

Health Resources

Coronavirus Resources

-  • Howard County General Hospital: COVID-19 Community Testing: [Register here](#)
Where: St John Baptist Church- 9055 Tamar Drive, Columbia MD 21045
When: Tuesday, August 11, 2020 | 4 p.m.- 8p.m
Sunday, September 13, 2020 | 10 a.m. - 2p.m
To learn more, community members can email HCGH-J2BH@jhmi.edu or call (410)720-8788.
-  • Testing locations in Howard County. Appointment is required for all centers.
[Frequently Answered Questions for Drive Through COVID-19 Testings](#)
 - First Call of Centennial Medical Group, Urgent Care, 10981 Johns Hopkins Rd., Laurel, Mon-Fri 8am-9pm | Walk in
 - Savage (Partner: Quality First Urgent Care) Volunteer Fire Station 8521 Corridor Rd., Savage Mon-Sat 8am-6pm | Drive thru
 - Columbia VEIP (Howard County), 6340 Woodside Ct#1071, Columbia, MD 21046, (410) 313-6300
 - CVS Pharmacy, 8197 Westside Boulevard, Fulton, MD 20759,
 - MDOT MVA: 6340 Woodside Ct #1071, Columbia, MD 21046Testing hours: Tuesdays and Thursdays from 10am to 2pm
 - AllCare of Ellicott City: 9396 Baltimore Nat'l Pike Ellicott City, MD 21045, (410) 290- 9990Testing hours: Mon-Fri 6pm-7pm, Sat-Sun noon to 1pm
 - Howard County General Hospital: 5755 Cedar Lane Columbia, MD 21044, (410) 740-7890Call for prescreening through Telemedicine or your PCP.
 - Kaiser Permanente (for members only and must go through prescreening by calling 800-777-7904)
 - Ouch! Urgent Care 6020 Meadowridge Center Suite F, Elkridge, MD 21075. Must call (443) 776-3031 and schedule an appointment. Mon-Sat 8am-6pm
 - Premier Health Express (Urgent Care) 9710 Patuxent Woods Dr., Suite 200, Columbia, MD 21045. Must call (443) 899-9525 and schedule an appointment. Mon-Sat 10am- 10pm
 - Righttime Medical Care (Urgent Care) 6334 Cedar Lane Columbia, MD 21044. Must call (888) 808-6483 and schedule an appointment.
 - University of Maryland Medical System is offering a nurseline at 1-888-713-0711 for anyone with questions about coronavirus.
- [How to wear a mask](#): Cloth face covering to slow the spread
- Have questions or concerns about COVID-19? Call 410-313-6284 to speak with a nurse.
- [COVID-19 Factsheet](#)
- [How to stop the spread of germs](#)
- [Symptoms of COVID-19](#)
- [What to do when sick with COVID-19](#)
- [Howard County Health Department](#)
- [Maryland Department of Health](#)
- [Centers for Disease Control](#)
- [Organizations or individuals with needs related to COVID-19](#)

Health Insurance/Care

- If you have been laid off and lost your health insurance, call 410-313-5845 to apply for Medicaid.
- **WIC:** Clinics are currently closed across the state, however, calls are still being taken and services are still being provided over the phone. Anyone with questions about their WIC benefits or needing to apply for WIC can call the state hotline: 1-800-242-4942, or reach out to their local agency (which in Howard County can be reached at 410-313-7510).
- Maryland Medicare and Medicaid: 1-800-633-4227, Customer service for Medicare and Medicaid issues.
- Maryland Health Connection: 1-855-642-8572, Purchase of health insurance during special open enrollment.
- Howard General Hospital: 410-740-7890

Free Workout Apps

NEW

- Howard County Office of Aging and Independence providing Virtual Meetings. Free workouts for 50+ list on page 11. [Click here](#) for more information.
- The Nike+ Training Club app is one of the most comprehensive free exercise apps on the market. Featuring over 180 curated workouts from Nike fitness trainers and pro athletes, step-by-step guides for everything from yoga to weightlifting, and even customizable fitness plans for your personal goals, this app seriously has it all. For free.
- Imagine having a personal trainer with you at every workout for free. That's the appeal of [Workout Trainer](#), which features thousands of guided workouts from certified personal trainers. The best feature is the ability to adjust your difficulty level, meaning the app is just as effective for a beginner as it is for a seasoned gym rat. Even better? Workout Trainer focuses on bodyweight workouts, so you don't have to leave your apartment to get a serious sweat.
- If you didn't spring for a gym membership this year, try the [Freeletics](#) app. The app allows you to work out from anywhere, as the only equipment you need is you. Each short, but intense workout targets different muscle groups to give you a comprehensive fitness session, on your own time.
- If [yoga](#) is more your fitness speed, try [Daily Yoga](#)—one of the only free yoga apps available in the App Store or Google Play.