



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

FREDERICK COUNTY, MARYLAND JOINT INFORMATION CENTER COVID-19



News Release

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FOR IMMEDIATE RELEASE:

Frederick County Agency Updates for December 15, 2020

Frederick, MD – December 15, 2020

Frederick County Health Department:



Please check our dashboard for daily statistics: <http://FrederickCountyMD.gov/COVIDstats>.

Weather Updates

COVID-19 testing will be impacted by the upcoming winter storm:

- Frederick Health Hospital testing site at Frederick Health Village off of Monocacy Blvd will close tomorrow at 10am. We will open on Thursday at 9am, but check our [Facebook page](#) for more updates.
- Frederick Health Department testing site at Hillcrest and scheduled pop-up locations will be closed Wednesday Dec. 16 and Thursday Dec. 17.

Vaccine Interest Survey

Thank you to everyone who completed our survey on vaccine interest! We received over 20,000 responses on survey! We're working on analyzing the results and will share them next Tuesday.



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Frederick County Joint Information Center COVID-19
www.frederickcountymd.gov/JIC

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COVID-19 and the Holidays

Wondering how Santa can safely visit homes without spreading COVID-19? Some local children take a crack at answering this important question. Click on the picture to view the video.



City of Frederick:

As the COVID-19 pandemic continues to impact the Frederick community in many ways, The City of Frederick is announcing the implementation of a new Utility Relief Grant Program to aid in the payment of water and sewer bills. This program, funded by the City's portion of the Coronavirus Relief Fund – CARES Act, offers one-time financial assistance of past-due water and sewer bills to eligible City residents.

The program will assist with any unpaid regular residential water and sewer bills dated between June 1, 2020– November 6, 2020 (bills dated before June 1, 2020, or after November 6, 2020, are not eligible due to the terms of the federal funding). Assistance grants will be provided up to \$599. Eligible residents will receive information outlining the assistance application process. Applications must be completed and received no later than December 20, 2020.

Questions about the program, eligibility, or the application should be directed to 301-600-1421 or CARES@cityoffrederickmd.gov. Assistance funds will be applied directly to the eligible utility account. Previously paid bills, accounts that are in inactive/transferred status, or those with balances under \$20 are not eligible for the relief program.

As a reminder, the City is also offering relief grants in other areas, including rental assistance, utility assistance for heating needs, and non-profit work in the area of child education. Learn more about these programs at cityoffrederickmd.gov/covid19 >> Reopening and Recovery tab.

Frederick County Public Libraries:

Thank you to [The Frederick News-Post](#) and Hannah Himes for sharing how you can continue to access library tools and resources during this challenging time!

Have you stopped by for Curbside Pickup or tried our new tutoring service through Brainfuse?



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Mental Health

Many people are feeling lonely and isolated as the pandemic goes on. Some solutions and strategies to combat loneliness and isolation are to talk with family and friends regularly, keep a healthy lifestyle, get outdoors as much as possible, and get help and reach out when needed.

If you or others you know need help, are struggling with alcohol or substance misuse, or if you're facing emotional abuse, call 2-1-1. If you're in physical danger, call 9-1-1. You are not alone. <https://awayforwardtogether.org/>.

NIHCM FOUNDATION DATA INSIGHTS | Addressing Loneliness & Social Isolation During the Pandemic

What is loneliness and social isolation?

- Loneliness:** the feeling of being alone, regardless of the amount of social contact
- Social Isolation:** having few social relationships or infrequent social contact with others

More people are feeling lonely & isolated as the pandemic goes on

Before the pandemic approximately 20% of adults in the US said they often or always felt lonely or socially isolated. Reports from August 2020 showed:

28% of adults reported feeling lonely	Younger generations are more likely to report loneliness and social isolation during the pandemic
41% of adults have reported feeling socially isolated	

Solutions and strategies to combating loneliness & isolation

During COVID-19 social restrictions & beyond

- Talk with Family and Friends Regularly**
Phone, virtual platform, email and social media
- Keep a Healthy Lifestyle**
Eat a balanced diet, exercise and get quality sleep
- Get Outdoors as Much as Possible**
Get as much sunlight, fresh air and nature as you can
- Get Help and Reach Out When Needed**
Take part in support groups or therapy, virtual or in person

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For more information:

Frederick County residents can call 866-411-6803 to reach our local 211 center with general questions about coronavirus or COVID19. Accurate COVID-19 information is critical to the community. For the most current and accurate information about this situation, please refer to the following:

- City of Frederick: <https://cityoffrederickmd.gov/covid19>
- Frederick County Government: www.frederickcountymd.gov/Coronavirus
- Frederick County Health Department: health.frederickcountymd.gov/coronavirus
- Maryland Department of Health (MDH): coronavirus.maryland.gov
- Centers for Disease Control (CDC): coronavirus.gov

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