Medical Follow Up

Community Provider Resources

1. **Contact your health care provider or PCP**, by phone or through an online patient portal.
   a. Make sure to tell them that you have been exposed to COVID infection

2. If you **have insurance but no provider**, look at the BACK of your insurance care and call the number on the back or go to the website listed if there is one – they should be able to help you get a new provider

   a. The following Carroll Medical Group Primary Care offices are currently taking new patients and conducting telehealth visits

      i. College Square 410-751-2595
      ii. Eldersburg 410-795-0257
      iii. Hampstead 410-239-2662 or 410-347-0675
      iv. Mt. Airy 301-829-5906
      v. Taneytown 443-487-5454
      vi. Westminster 410-848-2444
      vii. You can also contact the Carroll Hospital Care Navigators at 410-871-7000

3. **If you have Medical Assistance**:
   a. Call the ACCU program at the Carroll County Health Department at 410-876-4941 or 410-876-4908 or cchd.accu@maryland.gov for assistance

4. **If you do not have insurance, try calling the following:**
   a. Access Carroll 410-871-1478
   b. Chase Brexton Health Services – Columbia – 410-837-2050
   c. Chase Brexton Health Services – Randallstown - 410-496-6441
   d. Frederick Community Action Agency – Frederick – 301-600-1506
   e. Park West Health System – Baltimore – 410-764-2266; 410-542-7800; 443-874-5502
   f. Family First Health - Gettysburg, PA – 717-337-9400
   g. Family First Health - Hanover, PA – 717-632-9052