



brighterbites®

## HEALTH RESOURCES FOR YOU AND YOUR FAMILY

AS OUR DAILY LIVES CONTINUE TO ADAPT TO THE CHANGES HAPPENING IN OUR COMMUNITY DUE TO COVID-19 (CORONAVIRUS), WE WANT TO PROVIDE A LIST OF RESOURCES FOR YOU AND YOUR FAMILY TO HELP YOU STAY HEALTHY AND WELL.



**EMPLOYMENT/FINANCIAL:** For questions regarding how to apply for unemployment and unemployment benefits:

<https://www.dllr.state.md.us/employment/uicovidfaqs.shtml>



**FOOD:** Prince Georges County is offering Grab and Go Lunches to any students under the age of 18. <https://www.pgcps.org/coronavirus/meal-sites/>



**HOUSING:** For information regarding evictions and utilities, click here:

<https://governor.maryland.gov/2020/03/16/governor-hogan-orders-closure-of-bars-and-restaurants-announces-unprecedented-public-health-surge-to-combat-covid-19-crisis/>



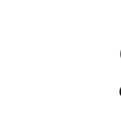
**TRANSPORTATION:** For information regarding public transportation,

go to: <https://www.wmata.com/service/status/details/metro-current-status.cfm?BNB#main-content>



**CHILD CARE:** For information on child care centers and who is eligible during this time, click here:

<https://earlychildhood.marylandpublicschools.org/child-care-providers-serving-essential-personnel>



**CLINICS/DOCTORS:** Call the Prince Georges County Coronavirus hotline from 8am-8pm: (301)-883-6627 with any questions or concerns.

**OTHER:** For information on distance learning and access to computers, click here: <https://content.govdelivery.com/accounts/PGCPS/bulletins/283f08c>

*Our number one priority is the health and well-being of our employees and the families and communities we serve. We hope that these resources will help ensure that you are able to continue to stay healthy and well during these tough circumstances.*

*-The Brighter Bites Washington, D.C. Team*

# ADDITIONAL RESOURCES

**HOUSING:** <https://coronavirus.dc.gov/page/housing-resources-coronavirus>

## UNEMPLOYMENT:

[https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page\\_content/attachments/Accessing%20Unemployment%20Quick%20Guide%20r5.pdf](https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Accessing%20Unemployment%20Quick%20Guide%20r5.pdf)

## FOOD:

- All Food Resources: <https://coronavirus.dc.gov/food>
- Meals for Children (<18 years old):  
[https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page\\_content/attachments/Meal%20Sites05042020.pdf](https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Meal%20Sites05042020.pdf)
- Metrobus Routes Servicing DC Schools Free Meal Locations:  
<https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/publication/attachments/Metrobus%20School%20Meal%20Locations%203-26-20.pdf>

## WIFI/INTERNET:

- <https://dnet.dc.gov/page/public-wi-fi-find-hotspot>
- <https://www.princegeorgescountymd.gov/DocumentCenter/View/29150/Internet-Essentials?bidId>

**HEALTH INSURANCE:** <https://www.dchealthlink.com/coronavirus>

## CLINICS/DOCTORS:

Prince Georges County Coronavirus hotline: 8am-8pm: (301)-883-6627 with any questions or concerns.

## MENTAL HEALTH:

- <https://dbh.dc.gov/page/dbh-operations-information-and-resources-during-covid-19>
- <https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/Maintaining-Your-Mental-Health-3-19-20-English.jpg>
- <https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/Maintaining-Your-Mental-Health-3-19-20-Spanish.jpg>

**DOMESTIC VIOLENCE:** To reach the hotline, dial or text 1-844-4HELPDC (1-844-443-5732) or access the online chat at [www.DCvictim.org/chat](http://www.DCvictim.org/chat)

**SENIORS:** <https://coronavirus.dc.gov/page/senior-resources>

**KIDS/SCHOOL:** <https://coronavirus.dc.gov/page/kids-and-school-resources>

## RESOURCES IN OTHER LANGUAGES:

<https://coronavirus.dc.gov/page/translated-materials-0>