JUST REMEMBER, STORMS DON’T LAST FOREVER

During this time of the coronavirus (COV рид-19) pandemic, it is important that all of us do our best to keep ourselves and our families well. This newsletter will offer some up to date local resources, information and simple tips on how to stay well in body, mind and spirit. The one thing we have some control over is the choices we make to help weather this storm.

Some simple self-care tips:

- Stay informed but use reliable sources of information like your local government officials or the CDC (www.cdc.gov)
- Get dressed every day
- Establish a routine and set some small goals each day
- Take breaks from watching, reading, or listening to news stories, including social media for long periods of time. Set aside some ‘worry time’ but not all day
- Take walks outside (but keep your distance), practice deep breathing, stretch, or meditate
- Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, stay hydrated, and follow the advice of your healthcare providers
- Follow guidelines regarding any alcohol consumption: https://www.rethinkingdrinking.niaaa.nih.gov/
- Go online to find lots of creative ways to spend time with your children. Make a fort with your kids. Play a board game. Ride bikes together
- Stream an online religious service Connect with others. Talk with people you trust about your concerns and how you are feeling. Facetime a friend. Send someone a card or write someone a letter. Reach out to those who may be alone

GOVERNOR HOGAN AND BALTIMORE COUNTY EXECUTIVE OLSZEWSKI SUSPEND EVICTIONS AND UTILITY SHUT-OFFS

At a time like this, most of us want to know: will I get paid, will I be able to feed my family, will my lights and heat stay on? And, for many, will my cable and phone service stay on because our phones, our TVs, and our computers have become the way we maintain contact with the outside world. Baltimore County Executive Olszewski announced that all evictions in Baltimore County will be suspended as long as the county is under a state of emergency due to the coronavirus. Governor Hogan also issued an emergency order about prohibiting evictions as well as prohibiting electric, water, sewage, phone, cable, TV and internet service providers from shutting off any residential customer service or charging any residential late fees. You should still speak with your landlord or mortgage company or utility provider to maintain communication. For more information on this and many other government related resources and questions go to: https://governor.maryland.gov/coronavirus/
https://www.baltimorecountymd.gov/BGE.com

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”
- Mary Anne Radmacher
The Baltimore County Department of Health has opened a hotline for residents to call with questions or concerns regarding COVID-19. The number is 410-887-3816.

Accessing COVID-19 Information

Americans are being inundated with information regarding COVID-19. To ensure that you are receiving the most up to date and accurate information, I encourage you to check out the following links:

World Health Organization
Centers for Disease Control and Prevention
State of Maryland Coronavirus Webpage
Baltimore County Coronavirus Webpage

Flu vs. Allergies vs. COVID-19

These are COMMON SYMPTOMS, which may vary from person to person. Only a doctor can give you a diagnosis.

uab.edu/coronavirus

FYI:
Present, based on currently available information, WHO does not recommend against the use of ibuprofen. We are also consulting with physicians treating COVID-19 patients and are not aware of reports of any negative effects of ibuprofen, beyond the usual known side effects that limit its use in certain populations. WHO is not aware of published clinical or population-based data on this topic.

Could ibuprofen worsen disease for people with COVID-19?

#coronavirus
18 March 2020
ALL THE VIRTUAL CONCERTS, PLAYS AND MUSEUMS YOU CAN ENJOY FROM THE COMFORT OF YOUR HOME

Ever wanted to tour the world’s famous museums, hear a symphony from a world-renown orchestra in addition to our own BSO, or visit Fiona, the famous hippo at the Cincinnati zoo? Here is your chance to visit these places from the comfort of your home.

Or, how about listening to one of your favorite pop stars or hear music from a famous musical. There is more online each and every day.

NPR Music is compiling a list of live audio and video streams from around the world, categorized by date and genre, with links out to streaming platforms such as Facebook, Instagram and YouTube. Some will require registration or a subscription, but most will be free, often with digital tip jars and opportunities to directly support artists by buying music and merchandise.

MEDICAL AND MENTAL HEALTH RESOURCES (BCPS INSURANCE PLANS INCLUDE OPTIONS FOR TELEHEALTH)

BCPS Health Insurance Plans

Cigna: (800) 724-7603
myCigna.com

Kaiser Permanente:
(800) 777-7902
healthy.kaiserpermanente.org

Uninsured

Maryland Health Connection has opened up a temporary enrollment period for health insurance through April 15, 2020, including enrollment in medical assistance. You can either call the customer support center or make an application online. Customer Support Center:
(855) 642-8572
www.marylandhealthconnection.gov

Mental Health Resources

Employee Assistance Program (EAP)
No cost, confidential counseling and work/life resource for all BCPS employees and household members
External EAP—Cigna EAP (available 24/7/365)
(888) 431-4334

Internal EAP
Janice Zimmerman, EAP Counselor, jzimmerman@bcps.org
(410) 887-5414

Maryland 211
Free Statewide resource on a variety of concrete resources and mental health and substance abuse treatment resources. Call or text 211

Additional Resource: BCPS Office of Employee Absence and Risk Management (office temporarily closed)
Available by email: Natalie McGlone-nmcglone@bcps.org

HOME WORK-OUTS FROM LOCAL TRAINERS

In an effort to decrease the spread of the coronavirus, Governor Hogan took Maryland's social distancing efforts a step further earlier this week by ordering the closure of bars, restaurants, movie theaters, and gyms. Governor Hogan also ordered non-essential businesses to close at 5 PM on March 23.

“We are all feeling a bit on edge and, while our wellness sanctuaries have just closed, it continues to be important to prioritize our mental and physical health.”

“Exercise helps keep you focused and centered. I know it helps me reset my mind when I’m getting stir crazy,” says Reed Sotthoron, general manager and personal trainer at the Under Armour Performance Center. “It can be tough to workout from home...we join gyms and classes for accountability. But, with all these changes, we’re going to have to get creative. We can use this time with ourselves to cultivate practices that better our bodies and minds.” Find some local gyms offering virtual work-outs in Baltimore Magazine