



## Fieldstone Properties – COVID-19 Update

### *Maryland*

**March 25, 2020** — In addition to the previous recommendations released on 3/23/2020, we would like to include the following additional restrictions as required by the Governor's Executive Order.

- Gatherings, parties, and other activities in your apartment are prohibited until further notice.
- If you are in a common area, such as a laundry facility or mail room, you must maintain a 6-foot distance from other residents. Please attempt to limit the amount of time spent in those areas.
- It is extremely important that you keep your utilities functioning properly. This includes, but is not limited to, ensuring that nothing other than human waste and toilet paper is flushed down the toilet. Bleach wipes, baby wipes, feminine hygiene products, paper towels, and medication should NOT be flushed down the toilet.
- Continue to properly make use of your apartment's heating and cooling system. Ensure that regular care of these systems is being maintained while you are at home. Doing so will ensure that you can stay comfortably in your home.

We understand that COVID-19 is causing distress in many of our fellow Americans.

Here are some helpful numbers in the event you or a loved one are experiencing distress:

- *If you are in medical distress, please dial 911.*
- *If you have COVID-19 related questions:*
  - *Call (General COVID-19 Questions): 211*
  - *Text MDREADY to 898-211 to receive alerts.*

We also recognize that many residents may be scared or suffering from depression due to fears of COVID-19.

Here are some resources to assist you during this time.

- *MD Mental Health Cares Hotline: 211, option 1*
- *MD Suicide Prevention Hopeline: 1-800-422-0009*
- *Crisis Text Line: Text your zip code to 828211*
- *Family Helpline: 1-800-843-5437*
- *Domestic Violence Hotline: 1-800-799-SAFE (7233)*
- *For veterans: 1-800-273-8255*

We thank you for your patience and full cooperation while we work through this difficult time together.

-Fieldstone Properties