DSCC_AlternateLayout_BLACK **COVID-19 Resources and Supports for Families**

# Statewide Resources and Supports

## **Meals and Financial Assistance**

* Food Bank information - <https://www.feedingamerica.org/take-action/coronavirus>
* Economic Assistance for Families - Apply for unemployment insurance if you are without access to paid sick leave or unable to work because of COVID-19. Call IDES at 1-800-244-5631 or visit <https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx>
* [Expanded SNAP benefits](https://www2.illinois.gov/Pages/news-item.aspx?ReleaseID=21314) - the Illinois Department of Human Services is increasing monthly benefit amounts, expanding SNAP access, and expediting process and flexibility. For many people, this will mean almost doubling their existing benefits. This expansion will result in almost $80 million more for Illinois families. Those eligible for SNAP include low-income seniors, people with disabilities, and working families. While many IDHS offices remain open, people are highly encouraged to stay at home and to sign up for SNAP and other benefits by visiting [DHS.illinois.gov/helpishere](http://www.dhs.state.il.us/page.aspx?item=123529).
* 211 – If you need assistance finding food, paying bills, accessing free childcare or other essential services, visit <http://www.211.org/services/covid19> or dial 211 to speak to someone who can help.
* [Illinois Council on Developmental Disabilities COVID-19 DD Relief Fund](https://www2.illinois.gov/sites/icdd/Announcements/Pages/Funding-Opportunities.aspx?eType=EmailBlastContent&eId=142575d5-27de-440b-a240-3161e79010b4)  
  The Council has voted to invest $150,000 to the Arc of Illinois to fund time-limited demonstration projects to assist in filling gaps in services that people with developmental disabilities and families are experiencing due to the COVID-19 pandemic. The COVID-19 DD Relief Fund will fund mini-grants up to $10,000 each with no minimum amount.
* List of major grocery store chains with special hours for seniors, at-risk populations and pregnant women - <https://www.snopes.com/news/2020/03/20/grocery-stores-special-hours/>
* Coronavirus (COVID-19): Small Business Guidance & Loan Resources from the U.S. Small Business Administration - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
* How the Coronavirus Stimulus Bills Affect You: <https://www.investopedia.com/how-the-coronavirus-stimulus-bills-affect-you-4800404>
* Ford Credit - Ford Credit is offering help to those who lease or finance through Ford Credit and are affected by COVID-19: <https://accountmanager.ford.com/>
* If you have any bills that are actively reporting to your credit, please call them and tell them that you live in an area affected by the coronavirus. Bills will be waived for up to 60 days with no late payments. Confirmed companies that are waiving fees are:   
  + Capital One
  + Ally Financial (Auto & Personal Loans)
  + Metro PCS
  + Sprint
  + T-Mobile
  + Navy Federal
  + All Commenity Bank Subsidiaries including Victoria Secret, Bed Bath & Beyond, Ashley Stewart, HSN, New York & Company.

## **Utility Resources**

* Governor J.B. Pritzker has called for a moratorium on shutoffs for all utility companies, including energy, telecom and water, and several have announced plans to maintain services and waive late payments.
* [Federal Communications Commission](https://docs.fcc.gov/public/attachments/DOC-363033A1.pdf)  
  FCC agreement stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.
* Com Ed: <https://www.comed.com/News/Pages/coronavirus.aspx?utm_source=CoronavirusBanner&utm_medium=ComEdWebsite&utm_campaign=CoronavirusBanner>
* Peoples Gas: <https://www.wecenergygroup.com/home/safety-message.htm>
* AT&T: <https://about.att.com/pages/COVID-19.html>
* Comcast: <https://corporate.comcast.com/covid-19>
  + Xfinity Wi-Fi Free for Everyone: Xfinity Wi-Fi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity Wi-Fi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser. There will also be no disconnects or late fees for existing customers.
* T Mobile: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response?icid=MGPO_TMO_U_CUSTSUPT_Z2739VFSHS97O7KGF20085>
* Sprint: <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>
* [Verizon](https://www.verizon.com/about/news/our-response-coronavirus)

Verizon COVID-19 response, following the FCC agreement to waive late fees, not cutoff service, etc.

## **Medical, Health and Condition-Specific Information**

* CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
* Illinois Department of Public Health - Recommended Guidance for Preventing Spread of COVID-19 in the Medically Fragile Child - <https://dscc.uic.edu/wp-content/uploads/2020/03/20200318_COVID-19_Guidance_Medically.pdf>
* [State of Illinois Coronavirus (COVID-19) Response](https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx) - This website will provide the latest news releases related to coronavirus, video archives of press conferences and tips from leading experts to keep you and your family safe.
* [HealthyChildren.org's COVID-19 Information for Families of Children and Youth with Special Healthcare Needs](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx) - Things that parents can do to keep themselves, their families, and their children with special health care needs safe during the COVID-19 outbreak.
* Telehealth Tips – Family Voices provides resources with guidance on how to use telemedicine, what to expect and policy changes.
  + [Resources in English](https://myemail.constantcontact.com/Resource-eBlast---COVID-19-Series-Part-2--Telehealth-Tips.html?soid=1102887255338&aid=e7Kg9X9xf9s)
  + [Resources in Spanish](https://familyvoices.org/wp-content/uploads/2020/04/EBlast-Abril-parte-2-Espa%C3%B1ol-Telesalud.pdf)
* DSCC Home Medical Supply Guidance During COVID-19: <https://dscc.uic.edu/wp-content/uploads/2020/04/Guidane-on-Home-Medical-Supplies-COVID19-6.pdf>
* Coronavirus myth busters - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
* COVID-19 Resource Center from Infectious Diseases Society of America - <https://www.idsociety.org/public-health/COVID-19-Resource-Center/>
* CDC - [Children and Youth with Special Healthcare Needs in Emergencies](https://www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html)
* Access Living’s COVID-19 Resources for the Disability Community: <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>
* Illinois Association of Free and Charitable Clinics – Directory of clinics in Illinois: <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>
* Plain Language Booklet on COVID-19 for People With Disabilities - <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf> (English), <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/> (Spanish)
* Illinois Department of Public Health: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>. To watch Illinois COVID-19 Press Updates, please [click here](http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/media-publications/daily-press-briefings). COVID-19 Hotline 1-800-889-3931 or email [dph.sick@illinois.gov](mailto:dph.sick@illinois.gov)
* [IDPH directory of county health departments](http://www.idph.state.il.us/local/alpha.htm)
* National Health Law Program - [Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic](https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/?utm_source=newsletter&utm_medium=email&utm_content=Ensuring%20People%20Have%20Access%20to%20Prescription%20Drugs%20During%20the%20COVID-19%20Pandemic&utm_campaign=2020.03.19_CSHCN_Network_Newsletter)
* [Know Who to Trust for Health Information](https://extension.illinois.edu/sites/default/files/reliable_health_information.pdf), Extension
* [Emergency Supply List](https://www.ready.gov/kit). Ready.gov by FEMA
* Hand washing - <https://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>
* Anxiety Relief - <https://docassistillinois.org/tools/resources-for-your-patients/perinatal-mental-health-resources/>
* Autism Speaks COVID-19 Information and Resources for the Autism Community **-** <https://www.autismspeaks.org/covid-19-information-and-resources>
* Autism – How to Handle Clinical Care During Social Distancing - <https://www.autismspeaks.org/science-news/how-handle-clinical-care-during-social-distancing-and-schoolprogram-closures>
* Autism Speaks’ Autism Response Team: 1‑888 AUTISM2 (288‑4762), En Español: 1‑888‑772‑9050,   
  [help@autismspeaks.org](mailto:help@autismspeaks.org)
* Autism - The “[Supporting Individuals with Autism through Uncertain Times](https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times)” online toolkit is from an interdisciplinary team at the University of North Carolina at Chapel Hill to help families and caregivers supporting individuals with autism during the COVID-19 epidemic.
* Cystic fibrosis **-** <https://cysticfibrosisnewstoday.com/2020/03/11/cf-families-advised-on-preventive-measures-to-avoid-coronavirus/>
* Heart disease - <https://www.heart.org/en/around-the-aha/coronavirus-precautions-for-patients-others-facing-higher-risks>
* Heart patients - <https://www.heart.org/en/news/2020/02/27/what-heart-patients-should-know-about-coronavirus>
* Conquering CHD COVID-19 Weekly Update – information for the congenital heart disease community: <https://www.conqueringchd.org/covid-19-update/>
* COVID-19 and Epilepsy - <https://www.epilepsy.com/article/2020/3/concerns-about-covid-19-coronavirus-and-epilepsy>
* COVID-19: What People with Spina Bifida Need to Know - <https://www.spinabifidaassociation.org/news/coronavirus2020/>
* National Deaf Center’s COVID-19 Information Page - <https://www.nationaldeafcenter.org/news/new-ndc-covid-19-information-page>
* COVID-19: Medical Communication Access for Deaf and Hard of Hearing: <https://www.nad.org/covid19-communication-medical-access-for-deaf-hard-of-hearing/>
* Talking to Children About Coronavirus: ASL & English Resources: <https://deafchildren.org/2020/03/talking-to-kids-about-coronavirus-asl-english-resources/>
* How Do Deaf, Hard of Hearing and DeafBlind Communicate at the Hospital During COVID-19?: <https://www.deafhhtech.org/rerc/how-do-deaf-hard-of-hearing-deafblind-communicate-with-doctors-nurses-and-staff-at-the-hospital-during-covid-19/>
* [Q&A on COVID-19 and Down Syndrome](https://www.ndss.org/wp-content/uploads/2020/03/2020-COVID19-DS-QA-Expanded-03-27-FINAL.pdf) – a national consortium provides information to help families care for their loved one with Down Syndrome during the pandemic.
* Travel considerations for individuals with Down Syndrome - <https://adscresources.advocatehealth.com/travel-considerations-for-people-with-down-syndrome/?fbclid=IwAR2SOjAsVwWBlnUKEFiCkbenjgenRvvD0LXO6bRExfxnv8sim0yKL2AGb3w>
* Sickle Cell Disease Association of America – Health alert for patients and caregivers for COVID-19: <https://www.sicklecelldisease.org/files/sites/181/2020/03/SCDAA-MARAC-COVID-19-Patient-Caregiver-Advisory-3-17-20-FINAL4.docx.pdf>
* Hydrocephalus Association – COVID-19 Guidance for People Living with Hydrocephalus - <https://www.hydroassoc.org/COVID-19/>
* The Muscular Dystrophy Association’s COVID-19 recommendations for the neuromuscular community: <https://www.mda.org/covid19>
* The non-profit organization Claire’s Place Foundation has launched a donation-based COVID-19 Emergency Fund to support the cystic fibrosis (CF) community by raising funds to provide patients and their families with groceries, supplies, and medications during the outbreak: <https://clairesplacec-19fund.funraise.org/>
* National Institute for Children’s Health Quality - [Coronavirus Disease 2019 (COVID-19) Information for Children’s Health Advocates](https://www.nichq.org/news-item/coronavirus-disease-2019-covid-19-information-childrens-health-advocates?utm_source=newsletter&utm_medium=email&utm_content=Coronavirus%20Disease%202019%20%28COVID-19%29%20Information%20for%20Children%E2%80%99s%20Health%20Advocates&utm_campaign=2020.03.19_CSHCN_Network_Newsletter)
* United We Dream - Healthcare Access for Undocumented Folks in the Time of COVID19: <https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/>
* National Alliance on Mental Illness Coronavirus Updates - <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
* Tips from the Mental Health First Aid curriculum to help you care for your own and your loved ones’ mental health: <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>
* If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, you can call:
  + Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline – (800) 985-5990
  + National Suicide Prevention Lifeline: (800) 273-8255
  + Text MHFA to 741741 to talk to a Crisis Text Line counselor
* National Council on Behavioral Health – Resources and tools, including how to cope in a crisis, navigating the behavioral health impacts and more: <https://www.thenationalcouncil.org/covid19/>
* Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
* National Alliance on Mental Illness (NAMI) HelpLine Coronavirus Information and Resources Guide - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
* National Alliance on Mental Illness (NAMI) Self-Care Inventory - <https://www.nami.org/getattachment/Extranet/Education,-Training-and-Outreach-Programs/Signature-Classes/NAMI-Homefront/HF-Additional-Resources/HF15AR6SelfCare.pdf>
* Coronavirus Disease 2019 (COVID-19): What You Need to Know About Its Impact on Moms and Babies - <https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you-need-to-know.aspx?utm_source=marchdimes-home&utm_medium=website&utm_campaign=home-2020&utm_content=homepage_carousel-covid19>
* 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>
* List of self-care and sleet wellness apps compiled by the McLean County Center for Human Services: <https://dscc.uic.edu/wp-content/uploads/2020/03/WellnessAppsSheet.pdf>
* COVID-19 Resources in Indigenous Languages: <https://mycielo.org/resources-in-indigenous-languages/>
* What Do Older Adults and People with Disabilities Need to Know? – Guidance from the Administration for Community Living: <https://acl.gov/COVID-19>
* Pediatrician Guidance on Telehealth - <https://www.healthychildren.org/English/family-life/health-management/Pages/Telehealth-Services-for-Children.aspx>
* [An Introduction to Health Care Through Telemedicine](https://midwestgenetics.org/resources/telemedicine-resources/) - The Midwest Genetics Network created these videos specifically for patients and their families to increase their awareness of the benefits of seeing a health care provider using telemedicine.
* Tips for Families - Receiving Early Intervention Services Through the Phone, Tablet, or Computer in English: <https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/Tips-for-Families-Remote-Home-Visit-Flyer-pg2.pdf>
* Tips for Families - Receiving Early Intervention Services Through the Phone, Tablet, or Computer in Spanish: <https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/TipsforFamiliesFlyerSPApg1.pdf>
* Resources for the rare disease community from Global Genes: <https://globalgenes.org/coronavirus-covid-19-resources/>
* [A Rare Response: Addressing the COVID-19 Pandemic](https://youtu.be/bmBShTojAYA) - This webinar recording from the National Organization for Rare Disorders provides expert guidance on living with a rare disease and maintaining physical and mental health in the time of COVID-19.
* [COVID-19 What You Need to Know Infographic](https://dotorg.brightspotcdn.com/86/08/2d5c9e2d4b34a041641f6530c88a/so-covid19-01.jpg) – A visual guide for individuals with disabilities.
* COVID-19 Resources for People With Disabilities, Families and Service Providers – The Arc: <https://thearc.org/covid/>
* [Working With Your Personal Attendant to Keep You Safe From Coronavirus](https://cms.ahs.uic.edu/inside-ahs/wp-content/uploads/sites/12/2020/03/2020.03.20-Working-with-Your-Personal-Attendant-to-Keep-you-Safe-from-Coronavirus-fact-sheet.pdf) - Information from the University of Illinois at Chicago's Program for Healthcare Justice for People with Disabilities
* [COVID-19 Communication Rights Toolkit](https://communicationfirst.org/covid-19/) – A toolkit for patients with the coronavirus who need communication tools and supports due to speech-related disabilities It (1) explains your communication rights, (2) provides tips on advocating for them, and (3) has an accommodation request form you can bring to the hospital.
* The Illinois Department of Human Services’ Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text “TALK” to 552020, or for Spanish, “HABLAR” to the same number: 552020. Call4Calm is free to use, and individuals will remain anonymous. Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support. Individuals can also text 552020, with key words such as “unemployment” or “food” or “shelter” and will receive information on how navigate and access supports and services.

## **Social Services**

* Social Security - <https://blog.ssa.gov/coronavirus-covid-19-important-information-about-social-security-services/?utm_medium=email&utm_source=govdelivery>
* Fact Sheet on Coverage and Benefits Related to COVID-19 Medicaid and CHIP:<https://www.cms.gov/files/document/03052020-medicaid-covid-19-fact-sheet.pdf>
* [Centers for Medicare & Medicaid Services (CMS)](https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet)  
  The Centers for Medicare & Medicaid Services (CMS) has broadened access to Medicare telehealth services so that beneficiaries can receive a wider range of services from their doctors without having to travel to a healthcare facility.
* [Benefits.gov - Finding the Right Help During the COVID-19 Outbreak:](https://www.benefits.gov/news/article/393) Helpful information on government benefits such as unemployment resources and healthcare coverage as well as resources for businesses and families.
* The [Division of Rehabilitation Services' (DRS](http://www.dhs.state.il.us/page.aspx?item=123529)) new toll-free number: Existing or prospective customers can call (877) 581-3690 to receive assistance regarding DRS programs and services that are designed to allow those with disabilities throughout the state to live, learn, and work independently. These services include in-home services, assistive technology, vocational and occupational rehabilitation, educational services for individuals with all types of disabilities, including Deaf or Hard-of-Hearing Illinoisans, Blind people, and people with low vision, along with other supports.
* [Illinois Early Intervention Live Video Visits](https://www2.illinois.gov/IISNews/21369-Illinois_Early_Intervention_Press_Release_.pdf) - Families will now be able to receive services through video for their infants or toddlers with disabilities or delays. Early Intervention services include help with movement, learning, interacting, behavior, and self-help skills.
* Shriner Center on Poverty Law – COVID-19 Resources for Families and Individuals in Illinois: <https://www.povertylaw.org/article/covid-19-resources-for-individuals-and-families-in-illinois/>
* COVID-19 resources for people with disabilities, their families, service providers and the workforce that supports them: <https://idhd.ahs.uic.edu/publications/coronavirus-disease-covid-19-resources/>
* [National Domestic Violence Hotline – Staying Safe during COVID-19](https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/): Information on how COVID-19 could uniquely impact intimate partner violence survivors and safety tips for survivors.
* Illinois WIC has services to support families during the COVID-19 outbreak: <https://dscc.uic.edu/wp-content/uploads/2020/04/WIC-Here-for-You-COVID-4.3.20-2-003.pdf>
* Coronavirus at Work: FAQs Around Disabilities: <https://workplaceinitiative.org/coronavirus-work-disabilities-faqs>
* [Illinois Attorney General’s Office](https://www.illinoisattorneygeneral.gov/pressroom/2020_03/20200310.html)  
  Attorney General Raoul issues warning about COVID-19 scams.
* Many parents are finding themselves faced with securing alternate means of childcare as school districts across the country close temporarily. Many of these parents will balance the need to work with the need to find a safe place for their children. Flip the Switch - Available at no cost through our partnership with Aly Raisman, any adult can complete *Stewards of Children*® online at no cost by using the code FLIPTHESWITCH at [www.fliptheswitchcampaign.org](https://urldefense.proofpoint.com/v2/url?u=https-3A__secure3.convio.net_d2l_site_R-3Fi-3DxegWT0P9pGi3PIuJFHSsDw&d=DwMFaQ&c=AhB17AiXOUbmb_5PuxZvwg&r=_vpkh8vzEhKHzNMm-6IVpLGgh2JtuigNkbDpissInfI&m=sarZV1X3N9DrGW-_dikfzerIuODZpwJ8VNg3iXDI4H4&s=Jiit8OADNe1UeRQrv-lpBeAMVZZX9hELliatmrYhmo4&e=).
* Darkness to Light's Talking to Kids About Safety From Sexual Abuse - If a shorter option is more appropriate than the full *Stewards of Children*® training, we're making our [Talking to Kids About Safety From Sexual Abuse](https://urldefense.proofpoint.com/v2/url?u=https-3A__secure3.convio.net_d2l_site_R-3Fi-3DkgP3kxD4hytyKhwhuKoUMA&d=DwMFaQ&c=AhB17AiXOUbmb_5PuxZvwg&r=_vpkh8vzEhKHzNMm-6IVpLGgh2JtuigNkbDpissInfI&m=sarZV1X3N9DrGW-_dikfzerIuODZpwJ8VNg3iXDI4H4&s=0ah-VB857v8ajgllFkS6zQK08MJL0S9HJ_dUBduXndY&e=) training available at no charge by using code Talk2020. This training is ideal for parents and caregivers who may be home with children and have time to invest in learning more.
* Coronavirus-related phishing scams - <https://www.who.int/about/communications/cyber-security>
* Conversation Starter Kit - The Conversation Starter Kit is a useful tool to help you have the conversation with a family member, friend, or other loved one about your – or their – wishes regarding end-of-life care: <https://theconversationproject.org/starter-kits/>
* Advance Directives - CaringInfo provides free advance directives and instructions for each state that can be opened as a PDF (Portable Document Format) file: <https://www.nhpco.org/patients-and-caregivers/advance-care-planning/advance-directives/downloading-your-states-advance-directive/>
* Basic information about estate planning and health care laws in your state - What If parents get sick and can’t take care of their child(ren)? Where do they start? This resource can help them plan: <https://statelaws.findlaw.com/illinois-law.html>
* Electronic Portal for SSI Recipients - The IRS has an electronic portal to assist people on SSI and other non-filers in receiving their stimulus payments.  Individuals can go to the portal, enter their personal information and that information will be utilized to send them a stimulus payment: <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

## **Parenting/Caregiving**

* What parents need to know about the coronavirus - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
* Zero to Three’s Coronavirus Tips for Families – Resources that offer tips for families, including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
* Family Voices March 2020 e-newsletter focused on coronavirus and resources for families - <https://myemail.constantcontact.com/Resource-eBlast---March-2020---Resources-for-Families.html?soid=1102887255338&aid=YgJvDCxkWo8>
* [COVID-19 Series - Part 1: Put On Your Own Oxygen Mask First](https://familyvoices.org/wp-content/uploads/2020/04/eBlast_April2020_Part1.pdf)- This Family Voices Resources eBlast shares resources for self-care and asks us to consider what happens if we get sick, with related types of emergency planning to consider in order to be prepared.
* [COVID-19 Series - Part 1: Put On Your Own Oxygen Mask First (in Spanish)](https://familyvoices.org/wp-content/uploads/2020/04/eBlast-April-2020-Part-1-Spanish_Abril-parte-1-Espa%C3%B1ol.pdf)
* Family Voices - [Are You Ready? Preparing for Emergencies: Tips for Families.](https://familyvoices.org/wp-content/uploads/2018/06/EmergencyDisasterPlanning_FamilyHandout.pdf)
* Tips for coping with a new baby during COVID-19 - <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>
* [Talking to Children About COVID-19: A Parent Resource](https://urldefense.proofpoint.com/v2/url?u=https-3A__32jl0.r.a.d.sendibm1.com_mk_cl_f_Fe-5F0eAORgfh4G2P0tAwEK5w2s00ckYRupCP5WBPleialRz0r6-5FacVBfW9-2DgmMqh6YxOShy7QxMbzaRb-5Fp7CnpLFYtPlwvFPPZbg27hwaOZc8L1X5f8SdMbtBwMsJzPGHwomwmEdhV0jRt1yL1EuEqAyi84QhuFIvtHsgZvYqzY9qy1xW7sJ3x9cxCsXkAL97k6ojgwO1k05mRNqrvFRonZIUfRlKFKY6OmY2Fe3tubgMm2Bz2zXNfiI9PsiydLjuHtPE-5FYp-5FHRjV-2DAnBJ1k5PkdrHe-5FbTf-5FxSkermoNofTdL9RDbNLwORuOo-5FcTKHQlv7VkD8W0uUYRm1uTLdhniL2PxGrPWT63RR9u5-2D-5FhoGicy1IUhiOlLEmFDos8eMT6iCK7mqw27jmlvLna4oENGo3r7-2DILf&d=DwMFaQ&c=AhB17AiXOUbmb_5PuxZvwg&r=PwOP4MDbucXR5Dh4XV9Vt8aT9oAxOvNv0EavDBaXxSE&m=MEQuHEHoGvBoC53OwBkvWhqYyufmuAaGylL89H_UZso&s=Veit_OiVMQoSNVzUTrhmGGYOPYQ0dKGrD0yaptZAn9A&e=) by the National Association of School Psychologists.
* [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](https://urldefense.proofpoint.com/v2/url?u=https-3A__32jl0.r.a.d.sendibm1.com_mk_cl_f_5m9mPqbTLC7tgGUpy-2DsA2XoYSDtnOr4Vv5IEM8zQFn8IvZWtm-2DHupEqokX0muAqiEsL5WJ750FK6flaH12v2WgOQtHcREr8t7A-2D9G3JVKasUwQUjExTt-5FUAQuHXm4QC9tbY0xwqCyjBbS3BA7ku8oKvjp5VobcSg7EwYRd4vIwCKklEFWpECisjgWL1oSH0VZoFssHbsr-5F4Shs8GFPKY5SKubGkZbNjEm9BUgpH-5F31GXXpTB0H0zKiNomDS-5FoaxNbSXmVm7JNGoi2LUL36SIFxWTTv0&d=DwMFaQ&c=AhB17AiXOUbmb_5PuxZvwg&r=PwOP4MDbucXR5Dh4XV9Vt8aT9oAxOvNv0EavDBaXxSE&m=MEQuHEHoGvBoC53OwBkvWhqYyufmuAaGylL89H_UZso&s=TlaJMLVg1qLjgjd42A1kJ_Tfn9TqG9HAVn88Q4QEmyM&e=) by the National Child Traumatic Stress Network.
* [Positive Parenting in COVID-19 Isolation](https://www.end-violence.org/articles/new-resource-pack-positive-parenting-covid-19-isolation) - Parenting experts have created a new set of evidence-based resources for parents and caregivers to support their children’s growth – and interact with them constructively – during this time of confinement.
* The Family Caregiver Alliance provides links to coronavirus-related resources and articles that will be of interest to caregivers and those in their care - <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>
* Center for Parent Information and Resources: Multilingual Resources on COVID-19 - <https://www.parentcenterhub.org/buzz-march2020-issue1/>
* The American Academy of Pediatrics advises parents facing stressors over COVID-19 to practice self-care, to reach out to others for help, and to use healthy discipline techniques, such as time-outs - <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/The-American-Academy-of-Pediatrics-Advises-Parents-Experiencing-Stress-over-COVID-19.aspx>
* Tips for coping with a new baby during COVID-19 - <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>
* [PBS Kids - How to Talk to Your Kids About Coronavirus](https://www.pbs.org/parents)
* [Save the Children - 7 Simple Tips on How to Talk to Kids about the Coronavirus](https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/coronavirus-outbreak-how-to-explain-children)
* Teaching kids handwashing during covid-19 - <https://www.youtube.com/watch?v=fSsdPZAGQFU&feature=youtu.be>

## **Childcare, Learning and Education Tools**

* School closure information**:** <https://www.isbe.net/Documents/ISBE-Guidance-Mandatory-Statewide-Closures.pdf>
* Emergency Child Care for Communities & Providers - <https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx>
* U.S. Department of Education: [Questions and Answers on Providing Services to Children With Disabilities During the Coronavirus Disease 2019 Outbreak](https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf?utm_content&utm_medium=email&utm_name&utm_source=govdelivery&utm_term&fbclid=IwAR2RAnhS8I9M1FuORUgeLQtpEyRTGUVPJ_TQ86fZhRENry0IWSg1mq4CaPI)
* IDHS funded babysitting for children with disabilities: [respiteinfo@envisionunlimited.org](mailto:respiteinfo@envisionunlimited.org)
* Resources for Educating Students With Disabilities During the Coronavirus Crisis: <https://www.ncsecs.org/news/resources-for-educating-students-with-disabilities-during-the-coronavirus-crisis/>
* [Illinois Early Learning Project - Learning at Home During Trying Times](https://illinoisearlylearning.org/reslists/trying-times/)
* [Illinois Early Intervention Clearinghouse - Everyday Early Intervention During Coronavirus](https://eiclearinghouse.org/resources/trying-times/)
* COVID-19 for Early Childhood - Resources for providers, programs and families with young children from the Governor's Office of Early Childhood Development: <https://www2.illinois.gov/sites/OECD/Pages/COVID-19.aspx>
* Wide Open School - New website from Common Sense Media offers families and educators resources on how to support students with disabilities during remote learning: <https://wideopenschool.org/programs/educator/prek-5/special-needs/>
* What if parents get sick and can’t take care of their child(ren)? Where do they start? Family Voices created this Child Care Options resource to help families plan for childcare if they are deported. Getting sick is different, but the need for pre-planning is similar: <https://familyvoices.org/wp-content/uploads/2018/06/FV-Immigration-Toolkit-Child-Care-Options-English-8.2017r.pdf>
* [Parenting and Ideas for Kiddos](https://myemail.constantcontact.com/Resource-eBlast---April-2020---COVID-19-Series-Part-3--Parenting-and-Ideas-for-Kiddos.html?soid=1102887255338&aid=7-L1rtb_1LE) – Family Voices shares resources for parenting during this challenging time and several activity ideas for the kids.
* Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world - <https://www.youtube.com/user/CosmicKidsYoga>
* Scholastic learning resources: <https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747&fbclid=IwAR1Ogq4XHJYi2IsiDQS1j4f8MRb1UqwsphG0KTlSAeYJ-jjr17bZUtqZd9k>
* Elementary science lessons. No signup required, no student login: <https://mysteryscience.com/school-closure-planning?fbclid=IwAR17mXjf2VyRPZIAb2jX_RmAbiIOSlohp-mtQ_xcn8lRVh6MdTlehLlxgZA>
* GoNoodle helps teachers and parents get kids moving with short interactive activities. Desk-side movement helps kids achieve more by keeping them engaged and motivated throughout the day. [www.gonoodle.com](http://www.gonoodle.com)
* A virtual tour of museums around the world: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR3ssStIT5LZZupz7E08uujCg-P8l-8x_0A9sQgIhMrQYvXkXZzW_UKgJXE>
* This website has objects from the Museum’s collection along with other Museum's collection around the state. Each object has a photo and a detailed description: <http://story.illinoisstatemuseum.org/>. Please feel free to use this lesson plan and worksheet to help guide your students learning through primary source objects: Lesson Plan for Story of Illinois and Worksheet for Story of Illinois. More online resources can be found on our website <http://www.illinoisstatemuseum.org/content/online-resources>.
* [www.storylineonline.net](http://www.storylineonline.net) – features famous people reading books aloud to kids – no login needed
* [www.Abcya.com](http://www.Abcya.com)
* [www.pbskids.com/games](http://www.pbskids.com/games)
* [www.nickjr.com/games](http://www.nickjr.com/games)
* Illinois State Museum list of live feeds and virtual field trips - <https://docs.google.com/spreadsheets/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&sle=true>
* The National Down Syndrome Congress hosted a webinar to help families adjust to online learning in the home setting. Sean J. Smith, professor of Special Education at the University of Kansas and NDSC board member, will help you prepare your home environment and help you find balance during this shift to a new normal. You can register to view the recording - <https://register.gotowebinar.com/register/8621072067341141771>
* The Cincinnati Zoo is providing a Home Safari Facebook Live each weekday at 2 p.m. (Central Standard Time) where they highlight an animal and include an activity you can do from home - <https://www.facebook.com/cincinnatizoo/>.
* Anyone who has Comcast with X1 with children at home for the next few weeks, just say “education” into your voice remote. Comcast has put together educational programming for all ages.
* Educational resources, including education companies offering free subscriptions due to school closings - <http://www.amazingeducationalresources.com/>
* Beachbody Kids Workouts – free selection of family fitness workouts - <https://vimeo.com/showcase/6880106>
* [National Federation of Families for Children's Mental Health's Home Resources Facebook page](https://www.facebook.com/NationalFederationHomeResources/) -   
  Resources to help keep your kids learning, active and engaged while they are home
* [Southern Illinois University Center for Family Medicine’s Family Survival Kit](https://dscc.uic.edu/wp-content/uploads/2020/03/COVID.FAMILY-SURVIVAL-KIT.pdf) – educational and fun resources for families
* [Lunch Doodles with Mo Willems](https://www.kennedy-center.org/education/mo-willems/) - Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo’s studio virtually once a day for the next few weeks.
* [A Parent’s Guide to Virtual Learning](https://www.ncld.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf) - Information from the National Center for Learning Disabilities on how to support students with disabilities during the COVID-19 crisis.

# Resources and Supports by Regional Office

## **Champaign Regional Office**

* [C-U Community Resource Guide: COVID-19](https://socialwork.illinois.edu/c-u-community-resource-guide/) - An organic guide to Champaign-Urbana community resources during the COVID-19 Pandemic. It’s a collaborative effort between the School of Social Work Community Learning Lab (CLL) and UniPlace Christian Church.
* The Champaign County COVID-19 Fund released $20,000 for housing assistance. Those in need should call the Champaign County Regional Planning Commission at (**877) 548-4205, Monday through Friday, 10 am - 6pm**: <https://www.uwayhelps.org/coronavirus-help>
* Carle Hospital in Champaign-Urbana has developed an online personalized screening tool to give guidance and resource to individuals regarding the virus: <https://carle.org/home/covid-19-screening>
* Free food boxes through Unit 4 (Champaign) school district and a number to call if you don’t have transportation, information available in Spanish: <https://www.champaignschools.org/news-room/article/26231>
* Resources for Immigrants in C-U : COVID-19 Edition: <https://docs.google.com/document/d/1Tz2Z-_HGrSmC5IMMqv8J71jQ_0Fq0WCpEODBsBTsqrs/edit>
* Chambana Moms Coronavirus Updates: <https://www.chambanamoms.com/2020/03/16/coronavirus-information-champaign-urbana-march-16/>
* Champaign Schools Breakfast/Lunch Program - <https://www.champaignschools.org/news-room/article/26231>
* [Northern Illinois Foodbank](https://solvehungertoday.org/get-help/where-to-get-food/) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
* [The Salvation Army of Decatur](https://centralusa.salvationarmy.org/decatur/) - The Salvation Army of Decatur’s Social Service Center remains operational to serve those in need during these turbulent times. We currently offer services through our Food Pantry on Monday, Wednesday, and Friday mornings. Our Pantry Manager and dedicated staff have converted to pre-boxed distribution as part of our coordinated response to COVID-19. Prescription Vouchers are available for those who struggle to cover the costs of their prescribed medications.
* Meals–
  + **Champaign**
    - **Maize, downtown at the Station**  
      Starting on Monday through Friday from 11AM through 3pm [Maize at the Station](https://www.facebook.com/maizestation/?__tn__=K-R&eid=ARAZtPU5s2oTDj3SbrzK-wJV9kvbGSSGchznaUCiyJVRgL5HdLuLMxSGSwDj0Pge9LUg2ocbSAVt1h9Q&fref=mentions&__xts__%5B0%5D=68.ARAdWgo3KEhGCPZc4UB2LnNbvG4tWbznf-__JtQXbRwA_T-MSDVKtHU0drsm_OYZzjyH_QFWNM8G1LlgiE9OBqmsPO6Oj85HLELD_2P3VfwXiD3h0LaCQBKbsCUp024pZI1DDAKR3lPOrqDh0GJKeO9kahkqCNskFfUCp7wYR246KV3sonyvhQhdrBKBEV2fMjTd4tIlEfVhMjkhsvhlgGv9mZPkaPAtfbOkUon1sN-lu3dPJPl-7OdfpyM9qjP7oFEzccNf_4MomgGvw4jpcc1kDxp2q_gBPLJhfvrvdXpSIvjT8jOGqZeqG1KN-RRuE7Vex8IsqI9VN4Bjov4FEA) will be providing free lunch meals to all kids through school closings. Kids will be given the option of our Mexican sandwich (torta) or Quesadilla along with a serving a rice, beans and juice. Just ask for our Kids Special and we will know. No purchase is required by a parent.  
      [100 N. Chestnut St.](https://wego.here.com/directions/mylocation/e-eyJuYW1lIjoiTWFpemUgYXQgdGhlIFN0YXRpb24iLCJhZGRyZXNzIjoiMTAwIE4gQ2hlc3RudXQgU3QsIENoYW1wYWlnbiwgSWxsaW5vaXMiLCJsYXRpdHVkZSI6NDAuMTE2NzY2OTcyNzI3LCJsb25naXR1ZGUiOi04OC4yNDA3NDkzNzI3MjcsInByb3ZpZGVyTmFtZSI6ImZhY2Vib29rIiwicHJvdmlkZXJJZCI6MjA1NjUxMDE0Nzk0MDE5M30=?map=40.116766972727,-88.240749372727,15,normal&ref=facebook&link=addresses&fb_locale=en_US)
    - **El Toro, all Champaign locations:**  
      Any kids who need lunch while school is suspended may visit our Champaign locations from 11-2 Monday through Friday and we will give you a kids menu meal for free.  
      [El Toro Bravo, 2561 W Springfield Ave](https://www.google.com/maps/dir/El+Toro+Bravo,+2561+W+Springfield+Ave,+Champaign,+IL+61821/data=!4m6!4m5!1m1!4e2!1m2!1m1!1s0x880cd06010d3ea35:0x6fc10240156cfc41?sa=X&ved=0ahUKEwiIyeGY7JzoAhWpB50JHRaVBHAQ48ADCCswAA)  
      [El Toro II, 723 S Neil St](https://www.google.com/maps/dir/40.1047552,-88.3326976/el+toro+champaign/@40.0984137,-88.3583883,12z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x880cd73488913a97:0x27c3bd8b40eb1e28!2m2!1d-88.2438883!2d40.1070308)  
      [El Toro Mexican Restaurant, 3401 Fields S Dr](https://www.google.com/maps/dir/40.1047552,-88.3326976/El+Toro+Mexican+Restaurant,+3401+Fields+S+Dr,+Champaign,+IL+61822/@40.087122,-88.3388143,14z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x880cd1cab6289ac7:0x3bb939d188e1f024!2m2!1d-88.3099218!2d40.0717747)
    - **McAlister’s Deli, Champaign**  
      Stop by McAlister’s Deli from 11am – 1pm, Monday through Friday. Every kid can receive a free sack lunch that contains a turkey and cheese sandwich, chips, applesauce and a cookie. Completely free, no other purchase is necessary.  
      [421 Town Center Road](https://wego.here.com/directions/mylocation/e-eyJuYW1lIjoiTWNBbGlzdGVyJ3MgRGVsaSIsImFkZHJlc3MiOiI0MjEgVG93biBDZW50ZXIgUm9hZCwgQ2hhbXBhaWduLCBJbGxpbm9pcyIsImxhdGl0dWRlIjo0MC4xNDE0MywibG9uZ2l0dWRlIjotODguMjUwMjQsInByb3ZpZGVyTmFtZSI6ImZhY2Vib29rIiwicHJvdmlkZXJJZCI6MTk0ODc5MzM3MjAyMjk3fQ==?map=40.14143,-88.25024,15,normal&ref=facebook&link=addresses&fb_locale=en_US)
    - **Wingstop, Champaign**Wingstop will give all students from grades K-12 a 5-piece boneless wing lunch combo from 11a-2p, Mon-Fri till the end of the month. For those students who have an ID, please bring your (or your child’s) school ID at time of pickup.  
      [512 S. Neil St.](https://www.google.com/maps/place/Wingstop/@40.1106808,-88.2452066,17z/data=!3m1!4b1!4m5!3m4!1s0x880cd73596d8bed9:0xca44ff9bb44ee909!8m2!3d40.1106808!4d-88.2430126)
    - **Jet’s Pizza, both Champaign locations**  
      Both Champaign Jet’s stores will be offering free Cheese Slices to kids Pre-K through Middle School from 11 AM to 2 PM **on Saturday and Sunday** over the next 3 weekends, starting 3/21/2020. This will be pick-up and carryout only; dine-in is closed.  
      [512 S. Neil St](https://www.google.com/maps/place/Jet's+Pizza/@40.110678,-88.245285,17z/data=!3m1!4b1!4m5!3m4!1s0x880cd735970be0ad:0xba1ea74589aca48a!8m2!3d40.110678!4d-88.243091)., [217-352-3333](tel:2173523333)  
      [1907 W. Springfield Ave.](https://www.google.com/maps/place/Jet's+Pizza/@40.112486,-88.280302,17z/data=!3m1!4b1!4m5!3m4!1s0x880cd08cd3ff4c07:0xd564e8d31cf73d20!8m2!3d40.112486!4d-88.278108), [217-352-9992](tel:2173529992)
  + **Savoy** 
    - **Industrial Donut,**[501 Commerce Dr., Savoy](https://www.google.com/maps/place/Industrial+Donut/@40.059759,-88.2542671,17z/data=!3m1!4b1!4m5!3m4!1s0x880cd1ff13f8704b:0xe8c054429607a2b9!8m2!3d40.059759!4d-88.2520731)  
      If your child is in need of **breakfast,** during this time, their donut is on us! Just let us know at checkout that your child has a free school donut, and we will take care of the rest. Please come between 7am and 11am.
  + Rantoul
    - **TK’s CheeseSteaks and Butcher Boy Burger, Rantoul**  
      Come up to [TK’s CheeseSteaks](https://www.facebook.com/tks.cheesesteaks/?__tn__=K-R&eid=ARDOOkt8FHlZWpeq0xOCsYF0lVsS8kyiXALa1sMlnAL1PaDUixaXwtS6Aaclcva3hVGNk4qT9XceTeWl&fref=mentions&__xts__%5B0%5D=68.ARCTPyy7I8nosEK300JS8SY5pUt3mdpf_pObv0N1qbmkG288JAbVVuMw2Bms8J7R2esEBByrKdngsizoejCuv--q9zUTOWh7p0xv4Qu-AISqZP578hBNKEeF0XfGYyZ8dXKrnslaMCSplWvfQaggim9KqNlqBkRPBRZXH6r1HEmtGXB6ZcpaEdWGxmfa8EMSP8w0zP-vloJpoOZsola5gL39zmRhfAi1OdEsn_IjLVEUCEQ28gUEfrTlQHIBWy2C-QiQfKC5wifVqgpdTUt49paQqLmY1sndCteVOJ7DuB2ddsUI1POHM2zPPPJC4JtBBlH9UVVTLHpEc18Di1w) or [Butcher Boy Burger](https://www.facebook.com/pages/Butcher-Boy-Burger/147239748638070?__tn__=K-R&eid=ARDtYEPQefyP6mdf2GZQRQUofDE3OqzSf6hDygJXO2KOhtvc2eFRCO-ZzSGFMo7Z0ra9V6pC7LzV8ESj&fref=mentions&__xts__%5B0%5D=68.ARCTPyy7I8nosEK300JS8SY5pUt3mdpf_pObv0N1qbmkG288JAbVVuMw2Bms8J7R2esEBByrKdngsizoejCuv--q9zUTOWh7p0xv4Qu-AISqZP578hBNKEeF0XfGYyZ8dXKrnslaMCSplWvfQaggim9KqNlqBkRPBRZXH6r1HEmtGXB6ZcpaEdWGxmfa8EMSP8w0zP-vloJpoOZsola5gL39zmRhfAi1OdEsn_IjLVEUCEQ28gUEfrTlQHIBWy2C-QiQfKC5wifVqgpdTUt49paQqLmY1sndCteVOJ7DuB2ddsUI1POHM2zPPPJC4JtBBlH9UVVTLHpEc18Di1w) and let your kids eat a meal on the house.  
      [TK’s CheeseSteaks, 112 E Congress Ave, Rantoul](https://wego.here.com/directions/mylocation/e-eyJuYW1lIjoiVEsncyBDaGVlc2VTdGVha3MiLCJhZGRyZXNzIjoiMTEyIEUgQ29uZ3Jlc3MgQXZlLCBSYW50b3VsLCBJbGxpbm9pcyIsImxhdGl0dWRlIjo0MC4zMDkyNDExLCJsb25naXR1ZGUiOi04OC4xNTgwMDg4LCJwcm92aWRlck5hbWUiOiJmYWNlYm9vayIsInByb3ZpZGVySWQiOjE3MjI2MDQ3NzgwMTUyODh9?map=40.3092411,-88.1580088,15,normal&ref=facebook&link=addresses&fb_locale=en_US)  
      [Butcher Boy Burger, 422 S. Garrar St., Rantoul](https://wego.here.com/directions/mix/mylocation/e-eyJuYW1lIjoiQnV0Y2hlciBCb3kgQnVyZ2VyIiwiYWRkcmVzcyI6IjQyMiBTIEdhcnJhcmQgU3QsIFJhbnRvdWwsIElsbGlub2lzIiwibGF0aXR1ZGUiOjQwLjMwNTQ2OTAzNjEwMiwibG9uZ2l0dWRlIjotODguMTU3NzY2NjIsInByb3ZpZGVyTmFtZSI6ImZhY2Vib29rIiwicHJvdmlkZXJJZCI6MTQ3MjM5NzQ4NjM4MDcwfQ==?map=40.30547,-88.15777,15,normal&fb_locale=en_US)
  + **Fisher**
    - **Ingold’s Meat & Deli,**[101 S. 3rd St., Fisher](https://wego.here.com/directions/mix/mylocation/Ingolds-Grocery,-101-N-3rd-St,-Fisher,-IL-61843,-USA:840dp1jm-489e8db7d19c448a8ed7ec1a0b0bb165?map=40.31851,-88.34989,15,normal&fb_locale=en_US)FREE SACK LUNCH for anyone school age or younger 11am-1pm Monday-Friday until school is back in session. Sponsored by the Fisher Area Churches. Free lunch includes: A ham & cheese or turkey & cheese sandwich, fruit or vegetable side, and a bottle of water.
  + **Tuscola**
    - **Cast Iron Pub,**[125 Sale St., Tuscola](https://wego.here.com/directions/mylocation/e-eyJuYW1lIjoiQ2FzdCBJcm9uIFB1YiIsImFkZHJlc3MiOiIxMjUgU2FsZSBTdC4sIFR1c2NvbGEsIElsbGlub2lzIiwibGF0aXR1ZGUiOjM5Ljc5OTU2LCJsb25naXR1ZGUiOi04OC4yODg4NCwicHJvdmlkZXJOYW1lIjoiZmFjZWJvb2siLCJwcm92aWRlcklkIjo0NTQ4MzEyNzQ5Njk0MjF9?map=39.79956,-88.28884,15,normal&ref=facebook&link=addresses&fb_locale=en_US)From now until at least the end of March, Monday-Friday, whenever we are cooking, we will provide a free meal to kids under the age of 14. It will consist of a 3″ slider cheeseburger, applesauce, chips, and a drink.
    - **Flesor’s Candy Kitchen,**[101 W. Sale, Tuscola](https://wego.here.com/directions/mix/mylocation/e-eyJuYW1lIjoiRmxlc29yJ3MgQ2FuZHkgS2l0Y2hlbiIsImFkZHJlc3MiOiIxMDEgVyBTYWxlIFN0LCBUdXNjb2xhLCBJbGxpbm9pcyIsImxhdGl0dWRlIjozOS43OTk1NiwibG9uZ2l0dWRlIjotODguMjg3ODUsInByb3ZpZGVyTmFtZSI6ImZhY2Vib29rIiwicHJvdmlkZXJJZCI6ODkwNTEyNzU3Njg4OTU2fQ==?map=39.79956,-88.28785,15,normal&fb_locale=en_US)  
      Starting now through March 31, 2020 Flesor’s Candy Kitchen will supply free **breakfast**(one pancake, two strips of bacon, and a small glass of orange juice or milk) to school-aged children accompanied by an adult. Breakfast hours are 6am to 10am daily.
    - **Mi Veracruz,**[208 North Parke St., Tuscola](https://www.google.com/search?sxsrf=ALeKk02b5tabYzID0zWnKaeWCoLLt3BADg:1584390961175&ei=ht9vXoikMpe3tQalg4jQCA&q=mi%20veracruz&oq=mi+vera&gs_l=psy-ab.1.0.0l10.934625.935266..937038...0.2..0.102.575.6j1......0....1..gws-wiz.......0i71j0i273j0i67j0i131j35i39.tRjUfSuCJiw&npsic=0&rflfq=1&rlha=0&rllag=39602301,-88553835,31553&tbm=lcl&rldimm=5242897543574611403&lqi=CgttaSB2ZXJhY3J1eloTCgAYABgBIgttaSB2ZXJhY3J1eg&phdesc=KglhjH04fCo&ved=2ahUKEwidkrSj7J_oAhVXHM0KHaHHDBsQvS4wAHoECAsQIA&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!1m4!1u22!2m2!21m1!1e1!1m5!1u15!2m2!15m1!1shas_1childrens_1menu!4e2!1m5!1u15!2m2!15m1!1shas_1takeout!4e2!1m5!1u15!2m2!15m1!1shas_1wheelchair_1accessible_1entrance!4e2!1m5!1u15!2m2!15m1!1swelcomes_1children!4e2!1m5!1u15!2m2!15m1!1shas_1seating_1outdoors!4e2!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:9&rlst=f#rlfi=hd:;si:5242897543574611403,l,CgttaSB2ZXJhY3J1eloTCgAYABgBIgttaSB2ZXJhY3J1eg,y,KglhjH04fCo;mv:[[40.158688100000006,-88.21991039999999],[39.3616445,-88.8518871]];tbs:lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!1m4!1u22!2m2!21m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:9)Monday through Friday 11am-4pm children will receive free kids’ taco meal with drink.
    - **Sol del Mar,**[105 W. Southline St., Tuscola:](https://wego.here.com/directions/mylocation/e-eyJuYW1lIjoiU29sIERlbCBNYXIiLCJhZGRyZXNzIjoiMTA1IFcuIFNvdXRobGluZSBTdC4sIFR1c2NvbGEsIElsbGlub2lzIiwibGF0aXR1ZGUiOjM5Ljc5MTMyODI0NjY2NywibG9uZ2l0dWRlIjotODguMjg4NTE5ODkzMzM0LCJwcm92aWRlck5hbWUiOiJmYWNlYm9vayIsInByb3ZpZGVySWQiOjE5NDk3MzcyMTIwMTQ4MjB9?map=39.791328246667,-88.288519893334,15,normal&ref=facebook&link=addresses&fb_locale=en_US)  
      Monday through Thursday each child will receive two soft shell beef tacos with lettuce and cheese with a side of rice and beans and a refreshing glass of water for free from 11am to 10pm.
    - **The Pantry,**[1199 Tuscola Blvd, Tuscola](https://www.google.com/maps/place/The+Pantry/@39.7884278,-88.2688516,17z/data=!3m1!4b1!4m5!3m4!1s0x8873259490811655:0xba027b555e61cb03!8m2!3d39.7884278!4d-88.2666576)  
      We are offering free kids meals with every adult meal purchase through the end of March.
  + **Gibson City**
    - **Los Caminos,**[1120 S Sangamon, Gibson City](https://www.google.com/maps/place/Los+Caminos/@40.4519733,-88.3772568,17z/data=!3m1!4b1!4m5!3m4!1s0x880cee24e1710005:0x9a3a87435308a2b0!8m2!3d40.4519733!4d-88.3750628)  
      Free kids meals for children 13 and under until school is back in session. Just mention to your waitress/waiter that you’re a Gibson City Melvin Sibley student.
  + **Bloomington -** Several outstanding groups and businesses in our community have stepped up to provide free food options to students during the mandated school closure period. We encourage families to utilize these resources for supplemental food. Free sack meals can be picked up via drive-thru or pick-up for any child <18 from 11 am - 1 pm, Monday through Friday until March 31 at the following locations:
    - Boys & Girls Club, 1615 Illinois St. Bloomington
    - Coffrins ATA Martial Arts, 503 N. Prospect Rd. Bloomington
    - HyVee, 1403 N. Veterans Pkwy. Bloomington
    - RP Lumber, 2440 S. Main St. Bloomington
    - Fairview Park, 801 N. Main St. Normal
    - Lee St. Fire Department, 310 N. Lee St. Bloomington
    - Miller Park (zoo entrance), 1020 S. Main St. Bloomington
    - Marcos Pizza, 604 E. Locust St. Bloomington
    - American Legion, 2505 Fox Creek Rd. Bloomington
    - Schnucks, 1750 Bradford Ln. Normal
    - Visit [https://www.feedblonokids.com/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.feedblonokids.com_&d=DwMFAw&c=AhB17AiXOUbmb_5PuxZvwg&r=Du6x3R9TDAE-5118jq2EYiFEdpUjosgp9AXiF7383DY&m=bkXhsNYQlABAX5vZG0793_eWheUmNxG4d6mmqX_qMpU&s=uOOSU_90avFrq3z_Grz3Zb5hrZ85vj99_gKQHl4nEBI&e=) for more information.
    - McAllister’s Deli **-** Free sack lunch to any child from 11 am - 1 pm Monday through Friday.
  + **Decatur**
    - Decatur Public Schools:Meals will be made available starting Tuesday, March 17 at four Decatur Public Schools locations. Students can pick up breakfast and lunch from 8 a.m. to 10 a.m. at Grab & Go stations at the following locations: MacArthur High School, Eisenhower High School, Stephen Decatur Middle School, and Hope Academy
    - Good Samaritan Inn: Meals will still be served to all patrons who need a meal from 11:30 AM-1:00 PM, 7 days a week. These meals will be served in to-go style containers for patrons to take with them. 920 North Union Street, Decatur, IL 62521, [info@goodsamaritaninn.org](mailto:info@goodsamaritaninn.org), [director@goodsamaritaninn.org](mailto:director@goodsamaritaninn.org) 217-429-1455
    - Northeast Community Funds**:** will operate its food pantry as a “drive-through” pantry from 9am-2pm. Clients are asked to drive to the south side of the building and remain in their cars so that staff and volunteers can load food boxes into vehicles. The drive-through will exit onto the Community Care Campus and back onto King St. Walk-ups will also be accepted. Northeast Community Fund, 839 N. Martin Luther King Jr. Dr., Decatur, IL 62521, 217-429-5846, Fax 217-429-7510
    - The Salvation Army of Decatur will remain open, The Salvation Army has switched from a client choice pantry to pre-boxed distribution to prevent multiple hands touching food items and has a contingency plan in place to change pantry services to a drive-through process if that need should arise. 29 W Main Street, DECATUR, Illinois 62523, 1-800-SAL-ARMY
  + **Forsyth**
    - McAlister’s: With schools in Illinois temporarily shut down due to COVID-19, many parents now face the challenge of feeding their kids. That’s why next week McAlister's Deli in Forsyth will hand out free sack lunches to each kid. Each sack includes a turkey and cheese sandwich, chips, applesauce and a cookie. Parents can stop by McAlister's from 11 a.m. to 1 p.m. Monday through Friday.
* [Catholic Charities COPE Line](https://cc.dio.org/) - A new and free service for all people living in the 28-county Springfield diocese. Therapists will provide a Calming, Optimistic, Professional and Empathetic ear to those experiencing situational stress and anxiety related to COVID-19 - (217) 321-8343

## **Chicago Regional Offices**

* Chicago Public Schools response to the outbreak and information about meals - <https://cps.edu/oshw/Pages/HealthyCPS.aspx>
* While schools are closed, CPS will provide our students with healthy meals. CPS families can pick up free food boxes at any CPS school, except for Vaughn Occupational High School and Sheridan Math and Science Academy, that will contain three days of breakfast and lunch for every student in the household. Food pick-up will be held outdoors, and Safe Passage workers will be on their normally assigned routes while families are getting meals. If you need assistance, please call the CPS Command Center at [773-553-KIDS (5437)](tel:7735535437) or email [familyservices@cps.edu](mailto:familyservices@cps.edu).
* City of Chicago COVID-19 resources - <https://www.chicago.gov/city/en/sites/covid-19/home/resources.html>
* CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
* Ann and Robert H. Lurie Children’s Hospital COVID-19 Resources for families: <https://www.luriechildrens.org/en/specialties-conditions/2019-novel-coronavirus-ncov/>
* Chicago public schools enrichment learning resources **-** <https://cps.edu/oshw/Pages/EnrichmentLearningResources.aspx>
* Corona Virus in Chicago – What Parents Need to Know **-** <https://www.chicagoparent.com/learn/coronavirus-in-chicago-updates/>
* Resources for Chicagoland Families During COVID-19 Shutdown: <https://www.chicagoparent.com/learn/general-parenting/covid-19-resources-for-chicago-families/>
* [Pace Suburban Bus](http://www.pacebus.com/sub/about/history_facts.asp) - Pace is modifying its commuter route and Shuttle Bus schedules. Check their website for latest information about their response to COVID-19.
* Chicago Department of Public Health – [COVID-19: What to do if you were exposed](https://www.chicago.gov/content/dam/city/depts/cdph/HealthProtectionandResponse/COVID-19%20What%20to%20do%20if%20exposed%2003.19.2020.pdf)
* The Southwest Collective provides a list of resources for vulnerable families on Chicago's southwest side.
  + In English: <https://translate.googleusercontent.com/translate_c?anno=2&depth=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=es&u=https://mailchi.mp/swcollective/mar-2020-recap-12191719%3Fe%3Df575c6012e&usg=ALkJrhgnN7JxDO4yxpBNW2q316Sw7gYSXQ>
  + In Spanish: <https://translate.google.com/translate?depth=1&langpair=auto%7Ces&rurl=translate.google.com&sp=nmt4&u=https://mailchi.mp/swcollective/mar-2020-recap-12191719%3Fe%3Df575c6012e>
  + In Polish: <https://translate.google.com/translate?depth=1&langpair=auto%7Cpl&rurl=translate.google.com&sp=nmt4&u=https://mailchi.mp/swcollective/mar-2020-recap-12191719%3Fe%3Df575c6012e>

## **Lombard Regional Office**

* DuPage County Health Department – [COVID-19 Information for the Community](https://www.dupagehealth.org/599/COVID-19-Information-for-the-Community)
* DuPage County CRIS – Community Resource Information System - <https://dupagecris.org/>
* CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
* Community Hunger Network – Food pantries in DuPage County - <http://www.communityhungernetwork.org/AreaPantries/area.pantries.html>
* [Northern Illinois Foodbank](https://solvehungertoday.org/get-help/where-to-get-food/) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
* People’s Resource Center – Food pantry shifts in Wheaton and Westmont - <http://www.peoplesrc.org/services>
* [School District U-46 COVID-19 Communications](https://www.u-46.org/site/Default.aspx?PageID=15532) – includes information about food distribution and an online fundraiser to support the district’s most vulnerable families with household supplies during the pandemic.

## **Marion Regional Office**

* Southern Illinois Healthcare - Information and resources for SIH patients and the community - <https://www.sih.net/covid19-signs-and-symptoms>
* Jackson County Health Department Updates - <http://www.jchdonline.org/>
* Healthy Southern Illinois Delta Network - <https://www.hsidn.org/covid19>
* Egyptian Health Department - <https://egyptian.org/home/coronavirus-disease-2019-covid19/>
* Southern 7 Health Department - <https://www.southern7.org/coronavirus-covid-19.html>
* [COVID-19 Resources from the Center for Families Resource Library at St Louis Children’s Hospital](https://dscc.uic.edu/wp-content/uploads/2020/03/Family-resources-by-FRC-COVID-19.pdf)
* Meals
  + Eldorado
    - For the next two weeks Eldorado Big John will have sandwiches, chips, and water available for all school age kids between 11 a.m. to 1 p.m. Call 273-2326 if you have any questions.

## **Mokena Regional Office**

* [Northern Illinois Foodbank](https://solvehungertoday.org/get-help/where-to-get-food/) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
* CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>

## **Olney Regional Office**

* Central Illinois Foodbank - The Foodbank's 160 partner agencies largely remain open. Some are considering changes to their distribution models to enforce social distancing protocols to better meet the demands of their communities. If you or someone you know need food, you can find your nearest agency on their website: <https://www.centralilfoodbank.org/coronavirus-covid-19-updates-and-information>
* Carle Richland Memorial Hospital - <https://www.carlermh.com/news>
* First Presbyterian Church of Effingham – Free food drive-thru from 5 to 6 p.m. every day, 600 W. Temple Ave. Call the church office for more details at (217) 342-6272.
* Lawrence County Meals
  + Red Hill**-** grab and go lunches available to students age 18 and under from March 18-March 30.  Offered and Bridgeport Grade School and Sumner Attendance Center from 11 a.m. – 12 p.m.
  + Lawrenceville**-**sack lunches will be handed out 3/18, 3/20, 3/23, 3/25, and 3/27 from 10 a.m. – 12 p.m. at the front drive of Parkside Elementary School
* Richland County Meals
  + Free grab and go breakfast and lunch for all Richland County students from March 17 – March 30, available at: Richland County Middle School, Christian Church of Olney, First Christian Church of Noble, and Claremont Community Center
* [COVID-19 Resources from the Center for Families Resource Library at St Louis Children’s Hospital](https://dscc.uic.edu/wp-content/uploads/2020/03/Family-resources-by-FRC-COVID-19.pdf)
* [Catholic Charities COPE Line](https://cc.dio.org/) - A new and free service for all people living in the 28-county Springfield diocese. Therapists will provide a Calming, Optimistic, Professional and Empathetic ear to those experiencing situational stress and anxiety related to COVID-19 - (217) 321-8343

## **Peoria Regional Office**

* [Morton School District 709](https://www.morton709.org/)  
  The district is providing meals for their students if you have an enrolled child, along with breakfast and lunch for any siblings that are 1 yr old or older.
* [Pekin Public School District 108](https://www.pekin.net/)   
  Starting March 17, will have breakfast and lunch pickup available at the following four locations: Edison Junior High School - 1400 Earl Street, Wilson Intermediate School - 900 Koch Street, Pekin Housing Authority on Broadway at the Community Center, Grace United Methodist Church - 601 N. 4th Street. These locations will be open Monday - Friday from 7- 9 AM and again from 1- 3 PM.
* Grace Bible Fellowship Pantry in Moline  
  Pantry Hours: Tuesday, Thursday & Saturday 8:30am - 11:00am For more information, please call (309) 797-7001.
* St. Mary’s Food Pantry in Moline  
  Pantry Hours: Monday, Wednesday and Friday, 9 a.m. - 12 p.m. Call (309) 764-1562.
* St. James Lutheran Church Food Pantry in Bettendorf, IA  
  (563) 355-4161  
  Pantry Hours: Wednesday 6:00pm - 8:00pm Thursday9:00am - 11:00am The Summer Hours for Wednesday begin on June 15:30pm - 7:30pm
* Christ United Methodist East Moline Pantry in East Moline  
  (309) 755-2508  
  Office Hours: Monday - Friday 9:00am - 12pm1:00pm - 2:30pm Friday 9:00am - 12:00pm Food Pantry Hours: Monday – Friday 9:00am - 12:00 pm Serves: East Moline and Silvis areas.
* Sacred Heart Food Pantry Rock Island   
  (309) 794-0660   
  Pantry Hours: Monday - Friday9:00 am - 11:00 am
* St. Vincent de Paul Food Pantry in Rock Island  
  (309) 793-7373  
  Food Pantry Hours: Monday and Thursday 9:00am to 11:30am
* [We Care of Grundy County](https://www.wecareofgrundy.com/)  
  Food distributions for individuals in need. (815) 942-6389
* [Northern Illinois Foodbank](https://solvehungertoday.org/get-help/where-to-get-food/) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
* CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
* Monroe School provides a comprehensive list of e-learning resources - <http://www.monroe70.org/>

## **Rockford Regional Office**

* [Northern Illinois Foodbank](https://solvehungertoday.org/get-help/where-to-get-food/) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
* CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
* [Rockford School District 205 Meal Distribution](he%20RPS%20205%20Nutrition%20Services%20team%20will%20provide%20meals%20to%20students%20on%20Mondays%20and%20Thursdays%20from%209-10:15%20a.m.%20starting%20Monday,%20April%206.) - The RPS 205 Nutrition Services team will provide meals to students on Mondays and Thursdays from 9-10:15 a.m. starting Monday, April 6. On Mondays, families will receive breakfast and lunch for 3 days: Monday, Tuesday and Wednesday. On Thursdays, families will receive breakfast and lunch for 3 days: Thursday, Friday and Saturday. All children ages 2-18 can receive these prepackaged meals. Meals will be available at eight locations.
* [Rockford Community Resource List](https://www3.rps205.com/departments/Pages/FACE.aspx) - In a joint effort with its community partners and the City of Rockford, the Rockford School District’s Family and Community Engagement team is committed to providing our families with information about community resources available during the COVID-19 school closure.
* [Stephenson County COVID-19 Information](https://greaterfreeport.com/covid19/) - Links to resources and agencies that can provide up-to-date information.
* CONTACT of Northern Illinois, a United Way of Northwest Illinois partner agency, is the central access point for people in need in Stephenson County - (815) 233-4357
* Freeport School District – resources for students, parents, teachers and staff: <https://www.fsd145.org/domain/1189>
* Mobile Rx Pantry Program – This free program in Freeport distributes healthy produce, milk, eggs, and frozen and canned meats to participants who may be experiencing food insecurity.
* Food Assistance from The Salvation Army of Freeport – offering daily meals for pickup from 11 a.m. to 12 p.m., 524 W. Stephenson St. - <https://centralusa.salvationarmy.org/freeport/covid-19-information/>
* Food Pantries in Stephenson County
  + Freeport area - <https://www.facebook.com/StephensonCountyCOAD/photos/rpp.107408280893717/120941542873724/?type=3&theater>
  + Outside Freeport - <https://www.facebook.com/StephensonCountyCOAD/photos/a.120942239540321/120942869540258/?type=3&theater>
* Greater Elgin Family Care Center patients now have the option of having an appointment with a practitioner through a Virtual Visit: <https://gefcc.org/2020/04/virtual-visits-now-available/>

## **Springfield Regional Office**

* Central Illinois Foodbank - The Foodbank's 160 partner agencies largely remain open. Some are considering changes to their distribution models to enforce social distancing protocols to better meet the demands of their communities. If you or someone you know need food, you can find your nearest agency on their website: <https://www.centralilfoodbank.org/coronavirus-covid-19-updates-and-information>
* Contact Ministries 753-3939
* Helping Hands 522-0048
* Kumler Neighborhood Ministries 523-2269
* Salvation Army 525-2196
* Catholic Charities 523-4441
* Capital Township 525-1736
* Fifth Street Renaissance 544-5040
* Sangamon County Community Resources 535-3120
* United Way of Central Illinois - <http://springfieldunitedway.org/covid19/#.XnDwaKhKjD4> (includes summary of how local charities, organizations and healthcare centers are affected)
* COVID-19 Response Fund - United Way of Central Illinois and The Community Foundation for the Land of Lincoln have joined together to create the COVID-19 Response Fund to deploy resources to community-based organizations at the front lines of a coronavirus spread in Illinois’ greater capital region: <http://springfieldunitedway.org/covid19/donate/#.Xn4bgKhKjD4>
* **Sangamon County Department of Public Health:** <https://scdph.org/2020/03/covid-19/>
* Sangamon Menard Area Regional Transit (SMART) and Sangamon Mass Transit District (SMTD) are announcing the suspension of fares for rural, fixed route, and paratransit services due to the Centers for Disease Control and Prevention (CDC) recommendations to help slow the spread of the COVID-19 virus - <http://www.smtd.org/news/2020/3/17/the-bus-is-free>
* Memorial Behavioral Health has a COVID-19 Emotional Support Line - (217) 588-5509
* Meals
  + Springfield-area list of school districts and companies providing meals to school children: <https://dscc.uic.edu/wp-content/uploads/2020/03/FoodInsecurityCOVID19.FREEMealsForKidsSDandRestaurants.pdf>
  + List of micropantries around Springfield, Chatham and Riverton: <https://www.sj-r.com/news/20200329/micropantries-get-families-through-in-pinch>
  + Springfield
    - If you are concerned about ensuring your children have a hearty lunch, stop by McAlister's Deli, 2917 West. Iles, from 11 a.m. to 1 p.m., Monday through Friday. Every kid can receive a free sack lunch that contains a turkey and cheese sandwich, chips, applesauce and a cookie. Completely free, no other purchase is necessary.
    - Chaditos, 3030 S 6th St, Springfield, IL 62703, will provide a beef or chicken taco, nachos, and some type of fruit for school aged children.
    - Hy-Vee located at 2115 S. MacArthur Blvd, Springfield, Monday through Friday 11am-1pm. During this time every child can receive a free lunch that contains a sandwich, granola bar, piece of fruit, water and a cookie. Free, no purchase necessary.
    - Mariah’s Restaurant will provide free hot lunches Monday-Friday at 11am for pick-up at 3317 Robbins Rd. Springfield, IL. You will need to call Mariah’s 217-793-1900 by 8:00pm the day prior to place your to-go order for your child’s hot lunch.
  + Chatham
    - Subway, 317 N Main, Chatham, IL 62629, Kids meals consist of a mini sub (turkey, ham, roast beef, or veggie) a side item, and 20oz fountain drink.
  + Macomb
    - List of pantries and free meal options for students in Macomb area: <https://dscc.uic.edu/wp-content/uploads/2020/03/Food-Pantry-List-Spring-20-Macomb.pdf>
* All in One Laundry Center - [$1 wash and fold laundry service](https://dscc.uic.edu/wp-content/uploads/2020/03/MOLINA-SPONSOR-1-Flyer.pdf), 6 a.m. to 10 p.m., 801 South Grand Ave. E., (217) 544-5058
* [COVID-19 Resources from the Center for Families Resource Library at St Louis Children’s Hospital](https://dscc.uic.edu/wp-content/uploads/2020/03/Family-resources-by-FRC-COVID-19.pdf)
* [Free iPad loan program](https://dscc.uic.edu/wp-content/uploads/2020/04/Free-Connection-a11y1024_1.pdf) – Senior citizens living alone or isolated during the COVID-19 pandemic can safely connect with family, friends and essential services with the help of the Illinois Assistive Technology Program's free iPad loan program.
* [Catholic Charities COPE Line](https://cc.dio.org/) - A new and free service for all people living in the 28-county Springfield diocese. Therapists will provide a Calming, Optimistic, Professional and Empathetic ear to those experiencing situational stress and anxiety related to COVID-19 - (217) 321-8343

## **St. Clair Regional Office**

* United Way of St. Clair County – Local food pantries, hours and guidelines - <https://www.uwstclair.org/st-clair-county-food-pantries>
* Central Illinois Foodbank - The Foodbank's 160 partner agencies largely remain open. Some are considering changes to their distribution models to enforce social distancing protocols to better meet the demands of their communities. If you or someone you know need food, you can find your nearest agency on their website: <https://www.centralilfoodbank.org/coronavirus-covid-19-updates-and-information>
* Local food pantries in Christian, Jersey, Macoupin and Montgomery counties - <https://extension.illinois.edu/sites/default/files/cjmm-countywidefoodpantries3.25.20.pdf>
* [COVID-19 Resources from the Center for Families Resource Library at St Louis Children’s Hospital](https://dscc.uic.edu/wp-content/uploads/2020/03/Family-resources-by-FRC-COVID-19.pdf)
* [Catholic Charities COPE Line](https://cc.dio.org/) - A new and free service for all people living in the 28-county Springfield diocese. Therapists will provide a Calming, Optimistic, Professional and Empathetic ear to those experiencing situational stress and anxiety related to COVID-19 - (217) 321-8343