WHERE TO GET HELP

MEALS
• Districts are encouraged to provide meals for all children that need them, in a way that is convenient such as allowing families to “grab-and-go.” Check with your district for meal pick-up/drop-off options.
• Contact your local district office to find out how meals will be distributed.
• Find your district contact information here: https://www.isbe.net/Pages/PublicSchoolDistrictLookup.aspx
• If you do not have access to the internet, call ISBE for your district number: 866-262-6663 or 217-782-4321
• Please visit ISBE’s COVID-19 website for the most up-to-date information: https://www.isbe.net/COVID19

CHILDREN
• Under the Stay at Home order, childcare centers are closed to the general public.
• Many are currently applying to be licensed as emergency childcare centers to provide childcare to essential/emergency workers only.
• Parents’ co-pays will be $1.00.
• For more information regarding details on who should receive childcare and the related rules and regulations please go to DHS’ website: https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx
• If you think you or your child(ren) have been exposed to COVID-19 and you or your child(ren) develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.
• How to treat symptoms at home (English/Spanish): http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/symptoms-treatment
• For the uninsured, underinsured and undocumented, the Illinois Coalition for Immigrant and Refugee Rights provides resources for accessing the Affordable Care Act (ACA) and a list of community health centers that are accessible to ALL Illinois residents, regardless of status: https://www.icirr.org/healthcare-access.
• Contact the ICIRR at: 312-332-7360

UNEMPLOYMENT + HOUSING
• The Governor has stopped all evictions statewide during the duration of the COVID-19 emergency disaster. Right now, the declaration extends until at least April 7, 2020. Unemployment benefits may be available to individuals whose unemployment is related to COVID-19. Illinois has a new website for COVID-19 resources, including how to get unemployment benefits at https://www2.illinois.gov/sites/coronavirus/FAQ/Pages/Unemployment-FAQ.aspx.
• The Illinois Department of Employment Security’s unemployment benefits customer service phone number is: 800-244-5631 or 866-488-4016 TTY.

LEARNING + INSTRUCTION
• Beginning March 31 and until in-person instruction can resume, Illinois public schools will move into Remote Learning Days that will count as Instructional Days. Schoolwork will be given and graded but ISBE recommends that work completed during school closures take into account that students have different access to support and technology at home. Please contact your district for information on their Remote Learning Plan for all students, including students with special needs.
• Find your district contact information here: https://www.isbe.net/Pages/PublicSchoolDistrictLookup.aspx
• If you do not have access to the internet, call ISBE for your district number: 866-262-6663 or 217-782-4321
• Please visit ISBE’s COVID-19 website for the most up-to-date information: https://www.isbe.net/COVID19

HEALTHCARE
• If you think you or your child(ren) have been exposed to COVID-19 and you or your child(ren) develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.
• How to treat symptoms at home (English/Spanish): http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/symptoms-treatment
• For the uninsured, underinsured and undocumented, the Illinois Coalition for Immigrant and Refugee Rights provides resources for accessing the Affordable Care Act (ACA) and a list of community health centers that are accessible to ALL Illinois residents, regardless of status: https://www.icirr.org/healthcare-access.
• Contact the ICIRR at: 312-332-7360

IMMIGRATION
• Announcements and information concerning immigrants during the COVID-19 crisis are available from the ICIRR.
• https://www.facebook.com/ICIRR/photospcb.10158356861141672/10158356846041672/?type=3&theater
• The ICIRR has comprehensive guides in English/Spanish: English: https://docs.google.com/document/d/1_FkBlQh4AluGm3rQAVBilHmDM-j5xatvmloxElbmCc/edit; Spanish: https://docs.google.com/document/d/1jF4KcuoAj22PacFk04sBOH654r1WxPwUBPM3uQmEsO0/edit
• The Protecting Immigrant Families organization also has information on its homepage: https://protectingimmigrantfamilies.org/
How to stay informed.

For regular updates on what’s happening and how you can help:

- For more information and national updates go to the CDC’s website: https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html; in multiple languages here: CDC Resources in Multiple Languages: https://wwwn.cdc.gov/pubs/other-languages?Sort=Lang%3A%3Aasc&fbclid=IwAR1GWgtsT1G6CJqfXVYmL43E0CV4mMf0uWHy6O6-Nc5a9zGsaAK0wtIO8
- For information provided by the Illinois Governor’s office please go to the state website: https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx

If you don’t have reliable internet access, please stay tuned to your local public radio station for updates: WBEZ 91.5 Chicago

For more detailed information, please go to the