

Thursday, May 28, 2020

# COMMUNITY SAFETY ALERT

## Phase 3: Reopening Illinois

I hope you and your family are doing well. We wanted to share that Governor Pritzker's Restore Illinois Phase 3 Plan for re-opening is on track for Friday, May 29<sup>th</sup>. This phase includes reopening of many retail stores, barber shops & salons, kid's summer programs, bars and restaurants, and outdoor dinner service. As we reopen, we want to be sure that you and your family are safe, as the risk of exposure to COVID-19 in Cook County still exists in our community. We want you be healthy and careful to not "go back to normal" and become ill. We also know that you may be facing new challenges and our team has listened to your concerns and compiled a list of resources for you.

### Health Resources

- **COVID-19 Testing:** The health and safety of the members of our community continues to be our top priority. To that end, Norwegian American Hospital is proud to be working with the Puerto Rican Cultural Center, Vida SIDA, and Rincon Family Services with a COVID-19 Drive-Through Testing Site for members of our community.
  - **Please call (773) 292-8363 to schedule an appointment** for COVID-19 testing. Testing is being offered to individuals with symptoms on the Northwest side at no-cost. See attached flyer.
- **Multisystem Inflammatory Syndrome in Children (MIS-C):** This term describes a variation of COVID-19 symptoms that is seen in children and young adults. We feel it is important for members of our community to know about this, be able to recognize these symptoms and know how to respond appropriately. Please see the fact sheet (attached) on MIS-C.
- **Clinic appointments** via phone or in-person: we have implemented a robust screening process and are carefully bringing in patients to be seen by a medical professional. If you need an appointment, please contact us at 1-888- 624-1850

### Food resources

- Food resources on the [Northwest Side \(ENG\)](#) and [Northwest Side \(SPA\)](#) - *Call ahead to ensure the organization is open.*

- Fresh produce delivered to your door for a \$5 delivery fee: [Fresh Produce Delivery](#)
- **Greater Chicago Food Depository** – [Find Food](#). Including 25 locations in West Side neighborhoods. Visit website for site details. Call before you go in to confirm hours and requirements.

### **Masks Resources**

- **CDC guidelines on face coverings and [directions on how to make your own](#)**
- **Mask Up and Live** – Hosted by Illinois State Representative La Shawn Ford and neighborhood partners. They are collecting and giving out masks to those in need. Please visit [maskupandlive.org](#) for more information. Masks may be dropped off and collected at Creative Salon – 3946 West 16th Street.
- **[City wide cloth mask drive](#)** – Cloth masks are being collected at Aldermanic offices and churches and then taken to the United Center where TEAM Rubicon will be delivering them as needed. Specifications need to be followed and can be found on the website.
- **[Ward-specific Mask Give-Aways](#)** – Contact location prior to picking up
- Support local businesses and donate or receive [2 free masks](#) with delivery from participating restaurants or using the *Chowbus* app.

### **Cleaning Supplies Resources**

- How to make your own: [Bleach Sanitizer \(ENG\)](#) and [bleach sanitizer \(SPA\)](#)
- Difference between cleaning and disinfecting: [and: When to disinfect?](#)
- How to make your own: [DIY disinfecting solution - Dos and Don'ts](#)
- How to make your own: [hand sanitizer and disinfecting wipes](#)

### **Exercise Resources**

- [HelpGuide](#) provides tips and ideas for getting exercise during the COVID-19 pandemic.
- [Healthychildren.org](#) provides guidance on helping families implement daily exercise guidelines in Making Physical Activity a Way of Life: AAP Policy Explained. (Eng & Spa)
- This website also provides information on how to [keep children and adolescents safe](#) going outside during the pandemic and the effect of exercise on mental health. (Eng & Spa)

### **Other useful resources**

- Tips for finding reliable health resources: [English Here](#) and [Espanol Aqui](#)
- Communicating with children: [Communicating with Kids \(English\)](#) and [Communicating with Kids \(Espanol\)](#)
- At home and distant learning resources for parents and educators: [Evidence-based health, nutrition and physical education materials](#)
- Healthy eating and nutrition resources for parents: [Healthy Eating](#)
- Need tricks for home-schooling? [Education resources for parents and educators](#)
- How about mental health and staying active resources? [Click here](#)
- And check-out this site for: [How can you help during the pandemic?](#)

Stay safe,

José R. Sánchez

1044 N. Francisco Avenue, Chicago, IL 60622 • (773) 292-8200