reduction efforts and using this information to understand and target the issues. Closing Date: June 11, 2020

V. Insurance

VI. Spiritual/Inspiration (H.O.P.E.)

1. 41 Prayers for Healing – Receive Strength & Comfort From God

https://www.crosswalk.com/faith/prayer/a-prayer-for-personal-healing.html?utm_source=blueconic&utm_medium=contentrec

2. 3 Lessons to Learn When You're Stuck in the Hallways of Life

https://www.crosswalk.com/family/singles/3-lessons-to-learn-when-you-re-stuck-in-the-hallways-of-life.html?utm_source=Jeeng

3. 10 Verses about Fear and Anxiety to Remind Us God is in Control

https://www.crosswalk.com/slideshows/20-verses-about-fear-and-anxiety-to-remind-us-god-is-in-control.html?utm_source=blueconic&utm_medium=contentrec

VII.Communication

1. [How to Build a Phone Tree](#)

2. [Engaging Faith-Based and Community Organizations: Planning Considerations for Emergency Managers](#), Department of Phone Homeland Security, 2018.

VIII. Health

1. [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 \(CDC website\)](#)

2. [No-Sew Pleated Face Mask with Handkerchief and Hair Tie \(website with picture illustration\)](#)

3. [Face Mask Sewing Pattern \(website\)](#)

4. [When to wear gloves](#)

Medical

- i. Physicians
- ii.. Urgent Care/Clinics
- iii. Pharmacy

a. Physical

i. Nutrition

1. [Tips on Good Nutrition and Using the Updated Nutrition Facts Label During the Coronavirus Pandemic](#)

Also from the FDA, helpful tips on how to use the Nutrition Facts label to learn more about the foods you have on hand or are purchasing online or in stores, especially if you are purchasing different foods because of temporary disruptions in the food supply chain or are buying more canned or packaged foods instead of fresh.

2. [Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/Delivery Services During the COVID-19 Pandemic](#)

FDA is sharing information about best practices to operate retail food stores, restaurants, and associated pick-up and delivery services during the COVID-19 pandemic to safeguard workers and consumers.

Park. Nutritious hot and cold home delivered meals. Small set fee for delivery of a hot lunch, dinner and breakfast for the following morning. Modified meals available for those with diabetes or food allergies.

3. [Food Distribution for Montgomery County Residents](#)

Distribution of pre-packed boxes/bags of food. Income requirements currently waived.

4. [Chefs Feeding Families](#)

Free nutritious grab-and-go meals for children and families in need. Children and families can stop by one of the designated locations to pick up a grab-and-go meal, no ID or proof is required. Family members may pick up meals on behalf of their entire family – children do not need to be present.

5. [Nutritionally Tailored Home Delivered Meals and Groceries](#)

Freshly prepared and nutritionally tailored meal delivery. Physician referral required. Processing time may take up to two weeks between sign up and first meal delivery.

6. [Emergency Closure Meals Service for MCPS Students](#)

Days, hours and locations for meal service distribution sites. Meals are provided in a grab-and-go format. Weekday meals as well as weekend backpack food sacks available for distribution.

7. [Emergency Closure Meals Service for PGCPs Students](#)

Days, hours and locations for meal service distribution sites. Meals are provided in a grab-and-go format.

8. [Dedicated Shopping Hours for Seniors and those at-risk](#)

List of Montgomery County grocery stores by location. Days, times and eligibility listed by store.

9. [Grocery Stores Offering Delivery Services](#)

List of Maryland grocery stores offering delivery services by county.

10. [Rides to the Grocery Store](#)

Rides provided upon request to clients to complete their grocery shopping.

11. [Discounted Lyft Rides to the Grocery Store in Prince George's County](#)

Discounted Lyft rides to and from area grocers for Prince George's County Residents.

12. [SNAP Application and Benefits Assistance](#)

Over the phone (1-866-821-5552) assistance with SNAP enrollment and case concerns. Assistance available in English & Spanish.

13. [Prince George's County Senior Nutrition Program](#)

Meal delivery for seniors age 60+

14. [Montgomery County Senior Nutrition Program](#)

Meal delivery for seniors age 60+. Assistance also available in Spanish and Chinese. Collection of donations currently suspended. Contact nearest Senior Center to register.

15. [Catholic Charities Choice Food Pantry](#)

Montgomery County food assistance. Please call ahead 301-942-1790.

16. [ACSGW Food Program](#)

Montgomery County food assistance. Call in advance for an appointment 301-585-6556.

17. [Giant Food Nutrition](#)

Free webinar, online classes, and Q&A sessions for 15 minutes a day with a Nutritionist.

18. [Meals for Kids](#)

Help finding meals for kids when schools are closed.

19. [Montgomery County Local Food System Resource Guides](#)

Overview of current operations of food assistance providers in Montgomery County including services, hours, accessibility, and eligibility. Specific resources for students and seniors. Resources for individuals interested in donating or volunteering. Guide is available in English & Spanish.

20. [Food Assistance Referral Tool](#)

Tool to help navigate available food assistance resources based on demographics of individual(s) in need.

21. [Prince George's County Local Food System Resource Guides](#)

Overview of food assistance resources in Prince George's County for impacted families. Specific resources for seniors and families with children. Resources for individuals interested in donating or volunteering.

22. [Hunger Lifeline & Food Assistance Search Tool](#)

Interactive map for locating food assistance resources in the DC Metro Area.

23. [Home Delivered Meal Service](#)

Meals on Wheels of Central Maryland. Nutritious hot and cold home delivered meals. Frozen meal pick-up option available. Special diets, including no pork, no fish and texture-modified options available. Sliding scale fee applied based on income.

24. [Home Delivered Meal Service](#)

Meals on Wheels of College Park, Maryland.

25. [Montgomery County \(for MC residents\)](#)

<https://www.montgomerycountymd.gov/covid19/get-help/food.html>

ii. Exercise

b. Mental

i. Grief and Loss

1. How to Handle Grief and Loss During the Coronavirus Crisis

<https://www.thegospelcoalition.org/article/handle-grief-and-loss-coronavirus-crisis/>

2. [That Discomfort You're Feeling Is Grief by Scott Berinato \(Harvard Business Review\)](#)
(web page)

ii. [SAMHSA COVID-19 Resources and Information/Substance Abuse](#)

The Substance Abuse and Mental Health Administration (SAMHSA) recognizes the challenges posed by the current COVID-19 situation and is providing guidance and resources to assist individuals, providers, communities, and states across the country.

iii. Mental Health Strategies
behavioral health/mental health resources. Categories are: General, Age related, Issue related.

Below are

General/Adults/Seniors

1. APA Coronavirus Resources - <https://www.apa.org/topics/covid-19> This website focuses on children, parents, adults, PTSD and more. To provide support in the response to the novel coronavirus (COVID-19), If you are a patient or family member or friend in need of immediate assistance:
 - Disaster Distress Helpline ([SAMHSA](#))
Call 1-800-985-5990 or text TalkWithUs to 66746
 - National Suicide Prevention Lifeline ([Link](#))
Call 800-273-8255 or [Chat with Lifeline](#)
 - Crisis Textline ([Link](#))
Text TALK to 741741
 - Veterans Crisis Line ([VA](#))
Call 800-273-8255 or text 838255
2. Mental Health Association of Maryland
<https://www.mhamd.org/>
3. <http://www.suicide.org/hotlines/maryland-suicide-hotlines.html>
4. <https://www.princegeorgescountymd.gov/1733/Behavioral-Health>
5. <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus-mentalhealth.html>
6. <http://www.pgchealthzone.org/resourceLibrary/index/collection?id=135878590262307435&showMap=1&page=1>
7. <https://www.namipgc.org/>
8. Coronavirus: Mental Health Coping Strategies By Katherine Ponte, BA, JD, MBA, CPRP (NAMI)
3/20/2020 (web page)
9. Mental Health Technology Transfer Center Network (funded by SAMSHA) webinars, various resources, etc.
10. Mental Health Resource List - books and reducing anxiety (provided by Faith Community Nurse Lanet Owens)
11. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
12. <https://fcmha.org/coronavirus>
13. <https://aarpcommunityconnections.org/>
14. https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?gclid=CjwKCAjwh472BRAGEiwAvHVfGsfoi4JeK6QjZ8oQdX0s8Wjwi9Eb27SAi1XpAlMimFxU672v9oxq9BoChjcQAvD_BwE
15. <https://mhanational.org/covid19##ForVeterans>
16. **Hotline Number for Red Cross re Mental Health Assistance:**
<https://www.redcross.org/virtual-family-assistance-center.html#someone-to-talk-to>
- 17.

Adolescents/Teens/College/Disabilities

1. <https://www.mcleanhospital.org/news/webinar-supporting-child-and-teen-mental-health-during-pandemic>
2. <https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>
3. <https://www.psychiatrictimes.com/coronavirus/universities-response-supporting-mental-health-college-students-during-covid-19-pandemic>

4. <https://mcandrewslaw.com/covid-19-and-its-impact-on-children-with-disabilities-tips-for-keeping-your-child-on-track/>

Resources for children:

1. <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
2. <http://www.schoolmentalhealth.org/COVID-19-Resources/>
3. <https://www.medschool.umaryland.edu/childpsych/Research-Activities-and-Projects/IECMH-Center/>
4. <https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/>
5. <https://childmind.org/article/coping-with-social-anxiety-during-social-distancing/>
6. <https://childmind.org/autism-coronavirus-resources-for-parents/>

Compassion Fatigue

1. <https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus/Self-Care-During-the-Coronavirus-Pandemic>
2. <https://awhonn.org/novel-coronavirus-covid-19/covid-19-self-care-resources/>
3. https://www.cdc.gov/coronavirus/2019-ncov/hcp/managing-workplace-fatigue.html?deliveryName=USCD_C_425-DM28641

iv. Domestic Violence

Domestic Violence and Child Abuse Will Rise During Quarantines. So Will Neglect of At-Risk People, Social Workers Say

- a. National Domestic Violence Hotline is a 24/7 confidential service that supports victims and survivors of domestic violence. Trained, experienced advocates offer support, crisis intervention information, educational services, and referral services in more than 200 languages.

c. Self-care

1. HeadSpace App - Meditation
2. Spiritual Reflections and Blog by Barbara Laymon
3. Alcoholics Anonymous - Locate a Local Meeting

d. Family Life & Parenting

1. Updated Guidance for Schools and Child Care Programs

The CDC's Guidance for Schools and Childcare Programs page is based on what is currently known about the transmission and severity of coronavirus disease and is updated as needed and as additional information becomes available.

2. 5 Fun Things Your Family Can Do Together While You're Social Distancing By Amy DiLuna (web page)
3. Children's Book About Coronavirus - Free book (pdf)
4. Online Classes: Childbirth, Infant Care and Breastfeeding classes offered FREE (for a limited time) to all moms registered to deliver at AHC. Classes are available in English and Spanish.

<https://www.adventisthealthcare.com/services/pregnancy-birth/parenting-childbirth-classes/online/>

5. Virtual Post-Partum Support Groups: FREE Weekly interactive support groups including: Discovering Motherhood, Breast Feeding, Education, Support & Togetherness (BEST) – led by a certified lactation consultant, Free Monthly Navigating Fatherhood Support Group *Coming Soon*

<https://www.adventisthealthcare.com/calendar/search-results/?TermId=faaa7182-7608-de11-9b17-001372679326>

Free on-line course Mental Health First Aid by Red Cross:

<https://www.redcross.org/take-a-class/classes/psychological-first-aid%3A-supporting-yourself-and-others-during-covid-19/a6R3o0000014Zlg.html>

- e. Cleaning & Disinfecting
 - i. Washing Hands
 - ii. Disinfecting environment

IX. Technology

1. [COVID Social Media Toolkit](#)

CDC created a social media toolkit to help localize efforts in responding to COVID-19. This toolkit provides messages and graphics to help communicate the most current and correct messages and share resources.

2. [Telehealth Basics: Telehealth Learning and Consultation \(TLC\) Tuesdays](#)

Presented by the Mental Health Technology Transfer Center (MHTTC) network this hour-long online series will support behavioral health providers who are new to using telehealth. Every session will run from 9:00 – 10:00 am (MT)/ 11:00 a.m. – 1:00 p.m. (ET) Register [here](#).

Help Links/Websites

3. [Virtual Case Management Considerations and Resources for Human Services Programs](#)

As programs eliminate or minimize face-to-face interactions to promote social distancing, this [new HHS fact sheet](#), with its link to resources, walks through key aspects and strategies of virtual service delivery (e.g., via phone, videoconferencing, internet), drawing in part on lessons from telehealth – including technology choice, training, and privacy concerns.

4. Webinars (past and pre-recorded)

- a. Zoom Call Video on Steps Churches Should Take to Reopen Safely & Legally'

<https://www.pacificjustice.org/resources/for-churches/church-checklist-zoom-call-for-legal-and-safe-reopening/WATCH%3A+Zoom+Call+Video+on+Steps+Churches+Should+Take+to+Reopen+Safely+%26+Legally/>

- b.

X. Adventist HealthCare

1. https://www.adventisthealthcare.com/news/2020/community-health-advisory-coronavirus-disease-2019-covid-19/?utm_source=AHC&utm_medium=Alert&utm_campaign=Coronavirus
2. AHC COVID-19 Community Hotline: 240-826-INFO (4636)
3. [Governor Hogan and Adventist HealthCare Fort Washington Medical Center Announce New ICU Inpatient Wing to Care for COVID-19 and Critical Patients](#)

XI. Miscellaneous

1. [The COVID-19 Federal Rural Resource Guide](#)

A one-stop-shop of federal programs that can be used by rural communities, organizations and individuals impacted by the COVID-19 pandemic.

XII. General

1. [HHS COVID-19 Guidance and Information for Human Services Programs](#)

This newly created [landing page](#) provides key COVID-19-related guidance and information from HHS for human services program providers and stakeholders, particularly state and local government agencies and faith and community-based organizations.

XIII. Fraud and Abuse

1. <https://www.ftc.gov/coronavirus/scams-consumer-advice>
2. <https://aarp-states.brightspotcdn.com/75/3c/22130d322abb2cabee2e6b4e9acf/fwn-operation-protect-veterans-brochure.pdf>
3. <https://www.justice.gov/coronavirus>
4. <https://www.dllr.state.md.us/finance/consumers/frcovid.shtml>

XIV. Reopening Your Faith Community

1. [24 Questions to Answer Before Reopening Your Church](#)
2. [Four Phases for Reopening the Church](#)
3. [Step by Step, Research-Informed and Faith-Based Planning MANUAL](#)
<https://www.wheaton.edu/academics/academic-centers/humanitarian-disaster-institute/covid-19/>
4. [Basic Guide for Returning to Your Church Building after COVID-19 \(Georgia\)](#)
5. [CDC Document Outlines Guidance for Reopening of Churches](#)
<https://www.thegospelcoalition.org/article/cdc-document-outlines-guidance-for-reopening-of-churches/>
6. [Reopening Your Church](#) <https://ncbaptist.org/covid-19-reopening-your-church/>
7. [Seven Keys to Reopening Your Church after COVID-19](#)

<https://www.christianheadlines.com/columnists/guest-commentary/seven-keys-to-reopening-your-church-after-covid-19.html>

8. [Future Corporate Gatherings of the Church Family](#)

<https://www.efca.org/blog/leading-churches/future-corporate-gatherings-church-family>

9. [Information for Pastors on COVID-19](#)

<https://exponential.org/covid-19/>

10. [Download Forms to Help Your Church Reopen:](#)

<https://www.pacificjustice.org/resources/for-churches/legal-and-safety-checklists-to-reopen-church/download-forms-to-help-your-church-reopen/>

11. [Cleaning and Disinfecting Building Facility](#)

<https://d30tn7pmqo7fh9.cloudfront.net/uploads/2020/04/CDC-Cleanign-and-Disinfecting-building-facility-H.pdf>

12. [Checklist for Indoor Services](#)

<https://d30tn7pmqo7fh9.cloudfront.net/uploads/2020/05/PJI-Checklist-Indoor-Services-May-2-2020.pdf>

13. Checklist for Outside Property Services

<https://d3otn7pmqo7fh9.cloudfront.net/uploads/2020/05/Outdoor-Services-May-2-2020-parking-lot-outside-property-Checklist.pdf>

14. Checklist for Drive-In Services

<https://d3otn7pmqo7fh9.cloudfront.net/uploads/2020/05/Drive-In-Services-May-2-2020-in-car-services-Checklist.pdf>

15. Virginia Forward Phase 1

<https://www.governor.virginia.gov/media/governorviriniagov/governor-of-virginia/pdf/Virginia-Forward-Phase-One-Religious-Services-Guidelines.pdf>

16. **High SARS-CoV-2 Attack Rate Following Exposure at a Choir Practice — Skagit County, Washington, March 2020**

The researchers found that following a 2.5-hour choir practice attended by 61 persons, including a symptomatic index patient, 32 confirmed and 20 probable secondary COVID-19 cases occurred (attack rate = 53.3% to 86.7%); three patients were hospitalized, and two died. Transmission was likely facilitated by close proximity (within 6 feet) during practice and augmented by the act of singing. The potential for super spreader events underscores the importance of physical distancing, including avoiding gathering in large groups, to control spread of COVID-19.

17. <https://ncbaptist.org/covid-19-reopening-your-church/>

18. <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>

19. [What Your Church Must Know Before Reopening Your Building | Facts & Trends](#)

20. Toolkit for community and faith based organizations:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/community-faith-based.html>

21. Return to in-person worship

https://download.elca.org/ELCA%20Resource%20Repository/Returning_to_In-person_Worship.pdf?_ga=2.86184797.411986873.1595069282-2080936997.1595069282

22. Video of a church opening process <https://www.youtube.com/watch?v=kGIFi6RFXvI>

23.

XV. Employment *Time Sensitive Information*

Security Clearance Virtual Career Fair Wednesday, May 6 12:00pm – 3:00pm

<https://www.dhicareerevents.com/2020-may-6-clearancejobs-virtual-career-fair/>

1. Virtual Cleared Job Fair Thursday, May 7 2:00 Pm – 6:00 Pm

https://clearedjobs.net/job-fair/fair/110/?utm_source=Facebook&utm_medium=CPC&utm_campaign=Job%20Fair&utm_term=May%207&utm_content=Event&fbclid=IwAR2T_yo3fCn-k_KyumufZUySj0nX7ir85abFZBQ9FZoa23x4muKbV4LyYRU

2. Careers & The Disabled Virtual Career Expo Wednesday, May 13

<https://www.eop.com/expo-schedule-details.php?attId=MjU=>

3. Washington D.C. Champions Of Diversity Virtual Job Fair Thursday, May 14 11 Am – 2 Pm

<https://G.Co/Kgs/Xc9bux>

4. Public Health Jobs Virtual Career Fair Wednesday, May 15 10:00 Am – 4:00 Pm

<https://www.careereco.com/fair/eventdetails?Fairid=A0c5de17-958e-47c1-b49d-ab97012463f7>

5. Virtual Au Job & Internship Fair Friday, May 15 2020 From 1:00 - 4:00 P.M.

<https://www.american.edu/careercenter/job-and-internship-fairs.cfm>

6. Virtual Career Fair - Patuxent River - Andrews Afb And Surrounding Areas Of Maryland
Tuesday May 19 10am To 2pm

<https://www.premiervirtual.com/event/register/jobzone>

7. National Virtual Career Fair For Veterans Tuesday, May 19 12:00 Pm - 4:00 Pm

<https://jobfairsin.com/online-virtual-job-fairs/?l=3>

<https://store.healthcareers.com/acc/products/careerfairs/01t2j0000055fy7qae>

8. Acc Virtual Career Fair Tuesday, May 19 1:00 Pm – 4:00 Pm

9. Arlington Virtual Job Fair Wednesday, May 20

<https://jobfairsin.com/online-virtual-job-fairs/?l=3>

10. Hrsa's Virtual Job Fair Wednesday, May 20 6:45 P.M. - 10:15 P.M.

<https://jobfairsin.com/online-virtual-job-fairs/?l=4>

11. Remote Work – Virtual Job Fair Wednesday, May 20. Yes, You Can Log In And Out Of The
Virtual Job Fair At Any Time Throughout The Event.

<https://jobfairsin.com/online-virtual-job-fairs/?l=5>

12. Service Members, Veterans, And Military Spouses Nationwide Virtual Career Fair Thursday,
May 21 1:00 Pm - 3:00 Pm

<https://veteranrecruiting.com/careerfairs/nationwide-virtual-career-fair-veterans-military-spouses-3/>

13. Stem Diversity Virtual Career Expo Wednesday, May 27 10:00 Am – 3:00 Pm

<https://www.careereco.com/fair/eventdetails?Fairid=B6c7f021-0c7d-4088-9a7d-aba50107a6a3>

14. University Of Maryland Global Campus Virtual Recruiter Session Friday, May 29 10 A.M. - 1 P.M

<https://umgc.vfairs.com/>

15. Safeway

<https://www.glassdoor.com/jobs/safeway-jobs-e581.htm>

16. Aldi

<https://careers.aldi.us/search-jobs/Washington%2c%20dc/61/4/6252001-4138106-4140987-4140963/38x9072/-77x0369/50/2>

17. Whole Foods

https://careers.wholefoodsmarket.com/global/en/job/Whfoglobalreq20200304138/Overnight-grocery-team-member?Utm_source=Glassdoor&Utm_medium=Phenom-feeds

18. Bj's

<https://careers.bjs.com/search/?Searchby=Location&Createnewalert=False&Q=&Locationsearch=Wa shington+Dc&Geolocation=>

19. Online Order Shopper

<https://g.co/Kgs/Nvrlj5>

20. Trader Joe's

https://traderjoes.avature.net/Careers/Searchjobs/?3_68_3=5197

21. Giant Food

<https://www.google.com/search?q=Giant+Food+Careers&Oq=Gi&Aqs=Chrome.4.69i57j69i59j0l6.20989j0j8&Sourceid=Chrome&le=UTF-8&Ibp=Htl;Jobs&Sa=X&Ved=2ahukewikjcmnib3oahxxkniehaqlamkqjysckaf6bagceb#Htivrt=Jobs&Htidocid=Coc1byjww9luyptzaaaaaa%3d%3d&Fpstate=IIdetail>

22. On Road Shift Assistant

<https://www.indeed.com/viewjob?jk=A05e9bb725597903&from=Serp&vjs=3>

23. Administrative Assistant (297085)

<https://etscareers.pereless.com/index.cfm?fuseaction=83080.viewjobdetail&cid=83080&jid=297085&frame=1&source=email>

24. Home Service Inspector & More

<https://www.indeed.com/jobs?q=Home+Inspector&L=Rockville%2c+Md>

25. Genesis Healthcare

<https://www.genescareers.jobs/jobs?page=1&location=Washington.%20d.C.&woe=7&stretch=10&stretchunit=miles>

26. How to Handle a Job Search During a Pandemic

<https://www.thebalancecareers.com/how-to-handle-a-job-search-during-a-pandemic-4799787>

XVI. Testing Locations

1. **Montgomery County** <https://montgomerycountymd.gov/covid19/testing.html>

2. **Prince George's County** <https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>

3. **Washington, DC** <https://coronavirus.dc.gov/testing>

4. **State of Maryland - Comprehensive list of test sites for Covid-19** [**Coronavirus - Maryland Department of Health - Symptoms Testing**](#)

https://phpa.health.maryland.gov/Documents/FAQ_covid19_veip_testing.pdf

5. **DRIVE THROUGH VEIP testing sites (Maryland Vehicle Emissions Inspection Program)**

https://phpa.health.maryland.gov/Documents/FAQ_covid19_veip_testing.pdf

<https://aahealth.org/covid-19-testing-at-veip-sites/>

6. **University of Maryland Hospital** <https://www.umms.org/coronavirus/test>

7. **CVS testing sites:** <https://www.cvs.com/minuteclinic/covid-19-testing>

8. **Other testing sites:** <https://allcarefamilymed.com/coronavirus>

XVII. INSTRUCTIVE VIDEO & PICTORIAL RESOURCES

a. *overview addressing all areas*

1. <https://www.youtube.com/watch?v=RzW9UUmImVA> –

b. *Hand washing*

1. <https://www.cdc.gov/handwashing/videos.html> avail in English and Spanish
2. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/ar-t-20046253> - not a video but good instruction
3. <https://www.youtube.com/watch?v=rNM2TaaV8TI> Children's video about germs and handwashing with song.
4. <https://www.cdc.gov/handwashing/fact-sheets.html>

c. **Explaining Social Distancing**

1. <https://www.youtube.com/watch?v=q8Douh-2Twc>
2. <https://www.youtube.com/watch?v=-NHDnpTmUjo> - school
3. <https://www.youtube.com/watch?v=2HTA3ql6uWY> – Explaining to kids
4. https://www.youtube.com/watch?v=XP_Q1x5BjQo

d. **How to wear a face mask**

1. <https://www.ucsf.edu/news/2020/04/417171/video-emergency-care-doctor-explains-when-wear-face-mask-how-do-it-right-way>

e. **Gloves:**

1. <https://www.youtube.com/watch?v=xy9xxpscSQw>

f. **Video on putting on mask and gloves and removing**

1. <https://www.youtube.com/watch?v=EQIyAOsltgo>
2. <https://hub.jhu.edu/2020/04/24/covid-19-mask-glove-use/> (not a video but a good article from Johns Hopkins)

g. **Singing and Aerosol droplets and transmission**

1. <https://www.ctvnews.ca/health/coronavirus/does-singing-spread-coronavirus-choir-outbreaks-raise-concerns-1.4943265> --very good video explaining singing and virus spread.

2. <https://www.thegospelcoalition.org/article/congregational-singing-dangerous/>

h. Aerosol vs. droplets transmission

1. <https://first10em.com/aerosols-droplets-and-airborne-spread/> - not a video but a good article
2. <https://first10em.com/aerosols-droplets-and-airborne-spread/> very good video (British)

XVIII. Safety As We Reopen

1. Social Distancing

- a. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- b. <https://hr.wustl.edu/tips-for-social-distancing-in-the-workplace/>
- c. <https://www.afar.com/magazine/how-to-safely-visit-friends-and-family-amid-coronavirus>
- d. <https://travel.usnews.com/features/social-distancing-outside-safe-places-to-go-and-things-to-do>

2. Returning to work and other activities safely

- a. <https://accessh.org/press/this-is-how-you-can-return-to-work-safely-2/>
- b. <https://elemental.medium.com/how-to-return-to-work-safely-ce8d694b014a>
- c. <https://www.consumerreports.org/coronavirus/stay-safe-from-coronavirus-while-on-the-go/>
- d. <https://www.montgomerycountymd.gov/HR/Benefits/EmpCoronavirus.html> (For Montgomery County Employees)

3. Dining out

- a. <https://www.healthline.com/health-news/is-it-safe-to-dine-in-a-restaurant-during-covid19#Recognize-risk-points>
- b. <https://www.southernmarylandchronicle.com/2020/05/24/how-to-lower-your-coronavirus-risk-while-eating-out-restaurant-advice-from-an-infectious-disease-expert/>

4. Going to the gym

- a. <https://www.cnet.com/health/going-to-the-gym-after-coronavirus/>

5. Traveling and vacations

- a. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
- b. <https://www.usatoday.com/in-depth/travel/experience/america/2020/06/10/covid-19-road-trips-find-out-how-stay-safe-and-see-whats-open/3155769001/>
- c. <https://www.cnn.com/travel/article/summer-vacation-during-coronavirus-trnd/index.html>
- d. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-safety-tips/art-20485967>
- e. <https://www.fcmtravel.com/en-us/resources/insights/fly-safe-during-covid-19>
- f. <https://www.aarp.org/travel/travel-tips/safety/info-2020/road-trip-safety-during-coronavirus-pandemic.html>
- g. <https://www.nationalgeographic.com/travel/2020/05/safety-tips-to-help-you-travel-safely-during-covid-19-cvd/>
- h. <https://abcnews.go.com/Health/vacation-safely-amid-coronavirus-pandemic/story?id=70770068>
- i. <https://www.cnbc.com/2020/05/15/hotels-during-coronavirus-resorts-make-safety-changes-for-covid-19.html>

6. Signage

- a. <https://www.signs.com/coronavirus-signage/> Free printable signs
- b. <https://plumgroveinc.com/products/marketing/free-covid-19-coronavirus-sign-poster-templates/> Free
- c. <https://www.signs.com/social-distancing-sign/> not free



Organized and managed
 by the
Faith Community Health Department of AdventistHealthCare
 Kathleen Woodfork Coleman, BSN, RN, MPH
 Faith Community Nurse, Coordinator & Educator
 Program Manager, Faith Community Health
 Contact Information:

kcoleman@adventisthealthcare.com or 301-873-2032

Spanish resources included

