



APNA GHAR, INC. RESOURCES IN RESPONSE TO COVID-19 (NOVEL CORONAVIRUS DISEASE 2019)

HOTLINES

Smart 911 <https://www.smart911.com/>

The Illinois Department of Public Health (IDPH) has a statewide COVID-19 hotline and website to answer any questions from the public or to report a suspected case: call 1 (800) 889-3931 or visit www.DPH.illinois.gov

Cook County Department of Health Hotline: 708-633-3319 or email ccdph.COVID19@cookcountyhhs.org

City of Chicago Coronavirus Response Hotline: (312) 746-7425 (SICK): Mon-Fri 8am-4pm
Call them for instructions especially for those who are uninsured www.chicago.gov/coronavirus

Swedish Hospital: COVID-19 Hotline staffed with trained clinicians available to answer questions and offer assistance and the latest guidance. The number is (773) 907-7700

Rogers Park Community Response Hotline: 773 831 7668 <https://rpcrt.org/>

LEGAL ASSISTANCE

From the Cook County States Attorney's Office
<https://www.cookcountystatesattorney.org/news/cook-county-state-s-attorneys-office-city-officials-bring-awareness-resources-survivors>

Cook County Circuit Court: <http://www.cookcountycourt.org/>

HEALTHCARE

List of all Federally Qualified Health Clinics (FQHCs) in Chicago
https://npidb.org/organizations/ambulatory_health_care/federally-qualified-health-center-fqhc_261qf0400x/il/?location=chicago&page=2

Heartland Health Center Wilson: 773 751 7800
<https://www.heartlandhealthcenters.org/locations/hhc-wilson/>

All Heartland Health Center Locations: <https://www.heartlandhealthcenters.org/locations/>

Chicago Women's Health Center:
Mon-Fri 9-4pm; 773 935 6126 by appointment only
1025 W. Sunnyside, Suite 201, Chicago, IL 60640
<http://www.chicagowomenshealthcenter.org/>



Sunnyside Health Center:

Mon-Fri 8am-5pm; 773-878-8098 appointments encouraged

4501 N. Sheridan Rd, Chicago, IL 60640

<https://www.nearnorthhealth.org/sunnyside-health-center>

Planned Parenthood of Illinois (PPIL):

<https://www.plannedparenthood.org/planned-parenthood-illinois>

PPIL Rogers Park: 773 942 7193; 5725 N. Broadway, Chicago, IL 60660

Online Appointments and All locations: <https://www.plannedparenthood.org/planned-parenthood-illinois/locations>

<https://www.plannedparenthood.org/planned-parenthood-illinois/locations>

Illinois Association of Free and Charitable Clinics: <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>

COPING AND MENTAL HEALTHCARE

Hotline: Call 311 to be connected to a counselor from NAMI (National Association for Mental Illness) or call 833-624-4244

Crisis / Emergency Mental Health Providers:

<https://www.dhs.state.il.us/page.aspx?item=30893>

Supporting your Mental Health During COVID-19

<https://www.psychologytoday.com/us/blog/anxiety-zen/202003/19-ways-support-your-mental-health-during-covid-19>

Managing Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>

FOR PARENTS AND CAREGIVERS

Chicago Public Schools: www.CPS.edu/coronavirus

Childcare for Essential Workers: <http://www.dhs.state.il.us/page.aspx?item=68333>

Childcare Information: <https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx>

Homeschooling Guide and Resources: <https://thenorthstar.com/a-crash-course-on-homeschooling-for-parents-affected-by-covid-19-school-closings/>

Parent / Caregiver Guide to Coping: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>



FOOD ASSISTANCE

Food Banks: <https://www.chicagosfoodbank.org/find-food/>

Chicago Public Schools Food Distribution Things to Know: www.CPS.edu/coronavirus
<https://chicago.suntimes.com/coronavirus/2020/3/16/21181751/coronavirus-chicago-public-schools-food-meals-how-get-everything-know>

FINANCIAL ASSISTANCE

Illinois Department of Employment Security (IDES) for unemployment benefits:
<https://www2.illinois.gov/ides/Pages/default.aspx>

Mutual Aid Effort: Request and Provide Assistance

<https://docs.google.com/document/d/1BrTcX0r5NXpeOzXtSlpf4WsvrQitU0lnE8qOEKZYOGM/mobilebasic?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>

Consumer Protection at the Office of the Illinois Attorney General: To report price gouging and other financial exploitation by businesses during this time, call 217 782 1090

Emergency Rental Assistance:

https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/how_to_find_rentalassistanceinchicago.html

United Way COVID-19 Economic Relief Fund: 1-866-211-9966 for support for bills, rent and food

PUBLIC BENEFITS

Immigrant Family Resource Program (IFRP): For information on whether or not you may qualify for public benefits please call 1-855-437-7669 Monday through Friday from 9:30am to 4:30pm. Assistance is available in 8 different languages

Services are still available. However, the Illinois Department of Human Services (IDHS) has temporarily closed its on-site local Rehabilitation Services' (DRS) offices and scaled down staffing levels at its on-site Family and Community Resource Center (FCRCs) local offices to align with the health and safety guidance by public health officials.

- DRS' customers can reach local offices through [regular office phone numbers](#) or online at www.DRS.illinois.gov



- For benefits like Medicaid, SNAP, and TANF – customers can go to [ABE.illinois.gov](https://www.abe.illinois.gov) or call the ABE Call Center at 1-800-843-6154. Online or phone options encouraged.

HOUSING ASSISTANCE AND ADVOCACY

Wi-Fi: <https://corporate.comcast.com/covid-19?emci=c7a639b4-9368-ea11-a94c-00155d03b5dd&emdi=e49e36df-a168-ea11-a94c-00155d03b5dd&ceid=2639458>

Women's Shelters Cook County: <https://www.womenshelters.org/co/il-cook>

Cook County Homeless Shelter Directory <https://www.homelessshelterdirectory.org/cgi-bin/id/country.cgi?county=Cook-County&state=IL>

Recommendations for state and local government response:
<https://www.chicagohomeless.org/cch-recommendations-for-a-state-and-local-government-response-to-covid-19-among-people-experiencing-homelessness/>

Cook County has halted all evictions

PUBLIC TRANSPORTATION

Chicago Transit Authority: <https://www.transitchicago.com/coronavirus/>

INFORMATION FOR SURVIVORS OF GENDER VIOLENCE:

IL Statewide Help Line: 1 (877) 863-6338

Futures Without Violence: <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

VAWnet: <https://vawnet.org/news/preventing-managing-spread-covid-19-within-domestic-violence-programs>

National Network to End Domestic Violence: https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/

Risk Assessment: <http://www.ncdsv.org/images/DANGERAASSESSMENT.pdf>

IMMIGRATION AND TRAVEL

All people living in Illinois have the same access to healthcare and testing



Comprehensive Resources for Immigrants and Refugees Compiled by ICIRR

https://docs.google.com/document/d/1_FkBIQh4AluGm3_rQAVBIHmDM-j5cxatvnloxElbmCc/edit

City of Chicago Information for Immigrants

https://www.chicago.gov/content/dam/city/depts/mayor/Office%20of%20New%20Americans/PDFs/Resources_Flyers/Resources_Flyer_English_Color.pdf

CLINIC (Catholic Legal Immigration Network) <https://cliniclegal.org/covid-19>

U.S. Department of State travel advisory map <https://travelmaps.state.gov/TSGMap>

USCIS Things to Know: <https://www.uscis.gov/about-us/uscis-response-coronavirus-disease-2019-covid-19>

GENERAL INFORMATION

COVID-19 information In 35 languages <https://covid19healthliteracyproject.com/#languages>

State of Illinois: <https://coronavirus.illinois.gov/s/>

Cook County: <https://www.cookcountypublichealth.org/communicable-diseases/covid-19/>

City of Chicago: <https://www.chicago.gov/city/en/sites/covid-19/home.html>

Frequently Asked Questions:

<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq>

Centers for Disease Control (CDC)

Updates and Summaries: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>

Prevention Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Cleaning and Disinfecting Information: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

Print Resources: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Compiled Resources from Block Club Chicago

<https://blockclubchicago.org/2020/03/25/feel-sick-need-help-want-to-donate-heres-a-massive-list-of-coronavirus-resources-in-chicago/>