



Messaging for Peers

Information to Support You During
The COVID-19 Crisis: We are all in this
together, even at a distance

What is COVID-19?

COVID-19 is a new respiratory disease that is spreading person-to-person.

What are the most common symptoms of COVID-19?

Fever, cough, shortness of breath.

How can I protect myself and my family?

Stay home, maintain six feet of distance between other people, frequently wash your hands, avoid touching your face.

The COVID-19 Crisis can be stressful and triggering. Remember that you are strong and resilient.

- **Reach out for connection and support.** Call friends or family. Reach out to other peers and your accountability partner.
- **Take breaks from the news and social media.**
- **Maintain a familiar schedule.** Find ways to structure your day and cope with this new normal.
- Consider making or rewriting a Wellness Recovery Plan.
- **Remember self-care.** Make sure you make time to do things for yourself, even if you are focused on taking care of others.
- **Holistic tips to cope.** Take a deep breath. Do things to make your space calming and comfortable
- **Reach out for help by calling the city's 24 hour helpline** at (410) 433 5175. All calls are free and confidential.

Resources and Support for Peers

- **Connect with a support group online:** <https://bit.ly/BaltSupportGroup>
- **Free Baltimore City meal services:** <https://bit.ly/BaltimoreMeals>
- **Unemployment benefits:** <http://www.dllr.state.md.us/employment/unemployment.shtml>
- **Visit the Harm Reduction Resources section to learn where you can get naran and clean syringes:** <https://www.bhsbaltimore.org/find-help/covid-19-wellness-resources>
- **Comcast is offering free/affordable internet access during COVID-19:** <https://bit.ly/ComcastAccessBalt> **and Xfinity hotspots are free:** <https://wifi.xfinity.com/>

For COVID-19 (Coronavirus) information,
visit **coronavirus.baltimorecity.gov**



**BALTIMORE
CITY HEALTH
DEPARTMENT**