Essential COVID-19 Resource Guide
West Suburban

Table of Content

COVID-19 Contact Information........................................Page 2
What to do if you think you have been exposed........Page 3
Stress and Anxiety Resources......................................Page 3-4
Food Resources..............................................................Page 5-7
Who to Call for Assistance..............................................Page 8
  o Help finding food, paying bills, or other essential services
Economic Empowerment Resources..............................Page 9-12
Childcare Resources.....................................................Page 13
Internet Resources........................................................Page 14
How to Talk to Your Children About COVID-19..........Page 14
Shelter Resources............................................................Page 15
Centers for Disease Control and Prevention...............Page 15
  o Know the facts about coronavirus disease 2019 (COVID-19) and
    help stop the spread of rumors.
  o Frequently Asked Questions
  o If You Are at Higher Risk
  o How It Spreads
  o Protect Your Family
YWCA Metropolitan Chicago Updates.........................Page 15
Resources for Staying Productive Working from Home....Page 15
Resources for News Updates........................................Page 15
**COVID-19 Contact Information**

**DuPage County COVID-19 Call Center**
- If you are in DuPage County and have questions or concerns about COVID-19, contact the Health Department COVID-19 Call Center at (630) 221-7030.
- Hours: Monday through Saturday 8 AM– 8 PM, Sunday 10 AM – 6 PM

**Illinois COVID-19 Hotline and Email Address**
- If you have questions about Coronavirus, call the Illinois Coronavirus Disease (COVID-19) Hotline Phone number: 1(800) 889-3931 or, Email: DPH.SICK@ILLINOIS.GOV
- Anytime, 24 hours a day, seven days a week.

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**Who should I call about COVID-19?**

***I want to know more about COVID-19, who should I call?***
- For general questions about COVID-19, you can call the IDPH COVID-19 Hotline at 1-800-889-3931 or email DPH.SICK@ILLINOIS.GOV. Please note that the Hotline does **not** make decisions about who should be tested for COVID-19.

***I am not feeling well and have respiratory symptoms, what should I do?***
- Please stay home for at least 7 days after you first became ill, or 72 hours after your fever has resolved and symptoms are improving, whichever is longer.
- **You should consult with your doctor if you have:**
  - Fever, cough, trouble breathing, or other flu-like symptoms that are not better or are worsening after 24-48 hours.
  - Mild symptoms and are pregnant or immunosuppressed or are an older adult have chronic health conditions
- **Please don't call the health department about getting testing**
  - Your health care provider will determine if you should be tested, and call the health department if needed
  - Health departments do not collect specimens for COVID-19

***I think I need immediate medical attention, who should I call?***
- If you need immediate medical attention, and you think you may have COVID-19, please call ahead to your health care provider before going in for care. This will allow them to take the right steps to protect themselves and other patients
- If you think you are having a medical emergency, call 911; if you have been exposed to COVID-19, notify dispatch personnel so emergency medical services personnel
**What to do if you think you have been exposed**

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your doctor for medical advice. By calling ahead to your doctor before going in for care, you allow the medical facility to take the right steps to protect themselves and other patients.

If you are a close contact of someone with COVID-19 and develop symptoms of COVID-19, call your healthcare provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested, but keep in mind that there is no treatment for COVID-19 and people who are mildly ill may be able to isolate and care for themselves at home.

**If you are at higher risk for serious illness**
People at higher risk for serious illness from COVID-19 should contact their healthcare provider early, even if their illness is mild.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

**If you believe you are experiencing life-threatening symptoms, call 9-1-1.**

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**Stress and Anxiety Resources**

Bright Star Community Outreach

Are Media Reports, Closures & Social Distancing Causing You To Be Anxious, Stressed, Lonely, etc.

BSCO's Trauma Helpline is Available (Extended Days)
Monday - Friday 9:00AM To 6:00PM

833-TURN123

To Stay Informed or Donate Go To BrightStarCommunityOutreach.com
If you need to talk to someone, these resources are confidential and available for free 24/7:

- **National Suicide Prevention Lifeline**
  - Call 1-800-273-8255

- **Crisis Text Line**
  - Text HOME to 741741 to connect with a Crisis Counselor

- **Disaster Distress Helpline**
  - Call 1-800-985-5990 or text TalkWithUs to 66746 if you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others.

- **National Domestic Violence Hotline**
  - Call 1-800-799-7233 or text LOVEIS to 22522

- **LGBTQ Youth Helpline**
  - If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline at 1-866-488-7386 or text START to 678678.

**Websites:**

- How to Cope With Anxiety About Coronavirus - Learn strategies for managing stress during a pandemic

- Manage Anxiety & Stress Regarding COVID-19

**Tips:**

- Let this be a chance to have quality time with your family at home. It’s an opportunity to have the time to talk and get to know each other better, to comfort and reassure each other, and to feel more connected and closer to one another. Most importantly it’s an opportunity to teach your children both through words and example how to deal with serious challenges.

- If you live alone, make sure you’re reaching out to your friends and family consistently in order to feel a sense of connection that is so vital to feeling well emotionally. Ask them to make sure to touch base with you as well. This is especially crucial for any of you struggling with depression and or anxiety. This is a unique time that has the potential not only to be very dangerous, but to be very beneficial and growthful.

- Exercise, take walks/runs outside, and stay connected through phone, video, and other social media. But when you go outside, do your best to maintain at least six feet between you and non-family members. If you have kids, try not to use public facilities like playground structures, as coronavirus can live on plastic and metal for up to nine days, and these structures aren’t getting regularly cleaned.

- Going outside will be important during these strange times, and the weather is improving. Go outside every day if you are able, but stay physically away from people outside your family or roommates. And though we may wish to visit elders in our community in person, I would not visit nursing homes or other areas where large numbers of the elderly reside, as they are at highest risk for complications and mortality from coronavirus.
Food Resources

Find Your Local Food Bank
https://www.feedingamerica.org/find-your-local-foodbank

View a list of agency closures due to COVID-19 which will be updated regularly.

If you have any questions about the SNAP program (formerly food stamps), call toll-free at 844-600-SNAP (7627) or fill out this contact form. SNAP outreach staff can answer additional questions or help find resources near you. Haga clic aquí para pedir ayuda en español.

Addison Township
Providing food deliveries to families in need with no transportsations in Bensenville, Itasca, Addison, and Wooddale. (630) 530-8161
Food Pantry:
- Located at the 50 E. Oak St. entrance.
- Tuesday and Thursdays: 8am to 9am is reserved for residents 60 and over.
- 9am to 12pm is reserved for all residents.

Naperville
New Food Distribution Hours
- Monday: Closed
- Tuesday: 9am-12pm
- Wednesday: Closed
- Thursday: 9am-12pm
- Friday: Closed
- Saturday: 8-11:30am

Downers Grove
FISH Food Pantry – 4340 Prince Street, Downers Grove will continue to be open on Mondays Only beginning March 30th from 9am-11am with pre-packed groceries and drive-up only.

Hinsdale/Willowbrook
HCS Family Services - 19 E. Chicago Ave, Hinsdale and 16W631 91st Street, Willowbrook
Both food pantries are closed until Friday, April 3rd. At that time, they will be distribute prepacked groceries through drive thru lanes only. https://www.hcsfamilyservices.org/

Westmont
Our Lady of Mount Carmel - 8404 Cass Avenue, Westmont. The Food Pantry is still open:
Tuesday 9-11 AM; 1-3PM Wednesday 5-7PM Friday 1-3PM Easter Food Drive is cancelled https://www.ourladyofmtcarmel.org/media/1/20/march-29-2020.pdf

People’s Resource Center - 104 Chestnut Avenue, Westmont. Food Pantry Open w/parking lot assistance- Tuesday 8:30am-11:15am, Thursday 5:30pm-7:30pm, Saturday 8:30am-11:15am Tuesday mornings, 8:30am - 11:15am. Rent/Financial Assistance available by appointment only (Clients screened prior to services) 630.682.5402 X 323. All other PRC services will be temporarily closed until at least March 31. For more information: http://peoplesrc.org/coronavirus2020
**Darien**

Our Lady of Peace – 701 Plainfield Rd, Darien. 630-323-4333 Food Pantry open on Wednesdays of each week, drive-up only.

St. John Lutheran Church – 7214 S. Cass Avenue, Darien. 630-969-7987 Food Ministry is ongoing. Must Contact Church Office for more information: One food bag per family per month [https://www.sjlcdarien.org/mission/community-connections.html](https://www.sjlcdarien.org/mission/community-connections.html)

**Wheaton**

People’s Resource Center - 201 S. Naperville Road, Wheaton
Tuesday mornings, 8:30am-11:15am
Wednesday evenings, 6:00pm - 8:00pm
Saturday mornings, 9:00am - 11:45am

**Downers Grove**

St. Mary of Gostyn Church - St. Vincent DePaul Society Food Pantry (Downers Grove Residents Only) 445 Prairie Avenue, Downers Grove. 630-960-3565 Open Wednesdays 8:30-11am or call 630-696-1068 for further assistance

St. Joseph Church- 4801 Main Street, Downers Grove. 630-964-0216 St. Vincent DePaul weekly Food Pantry Thursdays 9:30am-11:30am; Assistance Hotline- 630-964-0216 X 1011

**Woodridge**

West Suburban Community Pantry - 6809 Hobson Valley Drive, #18 Woodridge. 630-512-9921
Has modified hours: Monday- 10am-12noon (Bread, produce, eggs & milk only); Tuesday- 8:30-11:30am; Thursday- 8:30-11:30am & 5:30-7:30pm; Saturday- 8:30am-11:30am.
Contact them for eligibility/income guidelines: [https://wscpantry.org/get-help/#FoodAssistance](https://wscpantry.org/get-help/#FoodAssistance)

**Elgin**

Elgin Corps Community Center - 316 Douglas Ave. 847-741-2304 Saturdays from 9:30 a.m. - 11:30 a.m.

**St. Charles**

St. Charles (Tri-City) Corps Community Center - 1710 S. 7th Ave., St. Charles. 630-377-2769
Mondays through Fridays from 10:00 a.m. - 2:00 p.m. and Tuesdays from 5:00 p.m. - 7:00 p.m.

**Villa Park**

Oakbrook Terrace Corps Community Center - 1 S 415 Summit Ave., Villa Park. 630-629-3044
Mondays through Fridays from 9:00 a.m. - noon and 1:00 p.m. - 4:00 p.m.

**Aurora**

Aurora Corps Community Center - 437 E. Galena Blvd., Aurora. 630-897-7265 Tuesdays and Thursdays from 10:00 a.m. - 2:00 p.m.

**INSTACART** - Online is a delivery service serving as a conduit between most grocery stores, big box stores and home. You must create an account online (easy) and the first delivery is FREE.

**Meals on Wheels**: Call: 630-620-0804 DuPage County Senior Citizens Council
Tri-Town YMCA
Contact: Executive Director - Sarah O’Donnell at sodonnell@tritownymca.org

Do you need food for your child?
We will have free meals available for curbside pickup at Jefferson School starting Wednesday, March 18, 2020 4pm-7pm.

Starting, Wednesday, March 18, 2020, you may also pick up meals to take home from the east parking lot at Jefferson Middle School. We will be there starting at 4pm and concluding at 7pm. If you are not bringing your child with you, please bring either a copy of their report card, birth certificate, or something that identifies you have a child(ren) in the home.
Morning bus delivery will continue in addition to this service. You may use both services.

¿Necesitas comida para tu hijo?
Tendremos comidas gratis disponibles para recoger en la acera en la Escuela Jefferson comenzando Miércoles 18 de marzo de 2020 4 pm-7pm.

A partir del miércoles 18 de marzo de 2020, también puede recoger comidas para llevar a casa desde el estacionamiento este de la Escuela Secundaria Jefferson. Estaremos allí a partir de las 4 pm y concluyendo a las 7 pm. Si no va a traer a su hijo con usted, traiga una copia de su boleta de calificaciones, certificado de nacimiento o algo que identifique que tiene un hijo en el hogar. La entrega del autobús por la mañana continuará además de este servicio. Puede usar ambos servicios.
Who to Call for Assistance

- If you need assistance finding food, paying housing bills, or other essential services, dial 211 to speak to someone who can help.

**Townships**

Each and every town and local municipality will offer some sort of support to residents that qualify. If they can't meet your needs, then referrals may be provided. The focus is on help for utilities (LIHEAP), free food from pantries and SNAP, housing, general assistance, and transportation. The various townships in DuPage County are as follows:

- Addison Township (630) 530-8161
- Naperville Township (630) 355-2786
- Bloomingdale Township (630) 529-9993
- Downers Grove Township (630) 719-6670
- Lisle Township (630) 968-2087
- Wayne Township (630) 231-7140
- Milton Township (630) 668-1616
- Winfield Township (630) 231-3591
- York Township (630) 620-2400

**Elmhurst Illinois Walk-In Ministry** supports only people from that general area and are currently we are processing all requests for financial assistance over the phone. Please call at their office at 630-782-6006 and leave a message. A volunteer will return your call between 10 am and noon, Monday-Friday.

**DuPage County Department of Human Services** The following towns and cities are covered- Aurora, Bartlett, Bloomingdale, Carol Stream, Glen Ellyn, Glendale Heights, Hanover Park, Hinsdale, Keeneyville, Lemont, Lisle, Naperville, Ontarioville, Roselle, Warrenville, Wayne, West Chicago, Westmont, Wheaton, Willowbrook, Winfield. They help with rental payments, can provide mortgage help, funds for utilities and security deposits. The Department has cancelled all home visits and in-person interviews. All intakes, interviews and appointments are being handled via phone wherever possible. The Family Center is operating the Neutral Exchange Program in a limited fashion. Call 630-407-6500 or email csprograms@dupageco.org for further information on specific programs or services. Information on community-based resources is available at dupagecris.org. Resources are being updated as new information is made available.

**Peoples resource Center**

Rent assistance and other financial assistance will be available by appointment. Clients need to call for an appointment at 630-682-5402, ext. 323. Employees will screen each client prior to services.
Economic Empowerment Resources

The unemployment offices are closed but are taking online applications for those who need to file claims.

- If you were laid off due to COVID-19, you can go to this link to get more information on filing a claim:  https://www2.illinois.gov/ides/Pages/default.aspx
- YWCA Metropolitan Chicago Workforce Team will also be available to link you to employment opportunities. Please contact us at jobs@ywcachicago.org

Can I get unemployment benefits? The Illinois Department of Employment Security (IDES) has a page dedicated to answering your questions about the COVID-19 Coronavirus and Illinois Unemployment Benefits. IDES recently adopted emergency rules to try to make the unemployment insurance system as responsive to the current situation as possible. You will find useful information such as who and when a person may qualify for unemployment benefits during the pandemic.  
https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx

Additionally if you any of the following concerns, please use the links below:
To file an Unemployment Insurance claim,  
https://www2.illinois.gov/ides/aboutides/Pages/10%20Things%20You%20Should%20Know.aspx  
If you have questions about Unemployment Insurance, please call our Customer Service Center at 800-244-5631 or 866-488-4016 TTY.

To certify for Unemployment Insurance benefits,  
https://www2.illinois.gov/ides/Pages/Certify_Weekly_Benefits.aspx or call Tele-Serve at 312-338-4337 Monday – Friday 5:00 a.m. – 7:30 p.m. To post your resume, search job postings, or find a job, visit www.illinoisjoblink.com.

Am I eligible for any health insurance or food assistance? If your income has dropped or stopped, the Illinois Department of Human Services has information on government assistance programs to help with health insurance, food, and other needed resources. This website has eligibility information, a list of information needed to apply, and a link to apply for benefits. 
http://www.dhs.state.il.us/page.aspx?item=33698

Where can I access information about housing assistance and housing-related emergencies? YWCA Metropolitan Chicago has a new strategic relationship with Partners in Community Building, Inc., a housing counseling agency approved by the U.S. Department of Housing and Urban Development (HUD). Together we can provide our clients with access to comprehensive housing services at several Southside and South Suburban locations. They can assist with the following services: foreclosure prevention, emergency services grants, and CEDA Home Energy Assistance Programs. You can reach their staff by phone at 312-328-0873 for assistance and for their intake process.  
https://www.picbchicago.org/
What do I do if I need to make emergency withdrawals from my pre-tax retirement plan? The Internal Revenue Service allows “hardship withdrawals” from certain retirement plans when you’re faced with an “immediate and heavy” financial need. A retirement plan, such as a 401(K) or 403(b), might offer hardship withdrawals but is not required to and other plans, like IRA’s, have different rules, so you’ll need to check with your specific plan.

A withdrawal is not considered necessary by the IRS if you still have other options open to you, like getting a bank loan or selling assets. You can find more information on the pros and cons of options to increase your income in University of Wisconsin-Madison Extension’s program Increasing Your Income handout. If the worst should happen and a person needs to declare bankruptcy in the future, also keep in mind that retirement accounts are protected from creditors in a bankruptcy and can be used to start over.

How can I protect myself financially from the impact of the coronavirus? This site from the Consumer Financial Protection Bureau features useful information on what to do if you have trouble paying your bills, experience a loss of income, or think you have been targeted by a scammer.

Where can I go for help with essential City of Chicago services related to COVID-19? Call 311 or visit this site for referrals to food assistance, paying housing bills, accessing free child care, or obtaining help with other needs. Clicking on the orange text above will take you to a special site with the City of Chicago’s most current information on the COVID-19 situation. You’ll be able to learn more about what is available and in real-time.

If you are in DuPage and Kane County, click the following links for related information on services:
Kane County residents https://kanecountyconnects.com/2020/03/covid-19-daily-update-next-few-days-important-to-determine-where-u-s-is-on-bell-curve/

What if I can’t make my IRS tax payment? The Internal Revenue Service has established a special section focused on steps to help taxpayers, businesses and others affected by the COVID-19 coronavirus.
https://www.irs.gov/coronavirus

What can my small business do when our sales have dropped or stopped? The Small Business Administration provides low-interest disaster loans to help businesses and homeowners recover from declared disasters, including the COVID-19 pandemic.

What if I can’t make my federal student loan payment? The U.S. Department of Education has information and links on repaying student loans and what to do if you’re unable to make your loan payments. The White House did announce that a program would be put in place to ‘pause’ the interest on federal loans to support impacted student borrowers though it’s unclear how and when that option will be available.
https://studentaid.gov/manage-loans/repayment
What if I can’t make my mortgage payment or my car loan? The Consumer Financial Protection Bureau provides tips and resources for working with creditors. As you plan for the potential impact of the coronavirus, there are a number of steps that you can take to help protect yourself or a loved one financially, both in the short and long term. https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/#anchor_income-loss

What national government resources are available? For answers to other questions, find a complete list of government agency resources related to COVID-19, including Health and Human Service updates and a link to the Federal Trade Commission’s website tracking scams related to the virus. https://www.usa.gov/coronavirus

What if I experience virus-related price gouging on consumer goods? Illinois Attorney General Kwame Raoul said his office is investigating widespread reports of price-gouging. The most important thing that the public can do to assist the State is to report incidents of price-gouging online by completing the Consumer Complaint On-Line Submission Form. https://ccforms_submission.ilattorneygeneral.net/ Also, please do not hoard any supplies that would help to prevent the spread of COVID-19, to make sure everyone can get the products they need, especially professional health care providers. https://illinoisattorneygeneral.gov/pressroom/2020_03/20200317b.html

What can I go to learn more about money management for myself and my family? MoCaFi, short for Mobile Capital Finance, Inc., offers a platform that seeks to provide banking services to the underbanked while helping them build credit and improve their economic mobility. MoCaFi provides low-cost personalized access to banking, credit, and wealth-building financial services that guide your path to economic mobility View their blog for empowering articles on topics such as credit, savings, and budgeting. https://mocafi.com/blog/ You can also check out their financial coaching videos to create a solid financial foundation for yourself – even during this epidemic. https://fast.wistia.net/embed/channel/sxl2vlcilm?wchannelid=sxl2vlcilm

How can I educate my children on family finances while they are home from school? Next Gen Personal Finance, where you’ll find lessons for all grade levels on topics like saving, budgeting, managing credit, and dealing with financial pitfalls. https://www.ngpf.org/

Additional Economic Information

UNEMPLOYMENT INSURANCE: Individuals without access to paid sick leave or unable to work due to COVID-19 can apply for unemployment insurance under the administration’s expansion. The governor’s executive order waives the 7-day waiting period for residents to apply for unemployment benefits, meaning anyone who qualifies can file and become immediately eligible instead of experiencing a week-long lag during this challenging time. Gov. Pritzker is working with the federal delegation and congressional leadership to push the Trump administration to allow the state to increase the length of benefits beyond 26 weeks as this crisis continues to provide significant fiscal challenges for Illinois families.
UTILITY RELIEF: Gov. Pritzker and Attorney General Raoul have urged the Illinois Commerce Commission to immediately institute a moratorium on shutoffs for all utility companies across Illinois — including energy, telecommunications and water — until the state disaster proclamation has been lifted. The administration is also requesting changes to payment and collection policies to ensure Illinoisans aren’t saddled with utility debt as a result of COVID-19. Several have announced plans to maintain services and waive late payment fees.

MEDICAID WAIVER: The administration is in the process of filing a federal waiver to expand Medicaid coverage, beginning work on the waiver application as soon as the federal government declared a national emergency and activated the Stafford Act. If the federal waiver is approved, the state will be able to expand Medicaid services through the addition of new medical providers, increased access across the state and ramped up services to many of the state’s most vulnerable populations.

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**Childcare Resources**

- If you’re an essential worker in need of #childcare, please email us at emergencychildcare@yw cachicago.org or call our hotline at 800-781-7247.

Questions and Answers from Illinois Department of Human Services

Q: Even though schools are closed, are child care facilities (home and center based) required to close?
No, licensed child care centers and homes are not required to close, but are allowed to close. Parents should contact their provider to make sure they are operating. Early education programs in public and private schools are required to close while the schools are closed.

Q: Why are child care programs able to stay open when schools are required to close?
As long as parents are working, we want families to have access to a safe place for their children to receive care. That said, we should anticipate that these small businesses may experience the same operational issues as schools, if they haven’t already, and anticipate many program closures.

Q: Is child care still safe?
We have instructed child care programs to follow the guidelines provided by the Illinois Public Health Department and the CDC. You can see these resources on the Governor’s Office of Early Childhood Development website. Child care programs are experts in caring for children and meeting the needs of working families in our state. Licensed providers provide care that meets health and safety standards each day.

Q: What should I do if I need to find care for my child?
If you need child care because you are still working and your child care facility or school is closed, contact your local Child Care Resource and Referral agency. You can find their contact information at www.excelerateillinois.com/contact-us-menu

- If you have questions, YWCA Metropolitan Chicago’s team members are available via phone and email to provide support and guidance. You may continue to email questions and paperwork to ccap@yw cachicago.org, we also have a Dropbox to receive paperwork at our Addison office.
Comcast recently announced measures to ensure people stay connected to the Internet as more schools suspend classes and companies encourage employees to work from home due to COVID-19. Comcast will implement the following new policies for the next 60 days:

- Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit 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.

- Comcast will pause its data plans for 60 days, giving all customers unlimited data for no additional charge.

- Comcast will not disconnect a customer’s Internet service or assess late fees if they contact Comcast and let the company know they can’t pay their bills during this period. Comcast will be available to offer flexible payment options and can help find other solutions.

- Low-income families who live in a Comcast service area can sign-up for Internet Essentials. New customers will receive 60 days of complimentary Internet Essentials service.

- For all new and existing Internet Essentials customers, the speed of the program’s Internet service was increased to 25 mbps downstream and 3 mbps upstream. This increase will go into effect for no additional fee, and it will become the new base speed for the program going forward.

- For those with school-age students at home, Comcast has created new educational collections for all grade levels in partnership with Common Sense Media. Just say "education" into your X1 or Flex voice remote. To help keep customers informed, Comcast also has created a collection of the most current news and information on COVID-19. Just say "Coronavirus" into your X1 or Flex voice remote.

For more information and updates from Comcast related to Coronavirus, visit ComcastCorporation.com/COVID-19.

To access this service:

Comcast will send all new customers a free self-install kit that includes a cable modem with a Wi-Fi router. There will be no term contract or credit check and no shipping fee.

To sign up, applicants can simply visit www.internetessentials.com. The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.
How to Talk to Your Children About COVID-19

Websites:

10 tips for talking about COVID-19 with your kids

Helping Children Cope with Emergencies
https://www.cdc.gov/childrenindisasters/helping-children-cope.html

Coronavirus (COVID-19): How to Talk to Your Child

How to talk to children about the coronavirus
https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111

Centers for Disease Control and Prevention

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

Frequently Asked Questions

If You Are at Higher Risk

How It Spreads

Protect Your Family
Shelter Resources

- If you are homeless or know someone homeless, please call: 866-682-3846 x2275 or email streetoutreach@dupagepads.org
- DuPagePads buildings are closed and regular client services are temporarily suspended.
- Hesed House is open - 659 South River Street, Aurora

YWCA Metropolitan Chicago Updates

https://ywcachicago.org/about/news/covid-19/

YWCA Metropolitan Chicago provides information and resources via our MPWR app. MPWR can provide access to virtual training opportunities, engaging community forums, upcoming events and activities. You can download the MPWR app from the Apple Store or Google Play. Visit our website for more information. https://ywcachicago.org/about/mpwr/

Resources for Staying Productive Working from Home

5 Tips for Staying Productive and Mentally Healthy While You’re Working From Home
https://time.com/5801725/work-from-home-remote-tips/

23 Essential Tips for Working Remotely

Resources for News Updates