

# COVID-19 Community Resource Guide

This guide combines resources compiled by Chicago Botanic Garden in partnership with UIC, North Lawndale Community Coordinating Council (NLCCC), & Sinai Community Institute (SCI).



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## Food

- Enter an address, intersection or zip code to find your nearest food pantry or mobile food distribution center in Cook County on the [Greater Chicago Food Depository website](#), or call their hotline at 773-843-5416.

- Website: <https://www.chicagosfoodbank.org/find-food/>
- [Forty Acres Fresh Market](#) in Austin is [delivering](#) fresh produce to Chicago and the western suburbs, Mon-Fri 7-10pm and weekends 6-10pm. This is a paid service, but they accept SNAP benefits, and Veggie Rx participants can use Produce Perk coupons for up to 50% off purchases. There is a \$5 delivery fee not covered by the coupons.
  - Website: <https://www.fortyacresfreshmarket.com/>
  - Order Delivery Link: <https://www.fortyacresfreshmarket.com/order-delivery>
  - Phone: (847)-497-5435
- For CPS students who receive free and reduced lunch and breakfast, [Chicago Public Schools](#) will offer free meals for pickup during school closures. Families can pick up meals at their closest school location Mon-Fri between 9am and 1pm. Every child in the household will receive a food bag that contains three days of breakfast and lunch meals.
  - Website: <https://cps.edu/oshw/Pages/HealthyCPS.aspx>
- [The Homelessness Food and Shelter Directory](#) lists emergency food programs provided through food pantries and soup kitchens in Chicago and surrounding areas.
  - Website: <https://www.homelesshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=Chicago&state=IL>
- [My Block My Hood My City](#) will ensure seniors have access to food, health supplements, hand sanitizer and toiletries. Visit their website to request a care package.
  - Website: <https://www.formyblock.org/viralresponse>
- The Homebound Elderly program through [Marillac St. Vincent Family Services](#) delivers groceries for West Side seniors who have limited mobility.
  - Website: <https://marillacstvincent.org/findhelp/seniors.html>
  - Phone: (773)-722-7440
- [Meals on Wheels](#) is another program supporting homebound seniors that is continuing to operate.
  - Website: <https://www.mealsonwheelschicago.org/>
  - The home-delivered meal program for seniors is managed by The Chicago Department of Family & Support Services. Please contact (312)-744-4016.

- [Brave Space Alliance](#) is operating a crisis food pantry for queer and trans Southsiders, prioritizing folks who are sick, disabled, quarantined without pay, elderly, undocumented, Black, Brown, or Indigenous. Fill out [this form](#) to request food.
  - Website: <https://www.bravespacealliance.org/>
  - Form Link: [https://docs.google.com/forms/d/e/1FAIpQLSelaHe7IIGXJcn7lcrBKn9pTYx\\_IW4kPtkR9MCLzjOijBrUQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSelaHe7IIGXJcn7lcrBKn9pTYx_IW4kPtkR9MCLzjOijBrUQ/viewform)
- Northwestern Medical Students are offering food and supply delivery for people at risk of COVID-19 in Chicago, prioritizing healthcare workers and those who are sick, uninsured, undocumented, unhoused, disabled, quarantined without pay, and the elderly. Fill out [this form](#) to request assistance.
  - Form Link: [https://docs.google.com/forms/d/e/1FAIpQLSewtTYn9cicsJ-UmZVi7mOPIXwb5XaKpq5qCqzUUuWOW\\_mgtQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSewtTYn9cicsJ-UmZVi7mOPIXwb5XaKpq5qCqzUUuWOW_mgtQ/viewform)
- The [Chicago Food Policy Action Council](#) has created a public forum website for collecting and cataloging needs, resources, and calls to action in support of local producers, food businesses, food workers, and communities. If you would like to be involved in their organized COVID-19 Chicago Food System Rapid Response, [fill out this form](#) to join a working group.
  - Website: <https://covid.chicagofoodpolicy.com/>
  - Form Link: <https://docs.google.com/forms/d/e/1FAIpQLScWemcj4oIZpw13jIXPW5yxpTpsO1miQPN9k-sPtYQmiFfyrQ/viewform>
- Farmers, food businesses and nonprofits can [take this quick survey](#) to share how the crisis has impacted you and help inform food justice advocates working on the rapid response efforts. The survey is also available [in Spanish](#).
  - Survey Link: <https://docs.google.com/forms/d/e/1FAIpQLSclBdxDelpCOxquYKPwTZ7sEMZNTNUVK2Vq-SXfJSL0mBo47A/viewform>
  - Survey Link (Spanish): <https://docs.google.com/forms/d/e/1FAIpQLSelHcCu-URQMXG1OIm2nIASMcbhcORoSuaFWT4chPDiDjmHPQ/viewform>
- Farmers and local food businesses can [register for free](#) to be listed on the Buy Fresh Buy Local Illinois website.
  - Form Link: <https://buyfreshbuylocal.org/illinois/join-us/>
- For UIC students, the Pop-Up Pantry is still open Tuesday and Wednesday from 2:00 to 4:00 pm.

- Website: <https://wellnesscenter.uic.edu/resources-and-services/pop-up-pantry/>
- Chicago nonprofit **Top Box Foods** is doubling down on its commitment to serving those most vulnerable to COVID-19 by quickly adapting their delivery model to bring fresh produce and frozen meats directly to residents' doors on the South and West sides. During this pandemic, Top Box Foods is delivering directly to homes every Tuesday and Friday. Food is offered at up 40% below retail and Top Box Foods takes SNAP in addition to credit cards. There is no delivery fee.
  - Website: <https://www.topboxfoods.com/cook-county-chicago/shop-boxes>
- **Plant Chicago** is partnering with **The Urban Canopy** to distribute Link Produce Boxes to their neighbors on the southwest side. Produce boxes will be available for pick up in the Back of the Yards community on Saturdays with social distance practices in effect. This distribution is part of the Link Match program, so customers will only be charged \$20 on their Link Card for a box that retails at \$40.
  - Website: <https://plantchicago.org/farmers-market/link-produce-box/>
  - Email contact: [stef@plantchicago.org](mailto:stef@plantchicago.org)
  - Phone: (773)-847-5523
- **Corinthian Temple Church of God** is providing free care food packages that are available for pick-up Monday- Friday from 1-4pm and 6-7pm.
  - Address: 4520 West Washington Boulevard, 60624
  - Phone: (773)-261-3309

## Housing

- As of March 14, the Cook County Sheriff's Office has mandated a 30-day suspension on all court-ordered evictions.
- **Legal Aid Chicago** will support tenants with fighting any evictions that landlords try to enforce during this period.
  - Website: <https://www.legalaidchicago.org>
  - Phone: (312)-341-1070
- See [this document](#) for information on applying for Emergency Rental Assistance through the Chicago Department of Family & Support Services (DFSS).

- Document Link: [https://www.chicago.gov/content/dam/city/depts/fss/supp\\_info/Homeless/RentalAssistanceInfo082216.pdf](https://www.chicago.gov/content/dam/city/depts/fss/supp_info/Homeless/RentalAssistanceInfo082216.pdf)
- [Tenants United](#) is organizing to demand that landlords not evict tenants during the COVID-19 crisis. Fill out their [contact form](#) to request assistance with a specific housing issue.
  - Website: <https://tenantsunited.org/>
  - Form Link: <https://tenantsunited.org/contact/>
- [ShelterList](#) provides a directory of local shelters that offer emergency assistance if you are experiencing homelessness.
  - Website: <https://www.shelterlist.com/city/il-chicago>

## Financial Assistance

- If you are without access to paid sick leave or unable to work because of COVID-19, you can call the Illinois Department of Employment Security (IDES) at 1-800-244-5631 or [visit their website](#) to apply for unemployment benefits.
  - Website: [https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx?fbclid=IwAR3IHhNcVvUXwFivaGy9RiMulaapx04pwG3UH5bfR-PmxrZYHEB\\_oYDis](https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx?fbclid=IwAR3IHhNcVvUXwFivaGy9RiMulaapx04pwG3UH5bfR-PmxrZYHEB_oYDis)
- The [Illinois Department of Human Services \(IDHS\)](#) will be operating with reduced in-person staff to follow social distancing guidelines. Many of the staff who are not working at the public-facing offices will be working remotely and still able to process benefits. They are encouraging customers to apply for and manage medical and SNAP benefits [online](#) or by calling the Application for Benefits Eligibility (ABE) Call Center at 1-800-843-6154.
  - IDHS website: <http://www.dhs.state.il.us/page.aspx?item=123342>
  - SNAP website: <https://abe.illinois.gov/abe/access/>
- [The Chicago COVID-19 Hardship and Help](#) page is a mutual aid project created to offer a way for people in the Chicago area to ask others for financial assistance during this crisis. Fill out [this form](#) to post a request to the page.
  - Website: [https://transformativespaces.org/2020/03/15/chicago-covid-19-hardship-and-help-page/?fbclid=IwAR0pGtvzndX9KKtgJjfsWXp4qsTlxxQDO88U15Q4YXJUQhM6fS\\_s6b8iUQ](https://transformativespaces.org/2020/03/15/chicago-covid-19-hardship-and-help-page/?fbclid=IwAR0pGtvzndX9KKtgJjfsWXp4qsTlxxQDO88U15Q4YXJUQhM6fS_s6b8iUQ)

- Form Link: [https://docs.google.com/forms/d/e/1FAIpQLSeJoBykIASjxiIwoUgYPwo2rVM59tMH\\_PvMryxTtfPcJ1K2Zw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeJoBykIASjxiIwoUgYPwo2rVM59tMH_PvMryxTtfPcJ1K2Zw/viewform)
- See [this article](#) for a list of practical steps to take if you are struggling to make ends meet because of the coronavirus.
  - Article Link: [https://www.nbcchicago.com/news/coronavirus/steps-to-take-if-you-cant-make-ends-meet-because-of-the-coronavirus/2238614/?\\_osource=SocialFlowFB\\_CHBrand&fbclid=IwAR3xaZzMOycyrLohlKA0rHL26DiW8R5gEhgl\\_m1rV3KN7YQbwQB5GyNr-EQ](https://www.nbcchicago.com/news/coronavirus/steps-to-take-if-you-cant-make-ends-meet-because-of-the-coronavirus/2238614/?_osource=SocialFlowFB_CHBrand&fbclid=IwAR3xaZzMOycyrLohlKA0rHL26DiW8R5gEhgl_m1rV3KN7YQbwQB5GyNr-EQ)
- See [this article](#) for guidance on getting help from the [Families First Coronavirus Response Act](#), which goes into effect on April 2 and gives extra paid sick and caregiving leave to many workers.
  - Article Link: [https://www.elleest.com/magazine/personal-finance/families-first-coronavirus-response-act?ev\\_utm\\_campaign=abm&ev\\_utm\\_content=market-update-2020-03-23&utm\\_medium=email&utm\\_source=subscriptions&utm\\_content=body](https://www.elleest.com/magazine/personal-finance/families-first-coronavirus-response-act?ev_utm_campaign=abm&ev_utm_content=market-update-2020-03-23&utm_medium=email&utm_source=subscriptions&utm_content=body)
  - FFCR: <https://www.congress.gov/bill/116th-congress/house-bill/6201/text>
- [Modest Needs](#) is offering donations to hourly workers who won't get paid during the COVID-19 outbreak. [Apply for help](#) on their website.
  - Website: <https://www.modestneeds.org/>
  - Form Link: <https://www.modestneeds.org/for-applicants/apply-for-help.asp>
- [The U.S. Small Business Administration](#) is offering low-interest federal disaster loans for working capital to small businesses experiencing substantial economic impacts as a result of COVID-19. [Apply online](#) for a disaster loan for your business or call 1-800-659-2955.
  - Website: <https://www.sba.gov/disaster-assistance/coronavirus-covid-19>
  - Form Link: <https://disasterloan.sba.gov/ela/>
- The City of Chicago wants to play an active role in helping small businesses. [Visit this page](#) for information on financial assistance resources available throughout Chicago to entrepreneurs and small business owners.
  - Website: [https://www.chicago.gov/city/en/depts/bacp/sbc/financial\\_resourcehome.html](https://www.chicago.gov/city/en/depts/bacp/sbc/financial_resourcehome.html)
- The [Chicago Small Business Resiliency Fund](#) will help to provide small businesses with emergency cash flow during this immediate health crisis. Funds will be provided to eligible businesses as low-interest loans that can be repaid

over a term of up to five years. Applications for funds will begin to be accepted on March 31, 2020.

- Website: <https://www.surveymonkey.com/r/COVID19Chicago>
- [Restaurant Opportunities Centers United](#) has compiled a list of national and city/state resources available to restaurant workers during the pandemic.
  - Website: <https://rocunited.org/stop-the-spread/coronavirus-support/?fbclid=IwAR2VE9KkkHVjgtOyx1Eui7zv3oNEHduteAyrLCmD2IFbqVGROsYRuJdpzFA>
- [The Chicago Artists Relief Fund](#) was created by Chicago-area artists to support their colleagues in the greater Chicago arts community who are experiencing financial hardship due to pandemic-related cancellations. If you are an artist, fill out [this form](#) to request assistance.
  - Website: <https://www.gofundme.com/f/chicago-artists-relief-fund>
  - Form Link: [https://docs.google.com/forms/d/e/1FAIpQLSeI6qpAK\\_IsFww\\_3UIgS9NQPHE9efxxL1W2Mz7cUMdOvnekW/closedform](https://docs.google.com/forms/d/e/1FAIpQLSeI6qpAK_IsFww_3UIgS9NQPHE9efxxL1W2Mz7cUMdOvnekW/closedform)
- [Rauschenberg Emergency Grants](#) provides one-time grants of up to \$5,000 for unexpected medical emergencies, available to visual and media artists and choreographers who are U.S. citizens or permanent residents.
  - Website: <https://www.nyfa.org/Content/Show/Rauschenberg-Emergency-Grants>
- If you are a bartender or the spouse or child of a bartender, you can apply for grant assistance from the [Bartender Emergency Assistance Program](#).
  - Website: <https://www.usbgfoundation.org/beap>
- If you have not yet filled your taxes, information on [IRS federal tax updates](#) and [Illinois tax updates](#) is available.
  - Federal website: <https://www.irs.gov/coronavirus>
  - State website: [https://www2.illinois.gov/rev/Pages/Taxpayer-Resources-during-COVID-19-\(Coronavirus\)-Outbreak.aspx](https://www2.illinois.gov/rev/Pages/Taxpayer-Resources-during-COVID-19-(Coronavirus)-Outbreak.aspx)
- Ladder Up has also partnered with the IRS Free File Program to offer a free online option for filing your tax return.
  - Website: <https://www.goladderup.org/our-services/tax-assistance/file-taxes-online-for-free/>
  - Phone: (312) 409-1555 (Monday – Friday 9am-5pm)
- Beyond Legal Aid has attorneys providing free over-the-phone legal advice. Call their helpline for confidential support and advice on Tuesdays from 5pm-8pm.
  - Website: <https://www.beyondlegalaid.org/enlaceclinic>
  - Phone: (773)-893-0798

## Utilities & Internet

- Both [ComEd](#) and [People's Gas](#) have announced that no customer's service will be disconnected for non-payment, effective immediately at least through the end of April.
  - ComEd: <https://www.comed.com/News/Pages/coronavirus.aspx>
  - People's Gas: <https://www.peoplesgas.com/updates/>
- The City of Chicago is temporarily suspending debt collection, ticketing, and towing practices to provide debt relief in response to the COVID-19 outbreak. Residents who owe debt will not face ticket doubling and defaults on payment plans during this health crisis.
- [Comcast](#) will not disconnect a customer's internet service or assess late fees if the customer contacts them and lets them know that they can't pay their bills during this period. They are also offering 60 days of free internet access for qualifying families.
  - Website: <https://corporate.comcast.com/covid-19>
- [Charter Communications](#) is offering free internet for two months for households with students.
  - Website: <https://variety.com/2020/digital/news/charter-free-broadband-coronavirus-students-1203533537/>
- See below for a broadband/ hot spot map that can be used to link individuals who need access to Wi-Fi with locations where they can gain access for free.
  - Website: <http://illinois.maps.arcgis.com/apps/webappviewer/index.html?id=23e8046edd2940bc8ad3ad1725e47cd0>
- Many other internet providers are also offering free and reduced internet services to households that need them during this crisis, including [Spectrum](#), [AT&T](#), [Verizon](#) and [T-Mobile](#).
  - Spectrum: <https://www.spectrum.com/browse/content/spectrum-internet-assist>
  - AT&T: <https://about.att.com/pages/COVID-19.html>
  - Verizon: <https://www.verizon.com/about/news/our-response-coronavirus>
  - T-Mobile: <https://www.t-mobile.com/brand/ongoing-updates-covid-19#customers>
- [Free Conference Call](#) has free services for online meetings and webinars.



- Website: <https://www.freeconferencecall.com/>

## Transportation

Please stay home as much as possible! But if you do need to go somewhere (work, grocery shopping, picking up medicine or other essentials) here are some tips:

- [CTA](#) is still running and not making any operational changes at this time. See their website for tips for riders and updates on measures they are taking to address this health concern.
  - CTA: <https://www.transitchicago.com/coronavirus/>
- [Metra](#) and [Pace](#) are both operating with temporary alternate schedules to adjust for the reduced number of riders during school closures and work-from-home mandates.
  - Metra: <https://metrarail.com/riding-metra/service-updates/alternate-schedules>
  - Pace: <http://www.pacebus.com/>
- Download the [Transit App](#) and subscribe to service alerts for the latest updates on your transit lines.
  - App link: <https://transitapp.com/>
- You can also avoid contact by walking or taking alternative modes of transportation. Divvy Bikes are still up and running, and they are working with the Chicago Department of Transportation to offer [half-off annual memberships](#) for \$49.50 as well as \$1 single rides through April 30. As always, you can get a [\\$5 annual membership](#) if your annual household income is below their qualifying level.
  - ½ off: <https://www.divvybikes.com/blog/covid19>
  - \$5 annual: <https://www.divvybikes.com/pricing/d4e-chicago>
- See the World Health Organization's [travel advice page](#) for updated travel recommendations and a Q&A video on travelling during the outbreak.
  - Website: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>

## Mental Health

- See [this document](#) for a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT).

- Document Link: [https://drive.google.com/file/d/1\\_O8grFdwMDuGVIE\\_RvdRfhHhf6xf3tY8/view?fbclid=IwAR2f-xDE6OpkK3W02KkLICyo43TC70EbrNT3JW7Eo6T-IFV5AkmgyqmGo9k](https://drive.google.com/file/d/1_O8grFdwMDuGVIE_RvdRfhHhf6xf3tY8/view?fbclid=IwAR2f-xDE6OpkK3W02KkLICyo43TC70EbrNT3JW7Eo6T-IFV5AkmgyqmGo9k)
- **NAMI Chicago** operates a free and confidential helpline seven days a week, staffed by clinicians and peers who can guide you through types of mental health treatment, lend a compassionate ear, connect you to legal and housing support, and provide mental health resources. Call the helpline at 833-626-4244.
  - Website: <https://www.namichicago.org/>
- **Headspace** is offering a free collection of online guided meditations called “weathering the storm.” There are also many guided exercises for meditation, sleep and movement available for free on YouTube.
  - App link: <https://www.headspace.com/covid-19>
- Sinai Behavioral Health is still accepting new patients and are open from 8am to 5pm (Monday through Friday) by appointment only. Currently all services are being provided via TeleHealth. Please call the number below for more information.
  - Phone: (773)-257-5300
- I AM ABLE Center for Family Development, located in North Lawndale, is providing Telehealth mental health services.
  - Phone (773)-826-2929
  - Website: <https://www.iamablecenter.org/>
- Additional resources:
  - [Managing OCD about Coronavirus](#)
    - <https://www.shalanicely.com/aha-moments/managing-ocd-about-coronavirus/>
  - [Navigating Coronavirus Anxiety](#)
    - <https://www.foodallergycounselor.com/blog/resources-for-navigating-coronavirus-anxiety>
  - [Care for Your Coronavirus Anxiety](#)
    - <https://www.virusanxiety.com/>
  - [Online Resources for Coping with Coronavirus-Related Stress and Anxiety](#)
    - <https://www.insider.com/online-mental-health-resources-for-coronavirus-related-anxiety-stress-2020-3>
  - [Taking Care of Your Emotional Health](#) (available in Spanish)
    - <https://emergency.cdc.gov/coping/selfcare.asp>
  - [Looking After Your Mental Health While Self-Isolating](#)
    - <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/?>

[fbclid=IwAR0iyPLFBz0rcvJ\\_mCmBn1zNUEBSmZHC4DtG-vtJ5AkE8fa-1ZjHJAJAzRc](https://www.fda.gov/oc/ohrt/2020-04-16-ohrt-report)

## Physical Health and Safety

- The Centers for Medicare & Medicaid Services (CMS) have issued home health guidance related to control and prevention of COVID-19, including answers to frequently asked questions regarding risk, screening, hospitalization versus at-home treatment, and infection prevention and control practices. See [their website](#) for a link to the full guide and a PDF of household tips for decreasing the spread of the virus.
  - Website: <https://mailchi.mp/qualityinsights/cms-covid-19-guidance-for-home-health?e=bc4823172>
- The City of Chicago has posted [responses to frequently asked questions](#) about the stay at home order.
  - Website: <https://www.chicago.gov/city/en/sites/covid-19/home/stay-at-home-order-faq.html>
- See [this page](#) from the Occupational Safety and Health Administration (OSHA) for tips, information and resources for workers to prevent exposure and infection.
  - Website: <https://www.osha.gov/SLTC/covid-19/>
- The city of Chicago has developed a platform to help you know what to do if you have COVID-19 symptoms. If you're having symptoms, you can check in here and they'll check back with you via text message during your illness. Registering with [Chi COVID Coach](#) will let CDPH alert you when COVID-19 testing – and down the line, approved antibody testing – is available – and even further down the line, when a vaccination campaign begins (likely 2021).
  - Website: <https://covidcoach.chicago.gov/>
- On April 8th, the CDC issued an Interim Guidance for Implementing Safety Practices [for Critical Infrastructure Workers](#) who may have had exposure to a person with suspected or confirmed COVID-19
  - Website: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/critical-workers-implementing-safety-practices.pdf>
- The CDC has issued on April 17th a helpful diagram of the key issues that [businesses](#) need to consider with respect to reopening their operations.
  - Website: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/fs-reopening-america-workers-at-risk.pdf>

- Heroes Home Health is providing home skilled nursing, therapy services, medication/ medical supply delivery, and COVID-19 Testing. The organization is also sending physicians out to patient homes for evaluation and medication refills.
  - Website: <http://www.heroeshomehealth.com/>
  - Email: [milibke@heroeshomehealth.com](mailto:milibke@heroeshomehealth.com)
  - Office Phone: (312)- 265-1532
  - Contact: Mark Libke; Cell: (312)-498-6616
- Additional resources:
  - [Information for patients with chronic health conditions](#)
    - [http://www.bccdc.ca/resource-gallery/Documents/Guidelines and Forms/Guidelines and Manuals/Epid/CD Manual/Chapter 1 - CDC/COVID-19-Handout-chronic-disease.pdf](http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20-%20CDC/COVID-19-Handout-chronic-disease.pdf)
  - [What people with asthma need to know](#)
    - [https://community.aafa.org/blog/coronavirus-2019-ncov-flu-what-people-with-asthma-need-to-know?fbclid=IwAR3oFDk6mRjsIEkDBwUZqah2-U9id7y6MBTTBXQQVecUEk5omBYV20XvP\\_Y](https://community.aafa.org/blog/coronavirus-2019-ncov-flu-what-people-with-asthma-need-to-know?fbclid=IwAR3oFDk6mRjsIEkDBwUZqah2-U9id7y6MBTTBXQQVecUEk5omBYV20XvP_Y)
  - [COVID-19 Resources for the Disability Community](#)
    - <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>
  - [Plain language info on COVID-19 for people with disabilities](#) (in English and Spanish)
    - <https://selfadvocacyinfo.org/>
  - [Info on COVID-19 for survivors of domestic violence/sexual assault](#)
    - <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>
  - [COVID-19: Tips for Dementia Caregivers](#)
    - [https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care?WT.mc\\_id=enews2020\\_03\\_18&utm\\_source=enews-aff-59&utm\\_medium=email&utm\\_campaign=enews-2020-03-18&utm\\_content=homeoffice&utm\\_term=Story1](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care?WT.mc_id=enews2020_03_18&utm_source=enews-aff-59&utm_medium=email&utm_campaign=enews-2020-03-18&utm_content=homeoffice&utm_term=Story1)

## Testing Sites

- Mile Square Health Center has expanded COVID-19 testing to its South Shore clinic location. Testing is by appointment **only Monday – Friday, 10 am to 3 pm**. To see if you qualify for testing, you must call ahead. Insured and uninsured patients are welcomed.
  - Address: 7037 S. Stony Island Ave., 60649

- Phone: (866)-600-2273
- Esperanza is offering testing for patients and non-patients who are experiencing symptoms of COVID-19 and believe they may have been exposed. Tests are offered at their Brighton Park location. Testing hours are 8:00AM to 5:00PM Monday through Friday and 8:00AM to 2:00PM on Saturdays. Testing is through appointment only and you must call ahead.
  - Address: 4700 S. California Ave
  - Phone: (773)-584-6200

## Harm Reduction

- The Harm Reduction Coalition has published [COVID-19 guidance for people who use drugs](#), including tips for safer drug use during the COVID-19 outbreak and updated information on syringe services and harm reduction provider operations.
  - Website: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>
- [The Chicago Recovery Alliance](#) has issued a statement addressing the ongoing crisis and announcing they will continue to operate services at all outreach and drop-in locations.
  - Website: <https://anypositivechange.org/covid-19/>
  - West Side Phone Contacts: Sara (habla español) (773)-860-1807; John (708)-337-0032; Susie (630)-788-6050; Karen (773)-860-1803

## Parents and Kids

- Check [this list](#) for free services and subscriptions offered by education companies due to school closings.
  - List link: <http://www.amazingeducationalresources.com/>
- Check [this list](#) for available childcare workers in Chicagoland during COVID-19.
  - List link: [https://docs.google.com/spreadsheets/d/1\\_v3oJj8eBD2OEVDCrZZr4maaigc4yqdwreI4YC9wXcU/edit#gid=0](https://docs.google.com/spreadsheets/d/1_v3oJj8eBD2OEVDCrZZr4maaigc4yqdwreI4YC9wXcU/edit#gid=0)
- Use this search engine to find childcare within your zip code. Services vary by provider but the hotline is open from 9am-3pm.
  - Website: <https://emergencycare.inccrra.org>
  - Phone: (888)-228-1146
- Illinois Action for Children is currently providing assistance to pay for childcare services if you're an essential worker.

- Website: <http://covid19.actforchildren.org/essential-workers/paying-for-child-care>
- Phone/Email: (312)-736-7390; [essentialworkers@actforchildren.org](mailto:essentialworkers@actforchildren.org)
- [SitterCity](#) is offering three months of free childcare for Chicago parents working as first responders.
  - Website: <https://family.sittercity.com/chicagoresponds/>
- Register for [this webinar](#) with ongoing occurrences throughout March, April and May to learn medically accurate and age appropriate content to share with kids age 5-13 from a professor of public health.
  - Website: <https://www.eventbrite.com/e/what-every-elementarymiddle-student-needs-to-know-about-the-coronavirus-tickets-99881837264>
- As of March 31, all Chicago Park District fieldhouses and playgrounds will remain closed until April 30, and all park programs and events are postponed. While open space at most parks remains open, park users must maintain social distancing when walking, running and cycling; contact sports like basketball and football are restricted.
- All Chicago Public Library locations are now closed through April 30.
- [Varsity Tutors](#) has launched a free Virtual School Day offering more than 20 hours of live, online classes across a variety of core subjects for students from kindergarten through 12th grade.
  - Website: <https://www.eventbrite.com/e/what-every-elementarymiddle-student-needs-to-know-about-the-coronavirus-tickets-99881837264>
- For families that live between Ashland and Damen and 63rd-67th Street in Chicago, I Grow Chicago is providing Care packages with basic needs supplies (food, soap, toilet paper) and games and books to each of their families.
  - Website: <https://www.igrowchicago.org/an-update-on-covid-19/>
  - Phone: (312)-286-7392
- The ARK of St. Sabina is providing free childcare for parents who have no other means of childcare for ages 6-17 years. A light breakfast and lunch are provided.
  - Website: <https://www.thearkofstsabina.org>
  - Phone: (773)-483-4333
- Sinai Community Institute's WIC and Family Case Management (FCM) programs are still servicing clients and supporting mothers/ soon-to-be mothers in meeting their nutritional and clinical needs. WIC and FCM are both servicing new/ old

participants. WIC instructs patients to contact the program via the phone first and they will be given a date and time to pickup food vouchers.

- WIC: (773)-257-6446
- FCM: (773)-257-6216
- Additional resources:
  - [Just for Kids: A Comic Exploring the New Coronavirus](#)
    - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
  - [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#)
    - [https://mcusercontent.com/3d7f14113bfe0e90aa9fa484e/files/677e59ba-51ae-435b-8136-2bac3f5e0634/NCTSN\\_Fact\\_Sheet.pdf](https://mcusercontent.com/3d7f14113bfe0e90aa9fa484e/files/677e59ba-51ae-435b-8136-2bac3f5e0634/NCTSN_Fact_Sheet.pdf)
  - [Home-based Learning and Caregiver Resources](#)
    - <https://docs.google.com/document/d/1sGUs-oWhfjlmFpXzs0mE7m0VDB-g9B5Lv4Tz3oT274g/edit?fbclid=IwAR26O0sqq3iFKXPpobE1ke8QueYwk2IJ3Oi8NkULTXUhWBoBVq-K7dENGzM>
  - [Caring for Children during Extended Family Confinement](#)
    - [https://docs.google.com/document/d/1xPux2RohAjW7QETj7I3j1evXwLnXs5lnAv7PSvl0b\\_o/mobilebasic?fbclid=IwAR1WugPxb9cGQAYlYIswaC5re-O6apbNXWE7s\\_XlecEIKEGy43kBOviZQjo](https://docs.google.com/document/d/1xPux2RohAjW7QETj7I3j1evXwLnXs5lnAv7PSvl0b_o/mobilebasic?fbclid=IwAR1WugPxb9cGQAYlYIswaC5re-O6apbNXWE7s_XlecEIKEGy43kBOviZQjo)
  - [Anti-Oppressive/Anti-Racist Home School Options during Quarantine](#)
    - [https://docs.google.com/document/d/1rBqt7UJ7U\\_8Nz0mnLqbRd3TsSgzoJ1gawefZPCNNmAY/mobilebasic](https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLqbRd3TsSgzoJ1gawefZPCNNmAY/mobilebasic)
  - [Helping Kids' Mental Health during Coronavirus](#)
    - <https://www.freep.com/story/news/2020/03/21/coronavirus-mental-health-kids-stress/2874695001/>

## Older Adults

- The [American Association of Retired Persons \(AARP\)](#) will host a weekly live Coronavirus Information Tele-Town Hall on Thursdays at 1pm ET. Join each week for the latest information on COVID-19 by calling toll-free at 855-274-9507.
  - Website: <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html?intcmp=ALRT-VIRUS-TOWN-HALL>
- Read [this article](#) for guidelines for seniors on maintaining mental health and well-being during the pandemic.
  - Article Link: [https://laist.com/2020/03/19/guide\\_seniors\\_mental\\_health\\_coronavirus.php](https://laist.com/2020/03/19/guide_seniors_mental_health_coronavirus.php)

- Read [this article](#) for ideas on how older people can use technology to stay healthy and connected while avoiding coronavirus.
  - Article Link: <https://www.vox.com/recode/2020/3/19/21185746/covid-19-seniors-apps-amazon-skype-food-delivery>
- See [this directory](#) from the Illinois Department on Aging for a list of agencies, organizations and support groups committed to serving Illinois seniors and their caregivers in a variety of ways.
  - Directory Link: <https://www2.illinois.gov/aging/Resources/Pages/directory-main.aspx>
- Many grocery stores have established designated shopping hours early in the morning for people who are at higher risk for complications from COVID-19 because of age or medical conditions. Check with your local store via phone, website or social media for information about priority shopping hours.
- Southwest Senior enter has a food pantry that is open to the public bi-monthly on Tuesday (1pm-3pm). Call ahead at 312-743-1553 to verify dates.
  - Website: [https://seniorcenter.us/sc/southwest\\_regional\\_senior\\_center\\_chicago\\_il](https://seniorcenter.us/sc/southwest_regional_senior_center_chicago_il)

## Immigrants and Undocumented Communities

- Mayor Lori Lightfoot has [signed an executive order](#) to ensure that refugee and immigrant communities in Chicago have equal access to benefits and services provided by the city, including COVID-19 disaster relief, regardless of birthplace or citizenship status.
  - Website: <https://thehill.com/homenews/state-watch/491572-chicago-mayor-signs-order-ensuring-immigrants-and-refugees-have-access?fbclid=IwAR0G-jZ21fK56XmimXypdqWxgxdwN6G0Hp2hMnTwwK3fm69eT6Vezc2BU4>
- The Illinois Coalition for Immigrant and Refugee Rights (ICIRR) created [this comprehensive guide](#) to address the needs of the immigrant and refugee community in the state of Illinois during the COVID-19 crisis.
  - Website: [https://docs.google.com/document/d/1\\_FkBIQh4AluGm3\\_rQAVBIHmDM-j5cxatvnloxElbmCc/edit?fbclid=IwAR0KPNnH67xg\\_Kxl0ZIHr5Hz-yYI2lkr720vmS2xGFWFrki-mVz0a03ckY](https://docs.google.com/document/d/1_FkBIQh4AluGm3_rQAVBIHmDM-j5cxatvnloxElbmCc/edit?fbclid=IwAR0KPNnH67xg_Kxl0ZIHr5Hz-yYI2lkr720vmS2xGFWFrki-mVz0a03ckY)
- [The National Immigration Law Center](#) has posted a detailed update on access to healthcare for immigrants and their families.



- Website: <https://www.nilc.org/issues/health-care/update-on-access-to-health-care-for-immigrants-and-their-families/>
- Latinos Progresando has compiled a comprehensive resource guide that is available in both English and Spanish.
  - Website: <https://latinospro.org/covid-19-resource-guide/>
- The Community Development Committee of Little Village has started to compile resources that will help mitigate the effects of COVID-19 on the community, with a focus on resources in Little Village, resources in Spanish, and resources for immigrants and workers in the informal economy.
  - Website: <https://unetelavillita.wordpress.com/covid-19/>
  - Email: [UneteLaVillita@gmail.com](mailto:UneteLaVillita@gmail.com)
  - Phone: (771)-231-0664
- Although undocumented people are usually not eligible for health insurance, you can always receive healthcare through free and low-cost clinics that serve the uninsured. See this [clinic directory](#) from the Illinois Association of Free & Charitable Clinics to find a clinic location near you.
  - Directory Link: <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>
- U.S. Citizenship and Immigration Services published [this notice](#) regarding non-citizen testing for COVID-19 and how that affects the new “public charge” rule.
  - Website: <https://www.uscis.gov/greencard/public-charge>
- [Immigrants Rising](#) has compiled a [resource list](#) to help undocumented communities find tangible support to navigate this crisis.
  - Website: <https://immigrantsrising.org/>
  - List Link: [https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUdegN8\\_l1L4uIIFwzk/edit](https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUdegN8_l1L4uIIFwzk/edit)
- The Latino Policy Forum has compiled resources regarding COVID-19 and provides that information in both English and Spanish on their Website.
  - Website: <https://www.latinopolicyforum.org/blog/coronavirus-resources>
- See [this spreadsheet](#) for a collection of Asian American, Native Hawaiian, and Pacific Islander in-language resources on COVID-19.
  - Website: <https://docs.google.com/spreadsheets/d/1XePaKv7Ar59PG7z37QqzIb8WfynEx5BK5ZfK3VLXIJA/edit#gid=1512808134>

- Asian Americans have been targeted by racism and xenophobia related to the coronavirus or COVID-19. Asian Americans Advancing Justice is offering resources in response to this hate.
  - Website: <https://advancingjustice-aaajc.org/covid19>

## Support for Incarcerated People

- If you have a loved one locked up pre-trial and cannot afford to pay their bond, contact the [Chicago Community Bond Fund](#) for assistance. Incarcerated people are particularly vulnerable to the COVID-19 outbreak as they are in a confined space, often in overcrowded and unsanitary conditions.
  - Website: <https://chicagobond.org/>
- The [Abolitionist Mutual Aid Fund for Incarcerated Comrades](#) is raising money for commissary funds to help incarcerated people access the resources they need to survive the COVID-19 crisis inside prisons. If you know someone inside, fill out [this form](#) to request funds for soap and supplies for them.
  - Website: <https://www.paypal.com/pools/c/8npG1wcuiJ?fbclid=IwAR23gyHeQH1mCapmR3QKgBkCHMhQvtpkYTinARo5uTXW95ppb8llfRF6tec>
  - Form Link: [https://docs.google.com/forms/d/1ZmfZQYfAdiKTzu9k6utiBdNWX1x5bNjstFlkemYzhus/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1ZmfZQYfAdiKTzu9k6utiBdNWX1x5bNjstFlkemYzhus/viewform?edit_requested=true)

## Arts and Entertainment

- [Open Culture](#) offers free cultural and educational media online, including audio books, online courses, movies and language lessons.
  - Website: <http://www.openculture.com/>
- You can [apply online](#) for a Chicago Public Library card to get access to their eBooks and online resources.
  - Website: [https://www.chipublib.org/get-a-library-card/?fbclid=IwAR0kJJkZRwbNNiIKVWMO0cG3VL1YyCOW\\_Pg6AYZ0GvxB9Btz0aGrqlevi\\_8](https://www.chipublib.org/get-a-library-card/?fbclid=IwAR0kJJkZRwbNNiIKVWMO0cG3VL1YyCOW_Pg6AYZ0GvxB9Btz0aGrqlevi_8)
- [Google Arts and Culture](#) has free virtual tours of museums and galleries around the world.
  - Website: <https://artsandculture.google.com/partner?hl=en>
- [The Metropolitan Opera](#) is streaming free daily operas.

- Website: <https://www.metopera.org/>
- NPR has published a list of [live virtual concerts](#) you can watch for free throughout March and April.
  - Website: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Additional resources:
  - [Virtual National Park Tours](#)
    - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
  - [Free Online Ivy League Courses](#)
    - [https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR0cg0N3QfLsOqfwf-4o67iclNKzT4\\_D276NZVY\\_74qExMNFAU3zeEWQZg](https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR0cg0N3QfLsOqfwf-4o67iclNKzT4_D276NZVY_74qExMNFAU3zeEWQZg)
  - [100 things to do inside](#)
    - <https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>

## Faith and Spirituality

- Watch [this webinar recording](#) to learn what congregations and other groups are doing to sustain connection in a coronavirus world.
  - Website: <https://www.youtube.com/watch?v=OHfNHUXHqJE&feature=youtu.be>
- Stone Temple Church is offering call-in prayer daily at noon.
  - Phone: (760)-548-9532
- Some houses of worship are live-streaming their services. Check their websites for details.
- Additional resources:
  - [Spiritual Practices for the Coronavirus Pandemic](#)
    - <https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic>
  - [Spirituality & Health Resources to Help you Stabilize](#)
    - <https://spiritualityhealth.com/blogs/the-present-moment/2020/03/14/covid-19-resources-to-help-you-stabilize>

## COVID-19 Updates

- Main sites to consult for the latest information on COVID-19:
  - [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
    - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  - [World Health Organization \(WHO\)](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)
    - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
  - [Centers for Medicare & Medicaid Services \(CMS\)](https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Current-Emergencies/Current-Emergencies-page)
    - <https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Current-Emergencies/Current-Emergencies-page>
- The Chicago Department of Public Health and the State will also be updating their pages with the latest information on a range of topics regarding COVID-19, including resources and support available to people across the city and updates on their coordinated response to the virus. They have also developed a COVID Resource finder with verified resources.
  - City Website: <https://www.chicago.gov/city/en/sites/covid-19/home.html>
  - State Website: <https://coronavirus.illinois.gov/s/>
  - Resource Finder: <https://covid.citybureau.org/en/>
- Sinai Health System COVID-19 Informational Hotline is available for patients and the community. Staff is available live from 7am to 5 pm, Monday through Friday. The hotline provides answers related to symptoms to watch for, what to do if you or a loved one becomes sick, screening procedures and other guidelines.
  - Phone: (773)-257-2682
  - Website: [www.sinaicovid19.org](http://www.sinaicovid19.org)

## Other Resource Guides

- [Resources for community response to COVID-19 in Chicago](https://docs.google.com/document/d/1J7OavtDfB8tP_uAIR_FOArHMwkKn_wh3iL1SJRJRjho/edit)
  - [https://docs.google.com/document/d/1J7OavtDfB8tP\\_uAIR\\_FOArHMwkKn\\_wh3iL1SJRJRjho/edit](https://docs.google.com/document/d/1J7OavtDfB8tP_uAIR_FOArHMwkKn_wh3iL1SJRJRjho/edit)
- [Chicago COVID-19 Resource Repository](https://docs.google.com/spreadsheets/d/1iAyhLARY2Rljj2uVBmq9BQ-Efa3pEphpDDxfA5mkdxQ/edit?pli=1#gid=105373441)
  - <https://docs.google.com/spreadsheets/d/1iAyhLARY2Rljj2uVBmq9BQ-Efa3pEphpDDxfA5mkdxQ/edit?pli=1#gid=105373441>
- [COVID-19 South Side Community Resource Guide](https://southsideweekly.com/covid-19-south-side-community-resource-guide/)
  - <https://southsideweekly.com/covid-19-south-side-community-resource-guide/>
- Alma E. Anaya Cook County Commission 7<sup>th</sup> District Resources

- [https://docs.google.com/document/d/1D2RY-QZbvghsRkesrTXnFLkupNJxY5MGuCuuPdpSChM/edit?fbclid=IwAR1QTfWCbWjEqzU0K-smAWDKzMxaf\\_OiGKIQU4j9TwrwSJFHB09bdYXh1sg#](https://docs.google.com/document/d/1D2RY-QZbvghsRkesrTXnFLkupNJxY5MGuCuuPdpSChM/edit?fbclid=IwAR1QTfWCbWjEqzU0K-smAWDKzMxaf_OiGKIQU4j9TwrwSJFHB09bdYXh1sg#)
- Brighton Park Neighborhood Council COVID-19 Resources
  - <https://www.bpncchicago.org/covidresources>