

## **Food Sites at City Schools**

### **Baltimore City School Meal Sites**

Free breakfast and lunch to go is available from March 16 to 20, 10 a.m. to 2 p.m. at the following schools:

#### **Sandtown-Winchester Achievement Academy**

701 Gold Street  
Baltimore, MD 21217  
410-396-0800

#### **Dorothy I. Height Elementary School**

2011 Linden Avenue 21217  
410-396-0837  
Tamara Hanson 145

#### **Alexander Hamilton Elementary School**

800 Poplar Grove Street  
Baltimore, MD 21216  
410-396-0520

#### **The Historic Cherry Hill Elementary/Middle School**

801 Bridgeview Road  
Baltimore, MD 21225  
410-396-1392

#### **Yorkwood Elementary School**

5931 Yorkwood Road  
Baltimore, MD 21239  
410-396-6364

#### **John Ruhrah Elementary/Middle School**

701 Rappolla Street  
Baltimore, MD 21224  
410-396-9125

#### **Arlington Elementary School**

3705 W Rogers Ave  
Baltimore, MD 21215  
410-396-0567

#### **Beechfield Elementary/Middle School**

301 S Beechfield Avenue  
Baltimore, MD 21229  
410-396-0525

#### **Sinclair Lane Elementary School**

3880 Sinclair Lane  
Baltimore, MD 21213  
410-396-9117

#### **Paul Laurence Dunbar High School**

1400 Orleans Street  
Baltimore, MD 21231  
443-642-4478

The district will also be working closely with our partners and Baltimore City's Emergency Food Working Group to identify additional options for meals the week of March 23.

## **Recreation Center Food Distribution**

Beginning Monday March 16, students will be able to pick up a snack beginning at 2 p.m. and receive dinner starting at 5 p.m. at Rec Centers across Baltimore. (All *Baltimore City recreation centers*, with the exception of *Frederick, Dorothy I. Height, Cahill at Edgewood Elementary, Walter P. Carter at Guilford Elementary and Ft. Worthington*, will serve food from 2pm-7pm.)

**Online resources for students-** There are some online resources we just heard about from the science center ( not everyone has internet/computer access I know but could be something helpful)

### **FREE Educational websites:**

[scholastic.com/learnathome](http://scholastic.com/learnathome).

[Abcya.com](http://Abcya.com)

[Starfall.com](http://Starfall.com)

[Tumblebooks.com](http://Tumblebooks.com)

[Brainpop.com](http://Brainpop.com)

[Funbrain.com](http://Funbrain.com)

[Kids.nationalgeographic.com](http://Kids.nationalgeographic.com)

[Si.edu](http://Si.edu) Smithsonian for kids

[Howstuffworks.com](http://Howstuffworks.com)

[Classroommagazines.scholastic.com](http://Classroommagazines.scholastic.com)

[Storylineonline.net](http://Storylineonline.net)

[@artclasscurator](http://@artclasscurator)

[artclasscurator.com](http://artclasscurator.com)

## **Comcast Increases Access to and Speeds of Internet Essentials to Support Americans Through Coronavirus Pandemic**

1. Speeds will increase from 15/2 MBPS to 25/3 for all new and existing customers, and will become the speed of the service going forward.
2. New families who connect will get 60 days of Internet service for free.
3. The [Internet Essentials](#) program is normally available to all qualified low-income households in Comcast's service area for \$9.95/month. (Apply: <https://www.internetessentials.com/covid19>)

### **Info about virus from CDC, MD health Dept etc.....**

For general guidance on the city's response to the situation, please visit the following Websites and social media platforms:

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Maryland Department of Health:

<https://health.maryland.gov/pages/home.aspx>

Baltimore City Health Department:

<https://health.baltimorecity.gov>

Twitter: @BMore\_Healthy

Baltimore City Public Schools

[www.baltimorecityschools.org/health-updates](http://www.baltimorecityschools.org/health-updates)

Twitter: @BaltCitySchools

## Primary Care Clinics for the Uninsured

*Please call prior to visiting. Most places offer a sliding scale and will require an ID and proof of income.*

### 1) Baltimore Medical System

Orleans Square Location  
2323 E. Orleans St. 21224  
410-558-4747

St. Agnes  
900 S. Caton Ave 21229  
443-703-3200

Belair Edison  
3120 Erdman Ave 21213  
410-558-4800

Highlandtown  
3700 Fleet St, Ste 200 21224  
410-558-4900

Pine Heights  
1001 Pine Heights Ave, Suite 100  
21229  
443-703-3600

Middlesex  
1245 Eastern Boulevard 21221  
410-558-4700

### 2) Chase Brexton

1111 N. Charles St 21201  
410-837-2050  
After hours- 410-837-2050

### 3) Family Health Center Baltimore

Family Health Centers of Baltimore  
631 Cherry Hill Rd 21225  
410- 354-2000

Family Health Centers of Baltimore  
& Brooklyn  
3540 S Hanover St  
410-355-0343631

### 4) HealthCare for the Homeless

421 Fallsway Rd 21202  
410-837-5533

2000 W. Baltimore Suite 247  
443-703-1400

### 5) Parkwest Health System

3319 West Belvedere Avenue,  
21215  
410-542-7800

Men and Family Health – Park  
Heights  
4151 Park Heights Avenue 21215  
443-874-5502

Reisterstown Road Plaza  
4120 Patterson Avenue 21215  
410-764-2266

### 6) Total HealthCare

**\*\*410-383-8300\*\*** for all sites

Kirk Health Center  
2400 Kirk Ave 21218

Men's Health Center  
1515 W. North Avenue 21217

Mondawmin Mall Health Center  
2401 Liberty Heights Ave, 111-113  
21215

Open Gates Health Center  
1111 Washington Blvd 21230

Westside Health Center  
2449 W. Frederick Ave 21223  
Division Health Center  
1501 Division St 21217

## **Additional Resources for Uninsured**

### **Shepherd's Clinic**

2800 Kirk Ave. 21218

Call 410-467-7140 ext 3

Serves the following zipcodes: 21211, 21212, 21213, 21214, 21215, 21218, 21234, 21239, and 21206

### **Esperanza Center**

1728 Bank Street, Baltimore, MD 21231

667-600-2900

### **Centro Sol**

5200 Eastern Ave

Mason F. Lord Building, Suite 4200

410-550-1129

# **INFORMATION ON COVID-19 FROM MARYLAND DEPARTMENT OF HEALTH**

## **COVID-19 Background**

COVID-19 is a disease caused by a respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. COVID-19 is a new virus that hasn't caused illness in humans before. Worldwide, COVID-19 has resulted in thousands of infections, causing illness and in some cases death. Cases have spread to countries throughout the world, with more cases reported daily. The vast majority of people recover from this infection. Most people will have mild or moderate symptoms. Older people and those with pre-existing medical conditions have a greater risk for more serious illness. There is currently no vaccine for COVID-19. Many experts are at work developing one. As with any new vaccine, it must be tested to make certain it is safe and effective. It may take over a year for a COVID-19 vaccine to become available.

## **COVID-19 is thought to be able to spread like the cold or flu through:**

- coughing and sneezing, which creates respiratory droplets
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it

## **Symptoms of COVID-19 include:**

- fever
- coughing
- shortness of breath
- in more severe cases, pneumonia (infection in the lungs)

## **Those at Higher Risk of Becoming Seriously from COVID-19:**

### **Older Adults and Individuals with Pre-Existing Medical Conditions**

Older adults (age 60+) and those with pre-existing medical conditions have a greater risk for serious illness, and in some cases death, if they become infected with COVID-19. Examples of pre-existing medical conditions include: cancer, diabetes, heart disease and other conditions that impact the immune system's ability to fight germs.

## **Currently, people are at risk for contracting COVID-19 who:**

- recently traveled to geographic areas of concern
- have close, personal contact with a person diagnosed with COVID-19
- care for people with COVID-19

## **What should I do if I am concerned about COVID-19 and I want to see a physician?**

- It is very important to CALL AHEAD to you or your child's doctor, or urgent care center, if you are concerned you or your child may have COVID-19.

## **More information on COVID-19 can be found here:**

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Maryland Department of Health:

<https://health.maryland.gov/pages/home.aspx>

Baltimore City Health Department:

<https://health.baltimorecity.gov>

Twitter: @BMore\_Healthy

## **PREVENTION AND PREPAREDNESS INFO**

### **Everyday prevention and preparedness**

You can take everyday preventive steps that are always recommended to slow the spread of respiratory illnesses like colds and flu:

- take everyday precautions to keep space between yourself and others
- when you go out in public, keep away from others who are sick, limit close contact, and avoid crowds as much as possible.
- avoid close contact with people who are sick
- wash your hands often with soap and warm water for at least 20 seconds.
- use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available
- cover your coughs and sneezes with a tissue, your sleeve or your elbow
- avoid touching your eyes, nose and mouth
- clean and disinfect frequently touched objects and surfaces using standard cleaning practices
- if you are sick, stay home, except when seeking medical care

### **Overall Preparedness Measures**

You can also prepare in the following ways:

- Have an adequate supply of non-prescriptive drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines
- Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed
- Have a thermometer, tissues and hand sanitizer in case you become ill and must stay at home to recover
- Talk with family members and loved ones about how they would be cared for if they got sick and what will be needed to care for them at home
- Have a two-week supply of water and food at home