



4.29.20 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

COVID-19 Zip Code Cases
60002 - 48 60046 - 68



ILLINOIS STAY AT HOME ORDERS **NOW EXTEND THROUGH MAY 30th**

Beginning May 1st, Illinois residents are now **REQUIRED** to wear masks or face coverings in public when 6-foot social distancing cannot be maintained.

Call AAHAA For **FREE** Face Coverings

(847) 395-2809 x19 or x25

** 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.*

DURING ILLINOIS STAY AT HOME ORDERS
OUTDOOR ACTIVITIES LIKE WALKING, HIKING,
JOGGING, AND BIKING ARE ALLOWED

STATE PARK - OPENS MAY 1ST

Visitors can engage in activities with **NO** more than 2 people, like wildlife observation, hiking, biking, equestrian use, fishing and mushroom collecting. Social distancing must be maintained in all activities. Site visitor centers, campgrounds and concessions **WILL BE CLOSED** and there will be **NO** reservations or special events allowed.
8916 Wilmot Road Spring Grove, Illinois 847-587-5512



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.** Residents who don't have a primary care provider can contact The 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.

CORONAVIRUS

It is **MORE CONTAGIOUS** than the flu.
It is **MORE DEADLY** than the flu.

The primary method of contagion is airborne droplets which can travel up to **6 feet** while people are talking, coughing, or sneezing. Some studies suggest up to **12 feet**. And there is a suspicion that it might be spread by tiny airborne droplets which cause the droplets to remain in the air after the ill person is no longer around.

Someone who is COVID-19 positive might not have any symptoms or might not have symptoms in the first few days but **they can still infect others**. **Wearing a mask or cloth face covering** will help these people from spreading it to others unknowingly.

We do not know the exact mortality rate because we do not know the exact number of people who have COVID-19. Many COVID-19 people have no symptoms and US testing has been limited, but John Hopkins estimates **the mortality rate at 5.7%**.

80% of COVID-19 cases will have a mild illness defined as "not needing hospitalization" and can recover at home without any medical care. Some of these so-called mild cases may include symptoms of fatigue so severe they are unable to get out of bed for 10-12 days, high fevers, or uncontrollable shivering. **Call 911 for medical emergencies or trouble breathing.**

Prevent Infection & Prevent the Spread

- The Federal Government now extends the Coronavirus stay-at-home guidelines through 5/30.
- 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

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.

Coronavirus Free Webinar

Join CYN Counseling Center for interactive webinar on how this COVID-19 virus is affecting each and every one of us, and the possible impact it has on our mental health. **Friday, May 1st 12pm-2pm register at <https://cyngrayslake.org/news-events/>**

Health Department Coronavirus Update – April 28th

The Lake County Health Department is reporting 137 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 3,228 (as of April 28th, 2020 at 1:15 p.m.) and the total number of deaths to 119. The Lake County Health Department is investigating 32 long-term care facilities in the county that have 2 or more confirmed cases. These 32 facilities have a combined total of 541 confirmed COVID-19 cases, and 76 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>*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](https://www.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](https://www.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](https://www.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](https://www.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](https://www.aldi.us)

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

488 Orchard Street

Hours for all general public

(224) 259-2818

[dollargeneral.com](https://www.dollargeneral.com)

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

71 E Grand Avenue

Hours for all general public

(224) 337-3320

[dollargeneral.com](https://www.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](https://www.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](https://www.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