



5.6.20 Now more than ever

AAHAA is here to connect you to valuable resources in our community that can aid with access to healthcare and solutions that can help with groceries, prescriptions, and financial hardships that may arise during this difficult time. AAHAA provides assistance with SNAP Benefit Applications, Illinois Medicaid Applications, and ACA Insurance Applications.

Please call AAHAA with any questions or needs!

(847) 395-2809

x19 or x25

aahaa4health.org

AAHAA Network Nurse™ (414) 737-6601

Coronavirus Cases by Zip Code

60002 – 56 60041 – 24 60046 – 97

Free State-operated Community Testing Site

2161 Northwestern Avenue

Waukegan, Illinois

8 am until 4pm (or until 500 tests completed each day)

Who can be tested:

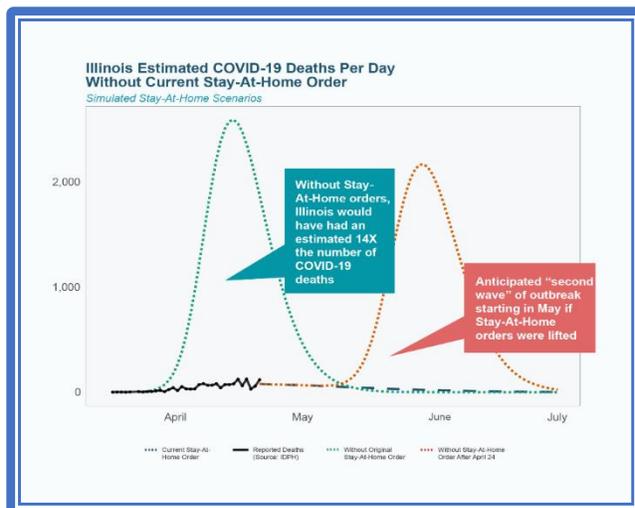
- All individuals with symptoms
- People in the following groups with or without symptoms:
 - Individuals exposed to confirmed COVID-19 cases
 - Individuals with compromised immune systems and/or chronic medical conditions
 - Healthcare workers
 - First responders
 - Employees of correctional facilities
 - Employees who support Critical Infrastructure (grocery stores, pharmacies, restaurants, gas stations, public utilities, factories, childcare and sanitation)
 - Individuals slated to receive elective surgery within 72 hours

Definition of Symptoms

Fever, cough, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.

Photo ID required – Professional identification if applicable

WHY WE ARE CONTINUING TO STAY AT HOME



CORONAVIRUS UPDATE



Remdesivir is a complex antiviral intravenous medication made available by the FDA for emergency use in Covid-19 patients who are severely ill. Initial findings from a National Institutes of Health trial found that patients given Remdesivir recovered 31% faster than patients given a placebo. Antiviral medications work by inhibiting the virus's ability to replicate, thereby reducing symptoms and causing a quicker recovery. There are further studies under way.

An unexpected cause of death has been identified in Covid-19 patients with heart attacks and strokes caused by blood clots. This is more common in patients under 50. It is thought that the virus is causing inflammation in blood vessel walls and the inflammation then triggers the blood clots. As with any stroke symptoms, timely assessment and timely treatment is the key to minimize mortality.

Seek immediate emergency help with any stroke symptoms such as face drooping, sudden confusion, difficulty speaking, numbness or weakness especially on one side of the body.



IF YOU HAVE SYMPTOMS OF RESPIRATORY ILLNESS such as fever, cough, shortness of breath, **stay home & call your doctor**. Distance yourself from others in the household and if possible, stay in your own bedroom and use your own bathroom. Seek medical care right away if your illness is worsening (for example, you have difficulty breathing). **DO NOT walk into a healthcare facility, urgent care clinic, or hospital before calling.**

If you do not have a primary care provider contact Lake County Health Department at (847)377-8800 & choose option 1. **Call 911 if you are having a medical emergency & alert dispatch if you have respiratory symptoms.**

Phase 2 Modified Guidelines - Prevent Infection and Prevent the Spread

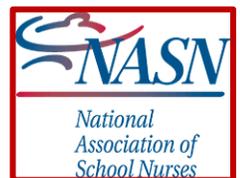
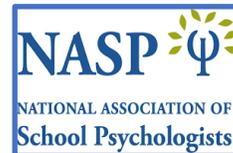
- Governor Pritzker *extends* the state's *stay-at-home order* through **May 30**.
- As of May 1st, a cloth face covering, or mask is **REQUIRED** when outside of home and 6-foot social distancing is difficult to maintain.
- Clean hands often with soap & water (20 seconds) or use hand sanitizer at least 60% alcohol.
- Avoid touching your eyes, nose, mouth with unwashed hands.
- Cover your cough & sneeze with a tissue or your elbow.
- Call to check on family, neighbors, and older adults instead of visiting.
- Check with your healthcare provider about telehealth options.
- If you are on dialysis, you should **NOT** postpone your treatments.
- You may leave your home to perform the following allowable activities:
 - ✓ Obtaining emergency services, health services, picking up medical supplies or medications
 - ✓ Supplies or services, shopping for groceries, gasoline, products to maintain your home
 - ✓ Outdoor activities with social distancing such as hiking, biking, jogging, walking, fishing, golf
 - ✓ Care of others, travel to care for others, including pets
 - ✓ New essential businesses - garden centers, dog groomers
 - ✓ Funeral Services with no more than 10 attendees maintaining 6-foot social distancing



Link for Lake County, IL COVID-19 Testing Sites
 Lake County-COVID19 Testing Site Locator Link:

[COVID-19 Testing Site Locator](#)

"Talking to Children About COVID-19 (Coronavirus)" A Parent Resource



[Click Here For Parent Resource](#)



Local Mobile Pantries Open to the Public

Northern Illinois Food Bank
 847 336-3663

5/13/20 12pm – 1:30pm Round Lake Library 906 Hart Rd Round Lake IL 60073
 5/27/20 12pm – 2pm Round Lake Library 906 Hart Rd Round Lake IL 60073



Open Arms Mission Needs Your Help

Open Arms Mission is requesting the following items for distribution to individuals and families during this time.

- Cereal
- Pasta Sauce
- Macaroni & Cheese
 - Jelly

If you are able to donate items, please contact Open Arms directly for drop-off information. (847) 395-0309

Health Department Coronavirus Update – As Of May 5th

The Lake County Health Department is reporting 107 new cases and 10 new deaths from the Coronavirus Disease 2019 (COVID-19) in Lake County since yesterday. This brings the total number of Lake County residents testing positive for the disease to 4,399 (as of May 5th, 2020 at 1:30 p.m.) and the total number of deaths to 155. The Lake County Health Department is investigating 36 long-term care facilities in the county that have 2 or more confirmed cases. These 36 facilities have a combined total of 687 confirmed COVID 19 cases, and 102 deaths.

To our friends and neighbors

AAHAA will be distributing this weekly resource guide to inform you and help you find assistance during our current national health crisis. We are here for our community during this difficult time. If you would like to offer assistance or know of someone who can offer help, please send your information to info@aahaa4health.org. Information we receive by Friday of each week will go out in the following week's Constant Contact emails and Facebook posts.

Let Nicasa Help You

- All services are virtual and can be completed by phone or video conferencing
 - Work through the effects of social distancing and isolation
 - Find support for your recovery
 - Coping for parents who are now 24/7 teachers
 - Receive parent support and education
 - Finish terms of probation and other legal requirements
 - Call (847) 546-6450 for more information
 - All services provided in English and Spanish
 - Currently offered for little to no cost
-
- Todos los servicios son virtuales y se pueden completar por teléfono o videoconferencia
 - Trabajar a través de los efectos del distanciamiento social y el aislamiento
 - Encuentre apoyo para su recuperación
 - Hacer frente a los padres que ahora son 24/7 maestros
 - Recibir apoyo y educación para padres
 - Finalizar los términos de la libertad condicional y otros requisitos legales
 - Llame al (847) 546-6450 para obtener más información
 - Todos los servicios prestados en inglés y español
 - Actualmente se ofrece a poco o sin costo

RESOURCE GUIDE

HOTLINES & MORE INFORMATION

| | |
|--|----------------|
| <u>*Antioch Area Healthcare Accessibility Alliance</u> | (847) 395-2809 |
| <u>*Advocate Health COVID-19 Hotline</u> | (866) 443-2584 |
| <u>*Illinois COVID-19 Hotline</u> | (800) 889-3931 |
| <u>*Lake County Health Department</u> | (847) 377-8800 |
| <u>*Northshore Community Health Hotline</u> | (847) 432-5849 |
| <u>*United Way of Lake County</u> | 211 |

*COVID-19 & Unemployment Benefits (800) 244-5631
Unemployment benefits may be available to individuals whose unemployment is attributable to COVID-19. ides.illinois.gov

*Representative Joyce Mason's Office (847) 485-9986
For individuals who are having difficulty applying for or accessing unemployment benefits.

MENTAL HEALTH SUPPORT

| | |
|---|---------------------------------|
| <u>*A Safe Place – Lake County</u> | (800) 600-7233 |
| <u>*Blending Families (Antioch)</u> | (847) 838-9904 |
| <u>*CALL4CALM (Covid-19 support)</u> | Text "Talk" to 552020 |
| <u>*CYN After-Hours Crisis Line</u> | (847) 587-3100 |
| <u>*CYN Counseling Center</u> | (847) 548-6000 X 010 |
| <u>*Disaster Distress Coronavirus Hotline</u> | Text "TalkWithUs" to 66746 |
| <u>*Family Service of Lake County Counseling (Phone/Video sessions)</u> | (847) 432-4981 |
| <u>*Illinois Statewide Domestic Hotline</u> | (877) 863-6338 |
| <u>*Lake County Crisis Line (Anonymous call)</u> | (847) 377-8088 |
| <u>*National Domestic Abuse Hotline</u> | (800) 799-7233 |
| <u>*Nicasa HUGS Line (Emotional help & recovery support)</u> | (847) 546-6450 |
| <u>*Text-A-Tip (Support for middle-school & high school youth)</u> | Text "LAKECO" to (884) 823-5323 |

HERE TO HELP

*Antioch Township Senior Task Force (847) 460-2791
Task Force Coordinator-Courtney Kotloski
Personal shoppers for groceries, prescriptions, and errands. ckotloski@antiochtownshipil.gov

*Grant Township Residents (847) 651-7417
Township Supervisor-Kay Starostovic
If Kay does not answer, leave a message - someone will return your call. kstarostovic@granttownshipcenter.org
Phone messages are checked more often than email.

LOCAL FOOD PANTRIES

*Open Arms Food Pantry (Antioch) (847) 395-0309
1548 Main Street, Antioch on Rt. 83
Tuesday, Wednesday & Thursdays 4:30pm-6:30pm
Food Distribution directly to cars to ensure safety to everyone - drive-up

*Northern Illinois Helping Hands Food Pantry (Spring Grove) (815) 245-7345
2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot
Tuesdays & Thursdays from 3pm- 6:30pm
Food Distribution directly to cars - drive-up

PHARMACY NEEDS

***CVS (Antioch) 8am-8pm & Pharmacy Hours 9am-8pm**

983 Illinois Rte. 59, Antioch

Shopping for Vulnerable guests & their caregivers: Wednesdays 9am-10am

Free delivery of prescriptions and essential needs

(847) 395-5691

cvs.com

***Walgreens (Antioch) Weekdays 9am-9pm**

283 W. IL-173, Antioch

Senior Shopping Hours: Tuesdays 8am-9am

Free delivery of prescriptions

Drive-thru shopping for essential needs

(847) 395-0337

walgreens.com

***Walgreens (Fox Lake) Weekdays 9am-9pm**

61 S, US-12, Fox Lake

Senior Shopping Hours: Tuesdays 8am-9am

Free delivery of prescriptions

Drive-thru shopping for essential needs

(847) 587-8222

walgreens.com

***Walgreens (Lakemoor) Weekdays 9am-9pm**

28895 W IL Route 120, Lakemoor

Senior Shopping Hours: Tuesdays 8am-9am

Free delivery of prescriptions

Drive-thru shopping for essential needs

(815) 578-9346

walgreens.com

GROCERIES/OTHER

***Aldi (Antioch) Monday - Friday 9am-7pm**

1390 Deep Lake Road, Antioch

Seniors, expectant mothers, & underlying health conditions:

Tuesday & Thursdays 8:30am-9:30am

Delivery & pickup available, may be delayed

(855) 955-2534

aldi.us

***Dollar General (Fox Lake) 8am-8pm**

488 Orchard Street

Hours for all general public

(224) 259-2818

dollargeneral.com

***Dollar General (Fox Lake) 8am-8pm**

71 E Grand Avenue

Hours for all general public

(224) 337-3320

dollargeneral.com

***Jewel/Osco (Antioch) 6am-10pm & Pharmacy Hours 9am-8pm**

966 Rte. 59, Antioch

Senior Shopping Hours: Tuesdays & Thursdays 7am-9am

Delivery and pickup available, may be delayed

(847) 395-7363

jewelosco.com

***Jewel/Osco (Fox Lake) 6am-10pm Pharmacy Hours 9am-8pm**

1350 US-12, Fox Lake, IL 60020

Senior Shopping Hours: Tuesdays & Thursdays 7am-9am

Delivery and pickup available, may be delayed

(847) 973-9075

jewelosco.com

***Lovin' Oven Cakery (Antioch & Round Lake Locations)**

Tuesday-Saturday 8am-4pm, Sunday 8am-1pm

455 Lake Street, Antioch IL 60002

2207 N. IL 83, Round Lake IL 60073

Walk-in or curbside pickup, online ordering

Antioch - (224) 788-9558
Round Lake Beach - (847) 231-4700
www.lovinovencakery.com

***Old Mill Creek Country Store (Antioch)**

19588 W. IL Route 173, Antioch

Monday-Saturday 8am-7pm & Sunday 10am-6pm

Hours for all general public

Organic meat, produce, dairy, deli, grocery & frozen foods

(224) 788-8085

oldmillcreekcountrystore.com

***Piggly Wiggly (Antioch) 6am-8pm**

460 Orchard Street, Antioch

Seniors encouraged to shop daily from 7am-9am

(847) 395-7842

shopthepig.com

***Val's Fresh Market (Fox Lake)**

17 Towne Centre Lane, Fox Lake

Monday-Saturday 8am-8pm, Sunday 8am-7pm

Hours for all general public

(847) 587-0940

shopvals.com

***Walmart Supercenter (Antioch) 7am-8:30pm**

475 East, IL-173, Antioch

60 & older can shop the store & pharmacy one hour before opening

Grocery pick-up & delivery may be delayed

Limited number of customers in store at one time

(847) 838-2148

walmart.com

***Woodman's (Lakemoor) 7am-10pm**

27555 IL Route 120, Lakemoor

Senior Shopping Hours: Wednesdays 6am-8am

Delivery and pickup service available, may be delayed

(779) 704-4220

shopwoodmans.com

VETERINARIANS

***Antioch Animal Hospital, Monday - Friday 7:30am-5pm & Saturday 8am-4pm**

40949 N. IL-83, Antioch

Please call the office in advance.

A staff person will come out to your car to take your pet inside,

administer treatment and return them to you in your car.

(847) 395-0636

***Lakes Animal Clinic (Antioch)**

222 IL-173, Antioch

Please call the office in advance.

Monday-Friday 8am-5pm (closed from 12-1pm) & Saturday 8am-2pm

(847) 395-0100

***Fox Lake Animal Hospital, Monday- Friday 9am-6pm & Saturday 8am-2pm**

161 US-12, Fox Lake

Please call the office in advance.

A staff person will come out to your car to take your pet inside,

administer treatment and return them to you in your car.

(847) 587-0505