



Coronavirus Resources / Recursos de coronavirus

CDC Tips for Taking Care of Yourself

- **Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about [wellness strategies](#) for mental health.
- **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
- **Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed**– If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at **1-800-985-5990**

Consejos de los CDC para cuidarse

- **Cuide su cuerpo:** Trate de comer alimentos saludables y bien balanceados, hacer ejercicio con regularidad y dormir lo suficiente. Evite el alcohol, el tabaco y otras drogas. Aprenda más sobre [estrategias para el bienestar](#) relacionadas con la salud mental.
- **Comuníquese con otras personas:** Hable con un amigo o familiar sobre cómo se siente y qué le preocupa. Mantenga relaciones saludables y establezca un sistema de apoyo sólido.
- **Tome descansos:** Tómese un tiempo para relajarse y para acordarse de que las emociones fuertes pasarán. Trate de respirar profundamente varias veces. Trate de hacer actividades que normalmente disfruta.
- **Manténgase informado:** Puede que se sienta más estresado o nervioso si cree que no tiene toda la información. Vea, escuche o lea las noticias para estar al tanto de la información actualizada por las autoridades. Tenga en cuenta que durante una crisis pueden circular rumores, especialmente en los medios sociales. Verifique siempre de dónde proviene la información y recurra a fuentes confiables, como las autoridades gubernamentales locales.
- **Evite exponerse demasiado a las noticias:** De tanto en tanto deje de ver, leer o escuchar las noticias. Escuchar acerca de la crisis y ver imágenes reiteradamente puede provocar angustia. Trate de hacer actividades que disfrute y volver a su vida normal lo más pronto posible; entérese de las últimas noticias de tanto en tanto.
- **Busque ayuda cuando sea necesario:** Si la angustia afecta sus actividades de la vida cotidiana por varios días o semanas, hable con un líder de su comunidad religiosa, un consejero o un médico, o llame a la línea de ayuda de SAMHSA, al **1-800-985-5990**.

Housing, Rent, and Utilities

El casamiento, la renta, y las utilidades

Key Words	Website	Phone Number	Details
Evictions Legal Help Utility shutoff	Legal Aid	312-341-1070	https://www.legalaidchicago.org/ Prevent utility shutoff Support with fighting evictions* *Chicago has mandated a 30-day suspension on evictions due to COVID-19
Homeless Shelters	IL Homeless Shelter Directory		List of homeless shelters by city in IL: https://www.homelesshelterdirectory.org/illinois.html
Housing for those in Domestic Violence situations		877-863-6338.	The Illinois Domestic Violence Hotline is available via text or call daily at 877-863-6338. Those who need a room can call or text the Illinois Domestic Violence Hotline anytime at 877-863-6338. The hotline will place a hotel reservation for the caller to protect the caller's privacy.
Lake County Community Action Partnership (CAP)		847-249-4330 1200 Glen Flora Ave. Waukegan, IL 60085	Head start program, youth and family services, childcare program, affordable housing, energy assistance, small business development, rental assistance, and Retired Senior Volunteer Program.
Waukegan Housing Authority		847-244-1595 215 S. Utica St Waukegan, IL 60085	Low income housing assistance, section 8 choice voucher program, and family self-sufficiency program.
Rent Assistance	City of Chicago	Chicago residents can apply at one of the 6 Community Service Centers located at: •Englewood Center 312-747-0200 •Garfield Center 312-746-5400 •King Center 312-747-2300 •North Area 312- 744-2580 •South Chicago 312-747-0500 •Trina Davila 312-744-2014	https://bit.ly/2Xj02Zg Call to confirm hours Englewood Center 1140 W. 79th St. Chicago, IL 60620 Garfield Center 10 S. Kedzie Ave. Chicago, IL 60612 King Center 4314 S. Cottage Grove Ave. Chicago, IL 60653 North Area 845 W. Wilson Ave. Chicago, IL 60640 South Chicago 8650 S. Commercial Ave. Chicago, IL 60617 Trina Davila 4312 W. North Ave. Chicago, IL 60639
	Center for Changing Lives	773-342-6210 1955 N St Louis Avenue, #101, Chicago, IL 60647	In Humboldt Park: The entryway vestibule of CCL's office is open during normal business hours (M-F; 9-5), to pick up and drop off applications. The office is closed and is not accepting walk-ins however applications for emergency homeless prevention assistance (i.e., rent, mortgage and utility payments) and a standard intake for CCL services (for starting employment

			coaching and financial coaching services), are available in English and Spanish.
Utilities Assistance	ComEd	1-800-334-7661 – English 1-800-955-8237 – Español 1-888-806-2273 – Assistance programs	ComEd will not disconnect service because of non-payment, effective immediately through May 1 st . https://www.comed.com/News/Pages/coronavirus.aspx
	People's Gas	866-556-6001 – English 866-556-6003 – Español	People's Gas will not disconnect services because of non-payment, effective immediately through end of March. https://www.peoplesgas.com/updates/
	Nicor Gas	888-642-6748	Nicor Gas has suspended service disconnections for non-payment, effective immediately through May 1.
	Comcast	800-934-6489	Comcast will not disconnect a customer's internet service or assess late fees, but you must CONTACT them. https://corporate.comcast.com/covid-19
	NorthShore Gas	866-556-6004	NorthShore Gas is suspending service disconnections and waiving late payment charges until the health crisis is behind us. https://www.wecenergygroup.com/home/safety-message.htm
	Lake County Public Works	pwbilling@lakecountyil.gov	The Lake County Public Works Department has stopped shutoffs and late and penalty fees until the state's disaster proclamation has been lifted. https://www.lakecountyil.gov/4414/How-to-Get-Help
Other Financial Assistance	CEDA	(312)-795-8948	COVID-19 CRISIS PROGRAMe In response to COVID-19, CEDA's FsACE program has expanded in order to provide relief to Cook County and Suburban Cook County communities with additional services. ✓ Water Bill Payments ✓ Telephone Bill Payment ✓ Child Care for Essential Workers ✓ Basic Essentials Assistance ✓ Medical Supply and Prescription Costs ✓ Emotional Counseling Services https://www.cedaorg.net/
Free Internet for new Comcast customers	Xfinity Comcast		Comcast is offering free internet services through Internet Essentials for the next 60 days for those who qualify. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low income households for \$9.95/month. After the two months, they'll be charged the \$9.95 if they still qualify. ALSO, if someone needs a computer Comcast has low cost laptops and desktops available too! Free Internet: https://www.internetessentials.com/Apply Low Cost Computers: https://www.internetessentials.com/Low-Cost-Computer

Food, Pantries

La comida, las despensas de comida

Key Words	Website	Phone Number	Details
Pantries in Cook County	Greater Chicago Food Depository		https://www.chicagosfoodbank.org/find-food/ Enter your ZIP code to find pantries near you. CALL the pantry to confirm hours.
Pantries	Feeding America		https://www.feedingamerica.org/find-your-local-foodbank Enter your ZIP code to find pantries near you.

Outside Cook County			CALL the pantry to confirm hours.
Evanston Food Distribution			Evanston residents can pick up free, prepackaged boxes of food every Wednesday , April 15 through May, from 11 a.m. to 1 p.m. or while supplies last. Pick-up will take place at James Park (Dodge and Oakton). Must have ID with Evanston address.
Food Pantries	Salvation Army		Food pantries are drive-up only and clients will be given pre-packaged food.
CPS Schools Food for kids	Chicago Public Schools	773-553-1620	All CPS schools will operate as food distribution centers from 9AM-1PM Monday through Friday until school resumes. You do not have to go to your child's school; you can go to any CPS school. Every package will include three days of breakfast and lunch for one child. If you have two CPS children, you can pick up two packages, and so on.
Lake County Food for kids	Lake County schools distributing food		Even though schools are closed, many schools are still offering breakfast and lunch to feed the many children in Lake County who depend on the meals. Type in your address and find the nearest school in your area serving breakfast/lunch. Click on any dot on the map to view the address and a link to more info for that school district. https://www.lakecountyil.gov/4414/How-to-Get-Help and scroll down to Breakfast and Lunch for Children.
Food Delivery	Forty Acres Fresh Market Delivery	info@fortyacresfreshmarket.com 847-497-5435	Forty Acres Fresh Market delivers fresh produce citywide Monday-Friday between 7-10 p.m. and on weekends from 6-10 p.m. The market also offers prepackaged fruit and veggie boxes from \$5 to \$15 that includes a produce at affordable prices. Delivery area covers the city of Chicago and western suburbs along I-290 up to Westchester.
	Marillac St. Vincent	773-584-3265	Marillac St. Vincent recommends that older adults who are especially vulnerable to the coronavirus utilize their Homebound Elderly program, which delivers groceries to seniors at their home. Call for more information. https://marillacstvincent.org/findhelp/seniors.html
	Top Box Foods	619-624-1797	NOT FREE. Top Box Foods shops all month to find you the best deals on fresh fruits and vegetables and frozen meats, poultry, and fish. Place your order at least 2 days before your preferred delivery date. Orders MUST be pre-paid. Accepting all major credit and debit cards. If you are using a LINK card please call our finance department - (619) 624-1797 and we will be able to take your order as well as process the payment for you. If you do not reach us, please leave a voicemail and we'll get back to you by the next business day. All deliveries are being made by volunteers using a strict Social Distancing Protocol to respect the health of everyone. https://www.topboxfoods.com/
Seniors	My Block donations for seniors		Food, toiletries, check-ins for Seniors https://www.formyblock.org/viralresponse
Resources for healthcare workers, patients in isolation	Northwestern Graduate Students - Chicago COVID-19 Assistance Request Form		Prioritizing healthcare workers and those who are sick, uninsured, undocumented, unhoused, disabled, quarantined without pay, and the elderly. <ul style="list-style-type: none"> • Food, Supply Delivery • Meal Prep • Diaper, Formula • Pharmacy Pickup and Delivery • Virtual Tutoring

Lake County Residents	211 Lake County Resources	Call 211 from your phone Text your zip code to 89821	If you need help finding any social service, including resources for finding food, healthcare, paying your utility bills, mental health services, etc., please reach out to United Way of Lake County's free, confidential 211 service. Visit 211lakecounty.org
Evanston Residents	Evanston Resources	847-448-4311 or call 311 from Evanston.	Additional food resources are available at cityofevanston.org/COVIDresources or by calling/texting 847-448-4311. For convenience, residents may dial 311 in Evanston.
Lake County Mobile Diaper Pantry	Twice as Nice	224-637-1644	ONLINE REGISTRATION IS REQUIRED 24 HOURS PRIOR TO ANY DISTRIBUTION DAY and can be completed using the form online. Identification for the parent and child(ren) is required. We can support patients with completing the online registration for the diaper bank days which have moved to a drive-thru model and/or with completing Direct Client Intake Form at the bottom right of the webpage for clothing and baby gear support. Patients can also call if that is easier 224-637-1644. https://www.twiceasnicemc.org/request-assistance

For Immigrants

Para los inmigrantes

Key Words	Website	Contact information	Details
Illinois Resources	Resources for Immigrants During the COVID-19 Crisis Recursos para Inmigrantes Durante la Crisis del virus COVID-19 – en Español	evenegas@icirr.org	Illinois Coalition for Immigrant and Refugee Rights. This VERY comprehensive guide was created to address the needs of the immigrant and refugee community in the state of Illinois. https://bit.ly/3c38AY3 - in English https://bit.ly/2V9mfpR - en Español

Unemployment and Other Benefits

El desempleo y otros beneficios

Key Words	Website	Phone Number	Details
Unemployment	Department Unemployment Security	800-244-5631	https://www2.illinois.gov/ides/Pages/default.aspx Click here to file the claim. Note: you cannot currently file from a smart phone.
Jobs	Job Opportunities in Chicago		List of agencies in Chicago hiring. Full-time, part-time, temporary, and everything in between: here's your guide to some Chicago job openings listed right now. https://bit.ly/jobs38
SNAP Medicaid	Greater Chicago Food Depository Benefits	773-843-5416	The hotline is available Monday through Friday, 8:30 am – 5 pm. Use the hotline and online resources instead of visiting DHS offices and help slow the spread of COVID-19. https://www.chicagosfoodbank.org/benefits-outreach/
Legal Help	Legal Aid	312-341-1070	https://www.legalaidchicago.org/
Childcare for	Locate emergency childcare	888-228-1146	Helpline to connect essential workers with emergency childcare. The helpline will be available from 9:00 AM - 3:00 PM Monday

Essential Workers			through Friday to answer calls, but callers will be able to leave a message 24 hours a day. https://emergencycare.inccrra.org/
		312-736-7390	For residents of Cook County, Illinois Action for Children has a temporary text messaging service to answer childcare assistance program questions, including financial assistance questions, at 312-736-7390 M-F between 8:30am-5:00pm.
Federal Stimulus	FAQ about the Federal Stimulus		The government has signed a bipartisan \$2 trillion economic relief plan to help tens of millions of American households affected by the coronavirus pandemic. It includes payments to individuals, expanded unemployment coverage, student loan changes, and more. https://nyti.ms/stim24
Report Unsafe Working Conditions			To report unsafe working conditions: <ul style="list-style-type: none"> • US Occupational Safety and Health Administration • Chicago Office of Labor Standards Complaint Form https://www.osha.gov/workers/file_complaint.html https://bit.ly/job74

Important Hotlines

Los números de teléfono importantes

Key Words	Hotline Information	Text and Chat Information
Crisis	Disaster Distress Hotline (SAMHSA): (800) 985-5990	Text SUPPORT to 741741 Text CONNECT to 741741
Suicide	1-800-SUICIDE = (1-800-784-2433) 1-800-273-TALK = (1-800-273- 8255) 1-800-827-7571	https://suicidepreventionlifeline.org/chat/
Domestic Violence	1-800-799-SAFE = (1-800-799-7233) 1-800-942-6908 – Español	Text LOVEIS to 22522
COVID	IDPH COVID19 Hotline: 1-800-889-3931	
Lake County	211	Text your zip code to 89821

Other Lists of COVID-19 Resources

Otras listas de los recursos de COVID-19

Resource	Website								
Chicago COVID Resource Finder	https://covid.citybureau.org/en/ - English https://covid.citybureau.org/es/ - Español Resource directory also available in: <table border="1" style="margin-left: 20px;"> <tr> <td>Arabic</td> <td>Chinese</td> <td>Polish</td> <td>Urdu</td> </tr> <tr> <td>Tagalog</td> <td>Vietnamese</td> <td>Gujarti</td> <td></td> </tr> </table>	Arabic	Chinese	Polish	Urdu	Tagalog	Vietnamese	Gujarti	
Arabic	Chinese	Polish	Urdu						
Tagalog	Vietnamese	Gujarti							
Institute for Public Health and Medicine	Extremely comprehensive google spreadsheet with resources throughout Chicago and many online resources https://bit.ly/3bQX4PE								
Shriver Center on Poverty Law	COVID-19 Resources for Individuals and Families in Illinois https://bit.ly/shriver1								

StreetLight Chicago	StreetLight Chicago	food, emergency shelter, and additional resources for housing insecure young adults in the city of Chicago http://streetlightchicago.org/
IL Health Advocates	Chicago Resources for those age 18-34	Google spreadsheet with resources for youth https://bit.ly/resource9
Rush	COVID-19 Community Resources	List of many community resources, https://www.rush.edu/about-us/rush-community/covid-19-community-resources
Evanston	City of Evanston resources	List of resources for those living in Evanston. https://bit.ly/evanston24
Lake County	Lake County Resources	List of resources for those living in Lake County. https://www.lakecountyil.gov/4414/How-to-Get-Help

COVID-19 Information

Información sobre COVID-19

Key Words		Website
COVID info in different languages	COVID-19 Fact Sheets in 35 languages	Information about COVID-19 in 35 different languages . https://covid19healthliteracyproject.com/#languages
Stay at home order	Guide on Illinois Stay at Home Order	Answers to your questions on the stay at home order. https://www.chicago.gov/city/en/sites/covid-19/home/stay-at-home-order-faq.html
Homemade masks	Make Your Own Mask	The CDC now recommends all Americans wear a face mask in public – you can make your own using a T-shirt or handkerchief https://bit.ly/makemask4