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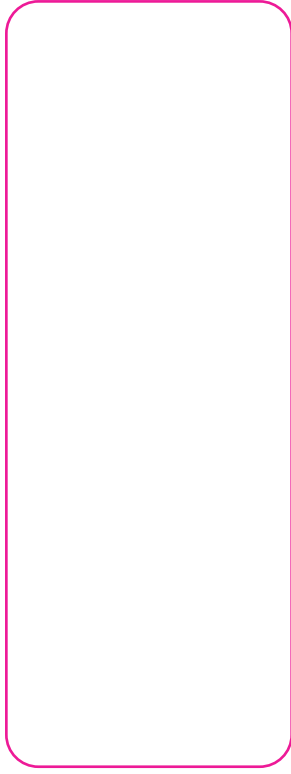


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IN THESE CHALLENGING TIMES, I AM HERE TO HELP



Congressman John Sarbanes

I hope that you and your family are keeping safe and staying healthy during this difficult time. In the face of many challenges, I am confident we will emerge a stronger, fairer and more unified country.

Recognizing that so many Marylanders continue to suffer from the health and economic impacts of the COVID-19 pandemic, I will keep pushing to extend and strengthen key resources that Congress delivered in the historic Coronavirus Aid, Relief and Economic Security (CARES) Act. These included:

- Direct payments for individuals and families;
- Extended and enhanced unemployment insurance;
- Housing assistance for renters and homeowners;
- Loans and grants for small businesses;
- Student loan debt relief;
- Funding for our hospitals and health care providers;
- Incentives for the development of vaccines and treatments;
- Support for COVID-19 testing capacity and contact tracing;
- Relief for state and local governments who employ essential workers and first responders; and
- Resources to ensure free, fair and safe elections in November.

While I work to advance these important priorities in Washington, my team is available to help you navigate federal agencies and access important benefits. I encourage you to use this resource guide and to reach out to my office for any assistance you need.

COVID-19 RESOURCES

FEDERAL, STATE AND LOCAL SUPPORT

REAL-TIME COVID-19 UPDATES

To receive real-time updates, tips and resources about the coronavirus, text MdReady to 898211.

COVID-19 HOTLINE

For answers to Frequently Asked Questions about COVID-19, including information about symptoms, how COVID-19 spreads, where you can get tested and the latest statistics in Maryland, you can call 📞 211 or visit 🌐 coronavirus.maryland.gov.

HEALTH INSURANCE

Beginning on November 1, you can sign up for health insurance on Maryland Health Connection, our state's health insurance marketplace. To get covered, call 📞 (855) 642-8572 or visit 🌐 marylandhealthconnection.gov.

UNEMPLOYMENT INSURANCE

Unemployment Insurance can provide economic relief and stability for Marylanders, including enhanced assistance for those who have lost jobs or can't work due to COVID-19. To learn more about benefits or to file a claim, call 📞 (877) 293-4125 (Live Claims Agent) or 📞 (410) 949-0022 (Automated System). You can also visit 🌐 dllr.state.md.us/employment/unemployment.shtml.

FOOD ASSISTANCE

Families and seniors who need access to safe and nutritious meals during the pandemic can visit 🌐 sarbanes.house.gov/coronavirus for a list of food distribution sites across the Third District. Marylanders may also qualify for monthly benefits to purchase food. To learn more, visit 🌐 mydhrbenefits.dhr.state.md.us.

COVID-19 RESOURCES

FEDERAL, STATE AND LOCAL SUPPORT

CDC COVID-19 RESOURCES

For information about how to prepare and protect yourself from the coronavirus and for guidance on what to do if you are sick, visit the U.S. Centers for Disease Control and Prevention's coronavirus website at 🌐 coronavirus.gov or call 📞 (800) 232-4636.

THIRD DISTRICT COVID-19 RESOURCES

My office has assembled a comprehensive list of coronavirus resources for Marylanders. To learn more, visit 🌐 sarbanes.house.gov/coronavirus.

THIRD DISTRICT CONSTITUENT SERVICES

My office continues to provide constituent services for residents of Maryland's Third Congressional District, helping resolve issues and access important federal benefits, including:

- SOCIAL SECURITY
- MEDICARE
- ACTIVE-DUTY MILITARY AND VETERANS BENEFITS
- HELP WITH TAXES AND THE INTERNAL REVENUE SERVICE
- EDUCATION LOANS AND SUPPORT
- PASSPORTS AND VISAS

For a full list of constituent services, visit 🌐 sarbanes.house.gov/services or call 📞 (410) 832-8890.

2020 CENSUS

There's still time to complete your 2020 Census form. It's quick, easy and confidential. To get counted, visit 🌐 my2020census.gov or call 📞 (844) 330-2020.