

ECIAAA COVID-19 Comprehensive Resources for Senior Citizen Preparedness & Community-Based Organization Preparedness

Updated July 2, 2020



[Complete the Census](#)

For census assistance, call anytime, any day between 6 AM and 1AM CDT

English: 844-330-2020 Spanish: 844-468-2020

General Illinois COVID-19 Hotline: 1-800-889-3931 or DPH.SICK@ILLINOIS.GOV.

Restore Illinois

- Latest Information & Guidance on [IDPH Restore Illinois Page](#)
- Restore Illinois: [An Introduction](#)
- IDPH Restore Illinois [Protecting Our Communities FAQs](#) – contains reopening/safety guidance for various entities.
- Restore Illinois [FAQs](#)
- Phase 4: [Revitalization](#)
- Chicago Tribune: [How will Illinois reopen? Three charts breaking down Pritzker's plan](#)

For Seniors and Disability Community to Stay Informed and Engaged:

Resources for Financial Assistance and Benefits

- IRS.gov
 - [Economic Impact Payments](#)
 - Economic Impact Payment [Information Center](#). Also see [Social Security Administration](#)
 - Coronavirus [Tax Relief](#)
- AARP: Stimulus Checks: [Who Is Eligible and How Much Will They Be?](#)

- U.S. Department of the Treasury [CARES Act](#). Also see Legal Council for Health Justice [CARES Act FAQs](#)
- Benefits:
 - [Application](#) for Benefits Eligibility (ABE website)
 - Locate resources near you with [Eldercare Locator](#)
 - National Coalition on Aging [Benefits Checkup](#)

General Information for Older Adults

- State of Illinois [Testing Sites Map](#). Also see [IDPH](#)
- OSF Healthcare
 - [Symptom Checker](#)
 - [Pandemic Health Worker Program](#) – care program for those who are tested COVID-positive
- NACCHO [Directory](#) of Local Health Departments
- Illinois Department on Aging
 - [COVID-19 Page](#)
 - Senior Helpline: **1-800-252-8966**, **1-888-206-1327** (TTY), or via email, aging.ilsenior@illinois.gov
 - Wellness Check Safety Precautions [Article](#)
 - Locate an Area Agency on Aging [here](#).
- Illinois Department of Public Health
 - COVID-19 [Information Sheets](#)
 - Health Regions and Local Health Departments [Map](#)
- Centers for Disease Control (CDC)
 - [Symptom Self-Checker](#). Also see [Apple COVID-19 Screening Tool](#)
 - [People Who Are at Higher Risk for Severe Illness](#)
 - [Personal Preparedness for Older Adults & Their Caregivers](#)
 - [Emergency Preparedness for Older Adults](#)
 - COVID-19 Household Preparedness [Checklist](#). Also see [Cleaning and Disinfecting Your Home](#)
 - [Guide to Face Coverings](#). Also see [How to Wash Cloth Face Coverings](#)
 - [COVID-19 Information in Multiple Languages](#)

- [Protect Yourself When Using Transportation](#)
- engAGED: The National Resource Center for Engaging Older Adults [COVID-19 Resources](#)
- AgeGuide [COVID-19 Resources for Older Adults](#)
- AgeOptions [COVID-19 Information for Consumers](#)
- Illinois Department of Human Services [Resources](#)
- Heart of Illinois 2-1-1 [Resources](#)
- U of I Extension COVID-19 [Resources](#)
- Administration for Community Living [COVID-19 Resources](#)
- American Society on Aging [COVID-19 Resources](#)
- National Council on Aging [COVID-19 Resources for Older Adults & Caregivers](#)
- [15 Expert Tips](#) for Disinfecting Your House for Coronavirus
- [13 Safety Precautions](#) You Should Take Every Day to Prevent Coronavirus
- SAMHSA Taking Care of Your Behavioral Health: [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- For Individuals with Disabilities:
 - Access Living [COVID-19 Resources for the Disability Community](#)
 - Advocates for Access Hotline: **309-682-3500**
 - INCIL Personal Assistance Coordination Line – if the personal assistant is not showing up, call **800-587-1227** (*Open Monday through Sunday, 8:30 a.m. to 5:00 p.m.*)
- [Medical Alert Systems](#) for Seniors Who Live Alone
- American Red Cross
 - [COVID-19 Safety Tips](#)
 - Register Yourself as [Safe and Well](#)
- Alliance for Aging Research [Common Questions and Answers About COVID-19 For Older Adults and People With Chronic Health Conditions](#)
- HealthinAging.org [COVID-19 Resources](#)

Nutrition Resources

- SNAP Benefits:
 - Illinois Department of Human Services [Illinois Link Card](#)
 - Greater Chicago Food Depository [Benefits Outreach and SNAP](#)
 - Purchasing groceries online with SNAP:
 - [Amazon FAQs](#)
 - [Walmart Grocery Pickup Accepts SNAP](#)
- FDA [Shopping for Food During the COVID-19 Pandemic - Information for Consumers](#)
- USDA [Nutrition.gov](#)
 - [Eat Right When Money's Tight](#)
 - [Nutrition Programs](#)
- Ready.gov [Food Guide](#)
- East Illinois Food Bank [COVID-19 Updates and Information](#)
- Eat Smart Move More [Shelf-Stable Meals from Your Better Pantry](#)
- Grocery & Meal Delivery
 - McLean County Mutual Aid Team: (309) 839-9496
Voice: Please leave a detailed voice message
<https://www.facebook.com/MutualAid309>
Torii More, Contact Person: (847)-220-1229
blonocoronateam@gmail.com
 - The Robert Barcia Team at eXp Realty LLC: (free grocery delivery for McLean County): (309) 244-6637 Voice: (309) 24-HOMES
vegasrobert33@gmail.com
 - Online Grocery: [Instacart](#), [Postmates](#), [Shipt](#), [Amazon Pantry](#)
 - Bulk Meals Delivery: [Blue Apron](#), [Freshology](#), [Silver Cuisine](#), [Diettogo](#), [Personal Chef To Go](#)
 - [Find the Best Meal Delivery Services](#)
 - Individual Meals Delivery: [Grubhub](#), [Door Dash](#), [Uber Eats](#)

- Senior Shopping Hours (varies by store and location; call or search local store)
 - **Walmart**- Open for seniors Tuesdays from 6 AM to 7 AM (one hour before store opens) indefinitely. Pharmacies and Vision Centers will also be open during this time.
 - **Target**- The first hour of opening on Tuesdays and Wednesdays will be reserved for vulnerable guests, including the elderly and those with underlying health concerns. Pharmacies will also be open. See [Store Locator](#) for specific store hours.
 - **Hy-Vee**- Seven-days a week, seniors 60 or older can shop from 7 AM to 8 AM. Pharmacies will also be open. Anyone with an underlying health condition that makes them more susceptible to serious illness and expectant mothers are also welcomed to shop at that time.
 - **ALDI**- Tuesdays and Thursdays, 8:30 AM – 9:30 AM; reserve the first hour of business for vulnerable shoppers. This includes senior citizens, expectant mothers and those with underlying health concerns.
 - **Sam's Club**- Tuesday and Thursday from 7 AM to 9 AM for seniors and those with disabilities or compromised immune systems. This includes our pharmacy and optical centers and will last until further notice.
 - **Jewel-Osco**- Tuesdays and Thursdays 7 AM – 9 AM
 - **Dollar General**- First hour of opening daily
 - **County Market**- 6 AM to 8 AM daily
 - **Walgreens**- Tuesdays 8 AM – 9 AM

Mental Health and Self-Care Resources

- **Alzheimer's Association**
 - [24/7 Helpline](#) - available 24 hours a day, 7 days a week for anyone who needs it, including staff, residents, and care partners. The Alzheimer's Association helps with any type of memory loss or dementia and can truly be an added support for many care partners,

professional or otherwise, at any time and especially under current circumstances. **Call (800)272-3900**. Over 200 languages available.

- Support Groups: call 24/7 **(800)272-3900**
- [ALZConnected](#): online community for people living with dementia and their families
- [Programs and Events](#) or call the helpline above.
- OSF Behavioral and Mental Health [SilverCloud](#)
- Illinois Department of Human [Services Resources](#) or call **1-833-2-FIND-HELP (1-833-234-6343)**
- **Disaster Distress Hotline** – Call **1-800-985-5990** or text **TalkWithUs to 66746**. The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.
- [Institute on Aging Friendship Line](#): both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Call **1-800-971-0016** toll-free 24/7. Developed by The Institute on Aging, it is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities.
- **PATH Dial: 2-1-1 or 1-888-865-9903**. TDD 309-829-9027 or email info@pathcrisis.org
- **Warm Line**: a team of Wellness Support Specialists who have experienced mental health and/or substance use recovery in their own lives. They are trained in recovery support, mentoring, and advocacy and are ready to listen and support you. The Warm Line is not a crisis hotline but is a source of support as you recover or help a family member to recover. **Call: 1-866-359-7593 M-F 8am-5pm except holidays. Main menu select option 2.**
- **Illinois Call4Calm Text Line**: free, 24/7 service for people seeking emotional support due to the stress related to COVID-19. Text **TALK** to 552020 for English or **HABLAR** for Spanish.

- **Mental Health America** [Mental Health And COVID-19 – Information And Resources](#). [Crisis Text Line](#): serves anyone, in any type of crisis, 24-hours a day. Text **HOME, HELLO, or MHA** to 741741. Also see [Mental Health Test](#).
- [Vibrant.org](#) Safe Space crisis line: **1-800-273-8255**, Illinois: **312-814-5050**
- **National Suicide Prevention Hotline** (24/7): Call **1-800-273-TALK (8255)** and caring staff will connect you with the nearest crisis center. Also see [Emotional Wellbeing During the COVID-19 Outbreak](#)
- **Veteran’s Crisis Line: 1-800-273-8255 Press 1**
- **National Domestic Violence Hotline: 1-800-799-7233** or Text **LOVEIS** to 22522
- **The National Alliance on Mental Illness Warmline** – Call or text **775-241-4212**. The NAMI Warmline is a stigma-free, non-crisis, phone service you can call or text to speak one-on-one with a NAMI Western Nevada CARES (Community Assistance for Recovery through Education and Support) operator. The Warmline is staffed by trained peers in recovery, who provide support to peers by telephone.
- **Illinois Helpline for Opioids & Other Substances: 1-833-2FINDHELP**
- **The Salvation Army-Emotional and Spiritual Care Hotline**
Call **877-220-4195** 8 AM – 8 PM, 7 days a week
- The Antioch Group [Contemporary Christian Counseling](#)
- Self-Compassion.org [Resources](#)
- Virusanxiety.com [Care for Your Coronavirus Anxiety](#)
- CDC [Coping with Stress](#)
- Psychology Today [7 Ways to Cope With COVID-19](#)
- SAMHSA
 - [Coping with Stress During Infectious Disease Outbreaks](#)
 - [Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- Psych Hub [COVID-19 Mental Health Resource Hub](#)
- University of Illinois Chicago [Managing Your Wellness During the COVID-19 Outbreak](#)
- Campaign to End Loneliness [Coronavirus and Social Isolation](#)

- National Alliance on Mental Illness [COVID-19 Resource and Information Guide](#)
- National Coalition on Mental Health and Aging [Resources](#)
- Mindfulness:
 - [Free Mindfulness Resources to Find Calm and Nourish Resilience During the COVID Outbreak](#)
 - Mayo Clinic COVID-19: [Tips for Mindfulness & Coping with Anxiety](#). Also see [Mindfulness Exercises](#).
 - Healthline [30 Grounding Techniques to Quiet Distressing Thoughts](#)
 - Rush Center for Excellence in Aging [Pausing on Purpose: Practices to Support Self-Care](#)
- Mental Health Apps: [Headspace](#), [Happify](#), [Mindshift](#), [Sanvello](#), [Breathe2Relax](#), [Panic Relief](#), [WhatsMyM3](#) (for mood disorders), [Anxiety Helper](#), [Youper](#), [T2 Mood Tracker](#), [Worry Watch](#)

Activities and Virtual Programming

- Technology & Connectivity
 - Comcast Internet Essentials [Staying Connected During Coronavirus](#). See application [here](#).
 - Find [Internet Providers in Illinois](#)
 - Citizens Utility Board Guide: [Telecom/internet/cable/utility services during the COVID-19 public health emergency](#)
 - [Free Computers for Low Income Families](#)
 - Microsoft [Registered Refurbisher Program](#)
- AARP Foundation [connect2affect](#)
- ACL [Engage Virtually](#)
- IDoA [Opportunities To Connect Are Within Your Reach](#)
- U of I Extension [Virtual Event Calendar](#)
- AgeGuide [Virtual Activities During Physical Distancing](#)
- Home Strong [Physical Exercises](#)
- Rush University Health & Wellness
 - [Stay Engaged, Active and Healthy at Home](#)

- Rush Generations [Facebook Page](#)
- HealthinAging.org [12 Ways To Ease Isolation While You're Practicing Social Distancing](#)
- NCOA [Senior Centers Connect](#)- contains enormous amounts of activity resources and other helpful information (pg. 21-29).
- TimeSlips [Creativity Center](#) Engagement Resources. Also see webinar: [Engagement in a Time of Quarantine](#)
- Covia [Well Connected](#)
- Stitch: [Community and Companionship for Anyone Over 50](#)
- Papa Pals [Family On-Demand](#)
- Center for Jewish Elderly SeniorLife [Virtual Culture and Travel Activities](#)
- Metropolitan Opera [Free Streams](#)
- Mather [Telephone Topics Virtual Progaming](#)
- Open Culture [Free Online Courses](#). Also see [MOOC.org](#) and [additional activities](#).
- Travel + Leisure [Virtual Museum Tours](#)
- Coalition to End Social Isolation and Loneliness [COVID-19 and Social Isolation Resources](#)
- Cubii [Ellipticals](#). See Cubii workout videos on [YouTube](#) and [Facebook](#). Also see [How Cubii Works for You](#). Cubii is featured on the [AARP Helpful Resources](#) page.

To Support Seniors and the Disability Community

Information & Guidance for Senior Centers

- IDPH
 - Restore Illinois Protecting Our Communities [FAQs](#)
 - COVID-19 [Workplace Health and Safety Guidance for Employees and Staff](#). Also see [main page](#).
 - County Level COVID-19 [Risk Metrics](#)
 - [Webinar](#) "Correct Usage of Personal Protective Equipment" (Must register and then webinar and slides will open)

- Transporting High-risk Populations [Guidance](#)
- CDC
 - [Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)
 - [Cleaning and Disinfecting Your Facility](#)
 - [How to Wash Cloth Face Coverings](#)
 - [Protect Yourself When Using Transportation](#)
- State of IL Department of Human Rights [FAQ for Businesses Concerning Use of Face Coverings](#)
- DCEO [COVID-19 Signage](#)

Information & Guidance for Senior Living Facilities & Alternate Housing

- Centers for Disease Control (CDC):
 - [Retirement Communities and Independent Living](#)
 - [Preparing for COVID-19 in Nursing Homes](#)
 - Long-Term Care and Other Residential Facilities Pandemic/Influenza [Checklist](#)
 - [Interim Guidance on Unsheltered Homelessness and COVID-19](#)
- FEMA Planning Considerations: [Disaster Housing](#)
- John A. Harford Foundation [COVID-19 Resources for Nursing Homes & Long-Term Care](#)
- IDPH [Long-Term Care Facilities Guidance](#)
- Centers for Medicare & Medicaid Services [Guidance for Infection Control and Prevention of Coronavirus Disease 2019 \(COVID-19\) in Nursing Homes](#)
- American Health Care Association [Combatting Coronavirus: Our Fight To Protect Seniors & Individuals with Disabilities in Long Term Care](#)
- Alzheimer's Association
 - [Tips for Dementia Caregivers in Long-Term or Community-Based Settings](#)
 - [Emergency Preparedness](#): Caring for persons living with dementia in a long-term or community-based care setting

- The Society for Post-Acute and Long-Term Care Medicine [COVID-19 Guidance](#)
- U.S. Department of Housing and Urban Development [COVID-19 FAQs for Public Housing Agencies](#) (many residents can be seniors)
- Illinois Homeless Population and Shelter Services [GIS Map](#). Also see HUD.gov [Homeless Information](#)
- IEMA COVID-19 Alternate Housing [Guidance](#). See [Alternate Housing Plan](#) (under “Planning” section).

Guidance for the Aging Network and Nonprofits

- Volunteer Recruitment:
 - [AmeriCorps Serve Illinois](#). Also see [Disaster Volunteerism](#)
 - See last page for volunteer checklist.
- Nutrition
 - Eastern Illinois Food Bank [COVID-19 \(Coronavirus\) Updates & Information](#)
 - National Resource Center on Nutrition and Aging [Resources and Tools to Support COVID-19 Emergency Preparedness and Response](#)
 - NCOA [Practical Tips for Meals and Other Package Delivery](#)
 - Meals on Wheels:
 - [Keeping Seniors Safe Amid COVID-19](#)
 - Apply for Meals on Wheels COVID-19 Response Fund grant [here](#) (must login).
 - COVID-19 Response [Hub](#) (must login)
 - Join Meals on Wheels Connect [here](#).
 - NANASP COVID-19 [Resources](#)
 - USDA [Nutrition.gov](#)
 - [SNAP-Ed Connection](#)
 - FNS [Response to COVID-19](#)
 - [Senior Farmers’ Market Nutrition Program](#)
- Nonprofit Pandemic Response Resources:
 - VolunteerMatters [COVID-19 Response Guide for Nonprofits](#)

- National Association of Area Agencies on Aging:
 - [COVID-19 Resources](#)
 - [News and Updates](#)
 - [Peer Resources](#) (must login)
 - [Government Resources](#)
- Coalition to End Social Isolation and Loneliness [COVID-19 and Social Isolation Resources](#)
- CDC [Reaching At-Risk Populations on an Emergency](#)
- IDPH Transporting High-risk Populations [Guidance](#)
- NCOA
 - Webinar: [Social Isolation and Loneliness Among Older Americans during COVID-19: Evidence, Policy, and Advocacy](#)
 - [Tools](#) for Reaching a Remote Audience
 - [Measuring Well-Being of Older Adult Clients and Community Members](#)
- National Institute on Aging Webinar: [Focus on Aging: Federal Partners' Webinar Series](#) / scroll down to see Supporting Older Adults in Emergencies: Preparedness, Response, and Recovery
- National Mass Care Strategy [COVID-19 Resources](#)
- Illinois [Voluntary Organizations Active in Disaster](#)
- U of I School of Social Work [Fundraising, Service, and Supplies Resources for Champaign-Urbana](#)
- Fundraising:
 - [Ideas to Safely Help Your Community](#)
 - Donations: [How you can help during the coronavirus outbreak](#)
- Forefront [COVID-19 Resources and Updates](#)
- John A. Hartford Foundation [COVID-19 in Older Adults - Key Points for Emergency Department Providers](#)
- Illinois Partners for Human Service Google Docs:
 - [Help for Nonprofit Employers and Workers](#)
 - [COVID-19 Key Resources for Coalition Partners](#)
- AgeOptions [COVID-19 Information for Providers](#)
- Institute on Aging [Friendship Line](#)

- Pioneer Network [Resource Library](#)
- Coronavirus Online Therapy [Essential Therapy for Essential Workers](#)

Guidance for Caregivers

- Alzheimer's Association
 - 24/7 Helpline: **(800)272-3900**. Call for support groups, care consultation, etc.
 - [ALZConnected](#): online community for people living with dementia and family members
 - [Tips for Dementia Caregivers](#). Also see [webpage](#).
 - [On-Demand Training](#)
- John A. Hartford Foundation [COVID-19 Resources for Older Adults, Family Caregivers and Health Care Providers](#)
- Family Caregiver Alliance [COVID-19 Resources](#)
- AgeOptions [COVID-19 Information for Consumers](#) (and caregivers)
- [Community Resource Finder](#)
- U.S Department of Labor [Families First Coronavirus Response Act: Employee Paid Leave Rights](#)
- Consumer Affairs: [Find the Best Home Care Services](#)
- VITAS Healthcare [Family & Caregiver Support](#)
- NCOA [COVID-19 Resources for Older Adults & Caregivers](#)
- NBC News [Coronavirus pandemic: How to help senior citizens](#)
- Center for Health Care Strategies, Inc. [Supporting Family Caregivers in the Time of COVID-19: State Strategies](#)
- HealthinAging.org [COVID-19 Resources](#)

Guidance for Aging Network to Support Staff and Workplace Safety

- U.S. Department of Labor [Workplace Safety Resources](#)
- CDC:
 - [Guidance](#) for Businesses and Employers

- [Reopening Guidance](#) for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes
- [Cleaning and Disinfection for Community Facilities](#)
- [Cleaning and Disinfecting Your Facility](#)
- [Protect Yourself When Using Transportation](#)
- IDPH:
 - [Workplace Health and Safety Guidance for Employees and Staff of Business](#)
 - [Business and Organization Guidance](#)
 - Social Distancing [Infographic](#)
 - [Guidance on the Use of Masks by the General Public](#)
 - [Additional Signage and Infographics](#)
- World Health Organization [Getting Your Workplace Ready for COVID-19](#)
- U.S. Chamber of Commerce [Workplace Tips for Employees](#)
- U.S. Department of Labor [Occupational Safety Resources](#)
- IEMA Continuity of Operations [Resources](#)
 - Article: [How To Keep Your Association Running If Coronavirus Worsens](#)

COVID-19 Information and Resources for a General Audience

Data and News

- IDPH
 - [Data Map](#)
 - [Media & Publications](#)
- CDC:
 - [Data Map](#)
- New York Times:
 - [Coronavirus Map](#): Tracking the Global Outbreak
 - [Illinois Coronavirus Map and Case Count](#)
- Johns Hopkins University [COVID-19 Dashboard](#)
- Our World in Data [Coronavirus Pandemic Statistics and Research](#)
- National Governors Association [Coronavirus: What You Need to Know](#)

General Information and Resources

- Centers for Disease Control and Prevention
 - COVID-19 [Home Page](#)
 - [How To Wash Cloth Face Coverings](#)
 - [Cleaning and Disinfecting Your Home](#)
 - [Household Checklist](#)
 - [Considerations for Events and Gatherings](#)
 - [Travel](#)
- World Health Organization
 - [COVID-19 Home Page](#)
 - [Mental health and psychosocial considerations during the COVID-19 outbreak](#)
- Coronavirus.gov [Home Page](#)
- Facebook [COVID-19 Information Center](#)
- FEMA
 - [COVID-19 Response Page](#)
 - [Supply Chain Stabilization Task Force](#)
- American Health Care Association [PPE Suppliers](#)
- U.S. Department of Health and Human Services [Deploying PPE and Other Medical Supplies and Equipment from the Strategic National Stockpile](#)
- Illinois Department of Human Services [Help Is Here Resources Page](#). Also see [Office Locator](#).
- National Foundation for Infectious Disease [Coronaviruses Information](#)
- Ready Illinois [Resources](#)
- U of I Extension [Resources for Responding to COVID-19](#)
- USDA [COVID-19 Federal Rural Resource Guide](#)
- 2-1-1
 - COVID-19 [National Resource Matrix](#)
 - 2-1-1 COVID-19 [Website](#)
 - PATH 2-1-1 Google Doc [Resources by County](#)
- [Directory](#) of Illinois Community Action Agencies. Also see [Help for Illinois Families: Relief for Households Across the State](#)

- HUD.gov Continuums of Care [Offices](#)
- Mayo Clinic [COVID-19 Information & Resources](#)

Employment, Housing and Financial Security

- Illinois.gov
 - [Get Hired IL](#): Connecting Employers Looking for Workers to Workers Looking for Work
 - [Unemployment FAQs](#)
 - [Illinois Department of Employment Security](#). Also see [File an Unemployment Claim](#)
- HUD.gov [Homeless Information](#)
- US Department of Labor [Families First Coronavirus Response Act: Employee Paid Leave Rights](#)
- Consumer Financial Protection Bureau:
 - [Protecting your finances during the coronavirus pandemic](#)
 - [Your Disaster Checklist](#)
- One Fair Wage [Emergency Funds for Restaurant, Hourly, and Gig Workers](#)
- National Low-Income Housing Coalition [COVID-19 & Housing/Homelessness](#)
- Resources for Artists:
 - 3Arts Chicago Artists [Emergency Resources](#)
 - [Arts For Illinois](#)
- Fraud & Misinformation:
 - World Health Organization [Myth Busters](#). Also see [Cyber Security](#)
 - U.S. Food & Drug Administration [Beware of Fraudulent Coronavirus Tests, Vaccines and Treatments](#)
 - CJE SeniorLife [Protect Yourself from Coronavirus Scams: What You Need to Know](#)
 - FEMA [Coronavirus Rumor Control](#)
 - U.S. Department of Health and Human Services [COVID-19 Scams](#)
 - NCOA [4 Coronavirus Scams to Avoid](#)
 - Poynter [COVID-19 Fact-Checking Resources](#)

Support for Small Businesses and Nonprofits

- Nonprofits
 - [Illinois COVID-19 Response Fund](#)
 - [Alliance of Illinois Community Foundations](#)
 - NCOA [COVID-19 Community Response Fund](#)
 - [National Domestic Workers Alliance](#)
- Small Businesses
 - Coronavirus.gov [Supporting Small Businesses](#)
 - U.S. Small Business Administration:
 - [Coronavirus \(COVID-19\): Small Business Guidance & Loan Resources](#)
 - [Get Local Assistance](#)
 - [Disaster Assistance in Response to the Coronavirus](#). Also see [Apply for Assistance](#).
 - [Disaster Loan Fact Sheet](#). Also see [FAQs](#) and Economic Injury Disaster Loans [Webinar Presentation](#)
 - Illinois Department of Commerce:
 - [COVID-19 Help](#)
 - [Downstate Small Business Stabilization Program](#)
 - [Emergency Small Business Grants and Loans Assistance](#)
 - [Stay at Home Order & Essential Business Guidance](#)
 - US Chamber of Commerce [Coronavirus Communication Toolkit](#). Also see [Combatting Coronavirus](#).
 - Find a small business development center [near you](#)
 - Facebook for Business [Small Business Grants Program](#)
 - The Small Business Owner's [Guide to the CARES Act](#)
- General
 - Chicago Law Partners [COVID-19 Resources](#) (small businesses and nonprofits)
 - [Heroes Act](#). Also see [Title-by-Title Summary](#).
 - Illinois Treasurer [Relief for Small Businesses and Nonprofits](#)
 - Illinois Economic Development Association [COVID-19 Resources](#)

- USDA Assistance Programs [Fact Sheet](#)
- [Guidance](#) for Commercial Leases
- International Economic Development Council [Resources](#)

Resources for Other Sectors

- Healthcare
 - American Geriatrics Society [COVID-19 Information Hub](#)
 - American Medical Association [COVID-19 Resource Center for Physicians](#)
 - Duke University Medical Center [COVID-19 Core Clinical Resources](#)
 - Tracie Healthcare Emergency Preparedness Information Gateway [Novel Coronavirus Resources](#)
 - Centers for Medicare & Medicaid Services [Resources](#)
 - IDPH [Support Persons in Health Care Facilities](#)
- Government
 - Webinar: [Local Government Revenue Impact and How to Prepare for What is Next](#)
 - U of I Extension Local Government [Education Archives](#)
 - Advocacy:
 - [The Social Services Block Grant Coalition](#)
 - Council of Nonprofits [Nonprofit Track Reforms to the CARES Act](#)

Volunteer Resources Checklist

- #1: Local partnerships!
 - College students who are now working remotely
 - Church groups
 - Connecting with Mail drivers, FedEx, etc. who already do deliveries
 - Fire Departments
 - <https://www.firedepartment.net/directory/illinois> (Fire Departments listed by County and Community with Contact Information)
 - Police Departments
 - <https://www.usacops.com/il/> (Police Departments in Illinois listed by County with Contact Information)
 - Sheriff's Departments
 - <https://www.ilsheriff.org/sheriffs-directory/>
 - School bus drivers who are delivering breakfast and lunch to students who participate in the free school meal programs
 - Service Clubs are looking to assist— (Rotary, Lions, Kiwanis, Red Hat Society, Bridge/Bunco groups, etc.)
 - <https://my.rotary.org/en/search/club-finder> (Rotary Club Search)
 - <https://www.lionsclubs.org/en/start-our-approach/club-locator> (Lions Club Search)
 - <https://locator.kiwanis.org/FindAClub> (Kiwanis Club Search)
 - Americorps may be able to help with a lot of the current jobs suspended (closed schools, etc.)
 - Some congregate sites utilize public transportation, church buses, or have their own bus—use these vehicles to deliver meals now
 - Teachers that are now doing online/remote teaching and may be able to help
 - Reach out to your local Illinois Education Association (IEA) leaders by phone 1-844-IEA-1800 or by email or Live Chat through <https://ieanea.org/ieaconnect/>
 - Parks and Recreation staff (they are already vetted)
 - Local governments, municipalities, and townships