



COVID-19

REOPENING UPDATE

Monday, September 21, 2020

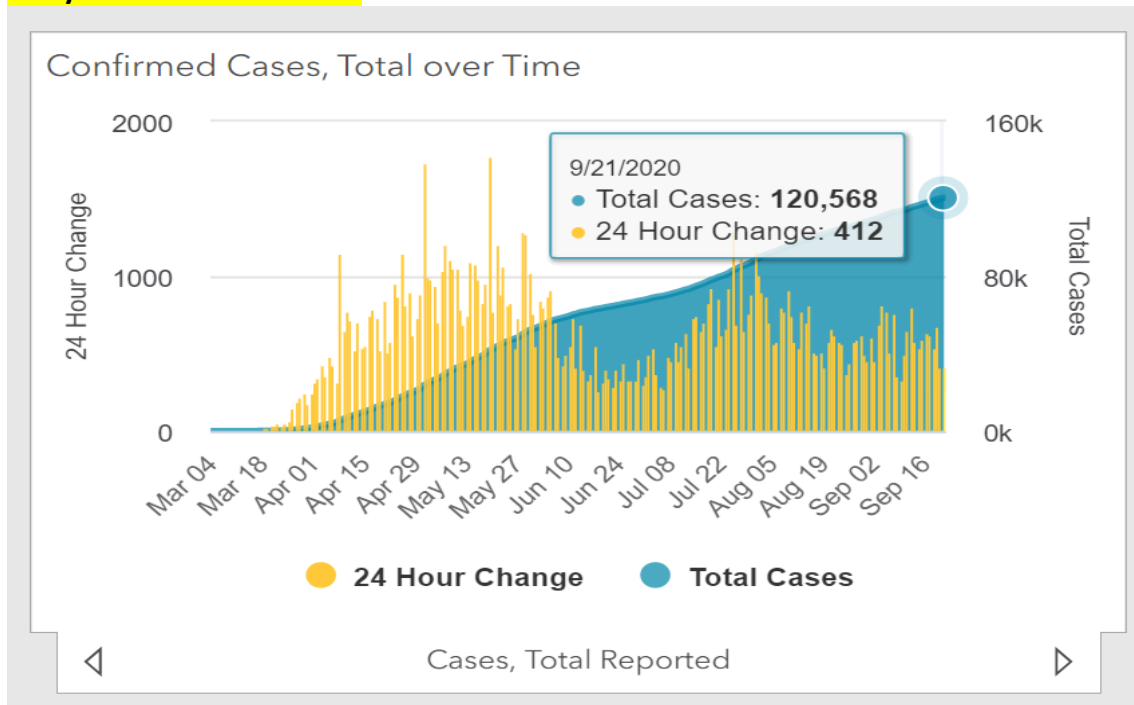
The figures in this graphic represent the 3-day change since Friday. The daily figures are provided in the table below that.

Bowie Confirmed Cases: * 1,960 (+27) 20715: 380 (+5) 20716: 439 (+5) 20720: 487 (+5) 20721: 654 (+12)	Prince George's County Confirmed Cases: 28,629 (+268*) Total Deaths: 818 (+1*) Ever hospitalized: 3,937 (+40*) Case Rate per 100k: 13.7 Ranking: 31st in the nation for highest number of cases.	Maryland Confirmed Cases 120,568 (+1,506*) Deaths 3,883 (+14*) Case Rate per 100k: 9.56 Released from Isolation: 7,378 (+27) = 6.1%
Testing MD Tests Completed: 2,407,618 (+17,349) Negative Tests: 1,417,061 (+7,741) MD Positivity Rate: 2.85% PGC Positivity Rate: 4.36%		Maryland Hospitalizations Data Tracker Currently Hospitalized: 290 3.2% Acute Care: 219 2.8% Intensive Care 71 4.4% Ever Hospitalized 15,171 12.5%
<i>* These figures represent changes since 9/18 (3-day change).</i>		

	MD Cases	PG Cases	Bowie Cases
9/18	116,646	27,102	1,882
9/19	+682	+134	+13
9/20	+412	+60	+6
9/21	+412	+74	+8
	120,568	28,629	1,960

Visit the [Prince George's County COVID-19 dashboard](#) to view data for all zip codes in the County and the [Maryland dashboard](#) for statewide data.

Maryland Cases Over Time



Source: Maryland COVID-19 dashboard

Governor Increases Capacity for Indoor Dining

On Friday afternoon, Governor Hogan announced that the state would allow more people to eat at indoor dining establishments. The capacity for indoor operations at restaurants has now increased from 50% to 75% with appropriate distancing and following public health requirements consistent with the CDC, FDA, and the National Restaurant Association.

COVID Data and Trends

This weekend's numbers showed some strong signs of encouragement. The Prince George's County 7-day positivity rate dropped below 5% (4.72%) and the state rate is below 3% for the same period (2.75%). The Maryland hospitalization rate is at a level not seen since March. Young people, under age 30, made up 46% of the new cases in the US last week, with many new cases being seen on college campuses or in college towns. The lower hospitalization rates in Maryland and elsewhere indicates that in general, while more young people are getting sick, they have fewer health conditions that are likely to cause complications that require hospitalizations.

Pop-up COVID Testing Site in Bowie This Friday

The Prince George's County Health Department will conduct a drive-through COVID-19 testing site at the Bowie Senior Center on Friday, September 25 between the hours of 9 a.m. and 11 a.m. More details to follow.

Flu Shots Are More Important Than Ever This Year

The CDC is encouraging residents to get an annual influenza (flu) vaccination to reduce the chance of getting the flu and spreading it to others. According to the CDC, COVID-19 will likely continue into the fall and winter and may overlap with the flu season. With the possibility of both viruses occurring in communities at the same time, it is vital that everyone who is able, should get a flu shot this year. Vaccinations are available at local pharmacies.

[Learn more](#)

HEALTHIER STATE OF MIND

The coronavirus (COVID-19) pandemic may cause stress, fear, and anxiety --- especially in older people, those with chronic disease, children and teens, health care providers, and people who have mental health and substance abuse conditions. Learning how to cope with these feelings will make you, the people you care about, and your community stronger. For further information, visit health.mvppgc.us/coronavirus or call (301) 883-6627.



HEALTH DEPARTMENT
Prince George's County

Stress during an infectious disease outbreak may include

- Worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Increased irritability and interpersonal conflict
- Feelings of hopelessness and helplessness
- Increased use of alcohol, tobacco, or other drugs

What can you do to cope with stress?

Take breaks from news stories, including social media. Get outside. Get exercise. **Exercise increases the body's built-in anti-anxiety hormones** and releases pleasure-producing endorphins, helping you feel calmer. **But don't forget about social distancing.**

Connect with others.

Talk with people you trust about how you are feeling, or call loved ones just to say hi and check on each other. Use FaceTime if you have it on your phone to see each other's faces.

Stay Healthy.

Eat fruits, vegetables, and beans. These high fiber foods flush your system. Foods high in sugar, salt, or caffeine may increase stress. **Drink water.** Get plenty of sleep. **Avoid alcohol and drugs.**

Try deep-belly breathing.

Eyes closed, lying on your back, gently place your hands on your belly. Inhale and exhale. Feel your belly expand and contract. Visualize your navel and spine meeting. Repeat.



If you or someone you care about is feeling overwhelmed by feelings of sadness, depression, or anxiety, or you have thoughts of wanting to harm yourself or others, call the Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517). You can also call Maryland's Helpline by dialing 211 or text "MD" to 741741 anytime, about any type of crisis.

Other News

Virtual Meetings This Week

9/21, 8 p.m. – City Council Meeting

9/23, 7 p.m. – Public Hearing on Consolidated Annual Performance and Evaluation Report for Community Development Block Grant Program

9/24, 6 p.m. – Public Hearing on Analysis of Impediments to Fair Housing Choice Report, 6 p.m.

9/24, 7 p.m. – Encompass Health Stakeholders Meeting

Visit www.cityofbowie.org/calendar.aspx for more information and links to the virtual meetings.

A Message from the IRS

The IRS wants beneficiaries of some federal programs to know that they may be eligible to receive payments for eligible children. Specifically, eligible retirees and recipients of Social Security retirement, survivor, or disability benefits (SSDI), Railroad Retirement benefits, Supplemental Security Income (SSI) and VA Compensation and Pension (C&P), who do not file a tax return, should have automatically received their Economic Impact payment earlier this year where they normally receive their benefits. However, some benefit recipients missed the spring deadline to file for their children and didn't receive

\$500 for each of their qualifying children. The new deadline to qualify for this payment is September 30. These benefit recipients can find more information in the [Social Security, Railroad Retirement and Department of Veteran Affairs benefit recipients section](#) of the FAQs on the IRS website. You must register with the IRS Non-Filers' tool by September 30, 2020 to qualify. www.irs.gov/nonfilereip.



The Census Countdown is On!

There are only **9 days left to complete the 2020 Census**. The final deadline for all responses is September 30. Bowie's response rate to date is 83.5%. You can complete the census now at www.2020census.gov or by calling 844-330-2020. The number to complete the census in Spanish is 844-468-2020.

If you would like to see how your neighborhood is doing in responding, visit www.cityofbowie.org/census.

Important Election Information & Dates

- General Election: November 3, 2020, polls open 7 a.m. - 8 p.m.
- General Election Early Voting: Monday, October 26, 2020 - Monday, November 2, 2020, polls open 7 a.m. - 8 p.m.
- The City of Bowie Gymnasium will be a voting site for Early Voting and Election Day Voting; it will also have a drop-off box for completed mail-in ballots.
- The Board of Elections has published the [full list of Election Day Vote Centers and Early Voting locations](#) for Prince George's County.

[Prince George's County Board of Elections](#) 301-341-7300

[Maryland Board of Elections](#) 410-269-2840

Please note:

The Postal Service recently sent a postcard to all US households about voting by mail. Unfortunately, some of the information on the card is inconsistent with the State of Maryland's election guidelines. According to a statement issued by the State Board of Elections, if you wish to vote by mail, you should apply for the ballot as soon as you can. Do not wait. Your application to vote by mail must be received by October 20.

Additionally, no postage is required to return a ballot that a voter received by mail. If you choose to have the mail-in ballot mailed to you, it will come with a pre-paid postage return envelope. If you choose to have your ballot emailed to you, you will need to print your ballot and pay the postage to return it.

Marylanders should visit elections.maryland.gov for election information.

