



## 5.13.20 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](http://aahaa4health.org)

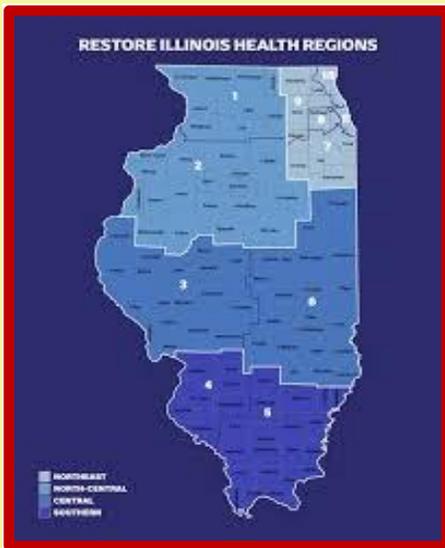
**AAHAA Network Nurse™ (414) 737-6601**

Coronavirus Cases by Zip Code

60002 - 67

60020 - 23

60046 - 127



Governor JB Pritzker announces plan to **reopen Illinois** on a region to region basis. The governor reports it is based on guidance from public health officials and that he has consulted with business leaders, mayors, and officials from around the state. All regions are now in Phase 2 and will move into successive phases as regions meet the criteria required for the next phase. To move into the final phase, a vaccine or effective treatment must be widely available or alternatively, a region will have reached herd immunity and there are no new cases over a sustained period of time. To view the plan, click below:

<https://coronavirus.illinois.gov/sfc/servlet.shepherd/document/download/069t000000BadS0AAJ?operationContext=S1>

## AAHAA

gives thanks to and honors all the medical workers who are on the front lines of this pandemic every day. Our doctors, nurses, EMTs, technicians, transporters, pharmacists, and everyone who supports patient care are putting themselves at risk in this crisis. They often work long grueling 12+ hour shifts, with few or no breaks. It is exhausting, difficult, and not without danger to care for those of us who become sick. And yet, they do it ... for all of us.

**They are the HEROES in this battle.**

**Worldwide, there have been over 1,000 healthcare workers who have died.**

## BLUE ANGELS SALUTE HEALTH CARE WORKERS WITH FLYOVER IN CHICAGO





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 1<sup>st</sup>, 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

---

**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
- **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**



Link for Lake County, IL COVID-19 Testing Sites

Lake County-COVID19 Testing Site Locator Link:

[COVID-19 Testing Site Locator](#)

---



Northern Illinois Food Bank

**Local Mobile Pantries Open to the Public**

847 336-3663

5/27/20 12pm – 2pm Round Lake Library 906 Hart Rd Round Lake, IL 60073

---



*Open Arms Mission*

**Open Arms Mission Needs Your Help**

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

Cereal  
Macaroni & Cheese

Pasta Sauce  
Jelly

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

---

**Lake County Health Department Reports Increase of Coronavirus Cases – As Of May 12th**

The Lake County Health Department is reporting 267 new cases and 15 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 5,700 (as of May 12<sup>th</sup>, 2020 at 1:15 p.m.) and the total number of deaths to 185. The Lake County Health Department is investigating 41 long-term care facilities in the county that have 2 or more confirmed cases. These 41 facilities have a combined total of 866 confirmed COVID 19 cases, and 117 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](mailto: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

## 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](https://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 &amp; recovery support)</u>	(847) 546-6450
<u>*Text-A-Tip (Support for middle-school &amp; 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 [ckotloski@antiochtownshipil.gov](mailto:ckotloski@antiochtownshipil.gov)  
Personal shoppers for groceries, prescriptions, and errands.

\*Grant Township Residents (847) 651-7417  
Township Supervisor-Kay Starostovic [kstarostovic@granttownshipcenter.org](mailto:kstarostovic@granttownshipcenter.org)  
If Kay does not answer, leave a message - someone will return your call.  
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)**  
2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot  
Tuesdays & Thursdays from 3pm- 6:30pm  
Food Distribution directly to cars - drive-up

(815) 245-7345

## **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](http://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](http://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](http://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](http://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](http://aldi.us)

**\*Dollar General (Fox Lake) 8am-8pm**  
488 Orchard Street  
Hours for all general public

(224) 259-2818  
[dollargeneral.com](http://dollargeneral.com)

**\*Dollar General (Fox Lake) 8am-8pm**  
71 E Grand Avenue  
Hours for all general public

(224) 337-3320  
[dollargeneral.com](http://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](http://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](http://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](http://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](http://oldmillcreekcountrystore.com)

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

460 Orchard Street, Antioch

Seniors encouraged to shop daily from 7am-9am

(847) 395-7842  
[shopthepig.com](http://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](http://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](http://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](http://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