



4.22.20 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 Health Insurance Applications.

(847) 395-2809

x19

aahaa4thealth.org

Please call AAHAA with any questions or needs!

AAHAA Network Nurse™ (414) 737-6601

Local Coronavirus Cases by Zip Code 60002 = 35 60046 = 62

If you have lost your **job-based health insurance** due to the Coronavirus, you may now be eligible for a special enrollment period with the Affordable Care Act. If you already have Market Place Insurance and your income is reduced, you may qualify for increased subsidies. If your income is now reduced, you may now be eligible for Illinois Medicaid. **PLEASE CALL AAHAA FOR ASSISTANCE!**



“OUTBREAKS CAN BE STRESSFUL”



The outbreak of Coronavirus Disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Need help? Know someone who does?

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...

PLEASE REACH OUT

Lake County Crisis Line

847-377-8088 You do not have to give your name when you call.

Family Service of Lake County Counseling

847-432-4981 Option 3 Phone or video sessions. Insurance or sliding scale fee. No out of pocket costs for Seniors.

National Domestic Abuse Hotline

1-800-799-7233

A Safe Place – Lake County

1-800-600-7233

CALL4CALM

Text “Talk” to **552020**

Free Counselors for Covid-19 support

Disaster Distress Coronavirus Hotline

Text “TalkWithUs” to **66746**

New Illinois Mask Requirements

Cicero, Deerfield, Evanston, Oaklawn, Glenview, Highland Park, Northbrook, Morton Grove, Nilas, Skokie, Des Plaines, Park Ridge, and Wilmette now **REQUIRE** everyone to wear a face covering/mask while in public.



These coverings should cover the nose and mouth and are

obligatory in the above municipalities for anyone working at or patronizing essential businesses, like grocery stores, and while taking public transit or ride-hailing services and taxis.

*** Face coverings should not be used on children younger than 2, anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.**

IF YOU HAVE SYMPTOMS OF RESPIRATORY ILLNESS ...

such as fever, cough, shortness of breath, **stay home and 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.**

Residents who don't have a primary care provider can contact The Lake County Health Department at (847)377-8800 - Option 1

Call 911 if you are having a medical emergency & alert dispatch if you have respiratory symptoms.

Prevent Infection & Prevent the Spread

- The Federal Government now extends the Coronavirus stay-at-home guidelines through 4/30.
- Governor Pritzker has ordered Illinois residents to remain in homes except for essentials to prevent the further spread of COVID-19.
- The Lake County Health Department urges the community to stay home unless going out is absolutely necessary.
- 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.
- Practice social distancing of 6 feet.
- 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.
- Use simple cloth face coverings to slow the spread of the virus, when social distancing is difficult to maintain.

Illinois Needs Your Help

Illinois needs medically trained individuals to join the fight against COVID-19. Individuals that register may be potentially contacted to work in a hospital surge or alternative housing setting. Go to illinoishelps.net to register with the Illinois Health Department. If you are not a medical professional, you can find other volunteer opportunities at Serve.Illinois.gov.

There is an urgent need for donations of sewn cloth face coverings, which will be distributed by community organizations to vulnerable residents. Those who are willing to make and donate masks can find details on the United Way of Lake County's [COVID-19 Volunteer Opportunities](#) page. English and Spanish instructions for making cloth masks are available on the [Health Department](#) and [CDC](#) websites.

Health Department Coronavirus Update – April 21st

The Lake County Health Department is reporting 78 new cases and 5 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 2,302 (as of April 21st, 2020, 1:30 p.m.) and the total number of deaths to 85. The Lake County Health Department is investigating 28 long-term care facilities in the county that have 2 or more confirmed cases. These 28 facilities have a combined total of 388 confirmed COVID-19 cases, and 53 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.

RESOURCE GUIDE

HOTLINES & MORE INFORMATION

***Antioch Area Healthcare Accessibility Alliance**

(847) 395-2809

***Advocate Health COVID-19 Hotline**

(866) 443-2584

***Illinois COVID-19 Hotline**

(800) 889-3931

***Lake County Health Department**

(847) 377-8800

***Northshore Community Health Hotline**

(847) 432-5849

***United Way of Lake County**

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

- *A Safe Place – Lake County**
- *CALL4CALM (Covid-19 support)**
- *Disaster Distress Coronavirus Hotline**
- *Family Service of Lake County Counseling (Phone/Video sessions)**
- *Lake County Crisis Line (Anonymous call)**
- *National Domestic Abuse Hotline**
- *Text-A-Tip (Support for middle-school & high school youth)**

(800) 600-7233
Text "Talk" to 552020
Text "TalkWithUs" to 66746
(847) 432-4981.
(847) 377-8088
(800) 799-7233
Text "LAKECO" to (884) 823-5323

HERE TO HELP

- *Antioch Township Senior Task Force**
Task Force Coordinator-Courtney Kotloski
Personal shoppers for groceries, prescriptions, and errands.

(847) 460-2791
ckotloski@antiochtownshipil.gov

- *Grant Township Residents**
Township Supervisor-Kay Starostovic
If Kay does not answer, leave a message - someone will return your call.
Phone messages are checked more often than email.

(847) 651-7417
kstarostovic@granttownshipcenter.org

LOCAL FOOD PANTRIES

- *Open Arms Food Pantry (Antioch)**
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

(847) 395-0309

- *Northern Illinois Helping Hands Food Pantry (Spring Grove)**
2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot
Tuesdays or 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
Free delivery (1-2 days) of prescriptions and everyday items

(847) 395-5691
cvs.com

- *Walgreens (Antioch) Weekdays 9am-9pm**
283 W, IL-173, Antioch
Senior Shopping Hours: Tuesdays 8am-9am
Free delivery & no minimum purchase
Prescriptions, and everyday items
Drive-thru shopping for general store items

(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 & no minimum purchase
Prescriptions, and everyday items
Drive-thru shopping for general store items

(847) 587-8222
walgreens.com

***Walgreens (Lakemoor) Weekdays 9am-9pm**
28895 W IL Route 120, Lakemoor
Senior Shopping Hours: Tuesdays 8am-9am
Free delivery & no minimum purchase
Prescriptions, and everyday items
Drive-thru shopping for general store items

(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

(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) Monday-Saturday 8am-8pm, Sunday 8am-7pm**
17 Towne Centre Lane, Fox Lake
Hours for all general public

(847) 587-0940
shopvals.com

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

475 East, IL-173, Antioch

60 and older can shop the store and 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**

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)**

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**

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