

Health Resources

Coronavirus Resources

NEW

COVID-19 Vaccine

For county-level vaccine information, visit:

<https://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls/COVID-19-Vaccine>

Maryland launched covidvax.maryland.gov, an online portal where Marylanders can find a list of vaccination sites in their area along with contact information. Due to limited supply, vaccinations will be done by appointment only at this time for those eligible.

For the most up-to-date information and resources about the Coronavirus response in Howard County, visit:

<https://www.howardcountymd.gov/Departments/COVID-19-Coronavirus-Countywide-Updates>.

<https://coronavirus.maryland.gov/pages/vaccine> is another resource to help individuals find vaccine appointments and find out if they are eligible for the vaccine.

Coronavirus Testing

- 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
 - CVS Pharmacy, 8197 Westside Boulevard, Fulton, MD 20759, Mon-Fri 8am-6pm Appointment needed
 - AllCare of Ellicott City: 9396 Baltimore Nat'l Pike Ellicott City, MD 21045, (410) 290- 9990
Testing hours: Mon-Fri 10am-7pm, Sat 10am-2pm Appointment needed
 - Howard County General Hospital: 5755 Cedar Lane Columbia, MD 21044, (410) 740-7890
Call 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.

Free Flu Vaccine

[Howard County Health Department](#)

is hosting a number of FREE flu vaccination clinics.

On Friday, October 30th, the Health Department is hosting a drive-thru flu vaccination clinic at its offices in Columbia (8930 Stanford Boulevard) from 10:00 a.m. to 4:00 p.m. Then on Sunday, November 1st, the Health Department will be hosting a drive-thru flu vaccination clinic at St. John Baptist Church, 9055 Tamar Drive in Columbia, from 10:00 a.m. to 2:00 p.m.

While not necessary, appointments are strongly recommended. To schedule an appointment for either date, visit www.marylandvax.org and search "Howard County Health Department" for the October 30th clinic and "St. John" for the November 1st clinic.

For more information about the flu, flu vaccine and/or flu vaccination clinics, check out the Health Department's "Seasonal Flu Information" website at <https://tinyurl.com/HCHDFluInfo> or contact Erin Anderson, RN, at 410-313-7592.

- [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

- 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.