COVID-19 Information

STAY HOME AND CONSULT A DOCTOR IF YOU ARE SHOWING SYMPTOMS
   Fever
   Cough
   Sore Throat
   Difficulty Breathing

DO NOT WALK INTO A HOSPITAL OR CLINIC WITHOUT CALLING AHEAD FIRST
See below: contact information for local clinics

GOVERNOR J.B. PRITZKER ISSUING “SHELTER-IN-PLACE” ORDER
STARTING SATURDAY MARCH 21ST AT 5PM

City of Chicago Updates
- “Ask Dr. Arwady” Daily Q&A with Health Commissioner Arwady starting 11am
  - Send questions via Facebook stream, Twitter #AskDrArwady

Illinois Updates (Including map of positive COVID-19 cases)
- https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx

Global Pandemic Tracking Map
- https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6

CDC Guidelines

City Service Suspensions/Updates
Moratoriums

- **Eviction:** The Cook County Sheriff will not enforce eviction orders beginning on March 14th, 2020, and continuing until April 13th, 2020. If the court has already ordered that a tenant should be evicted, the sheriff will not take action to put the tenant out until April 13th at the earliest. All scheduled court dates in eviction cases will be rescheduled and continued for 30 days unless both parties agree that there is an emergency that requires the court’s immediate attention. If a building is in foreclosure, there is a moratorium on entering and executing final judgments in foreclosure cases. This moratorium means that the existing landlord will not lose the building for at least 30 days, and tenants should continue to pay rent if demanded.

- **Utilities:** Illinois utilities, including electric, gas, & water, have agreed to suspend shutoffs and new late fees until May 1st. Includes ComEd and People’s Gas, except in the case of safety concerns.

- **Vehicle Violations:** Chicago will stop ticketing, booting and towing illegally parked vehicles except for public safety reasons until May 1st

- **Late Fees & Default**

Chicago Public Schools

- Suspended until April 21st

Circuit Court of Cook County

- Most cases and hearings delayed until April 15th

Hotlines

- Chicago Public Schools: (773) 553-5437
- Chicago Department of Public Health: (312) 746-4835
- ICIRR Family Services: (855) 435-7693
  - Immigrant Services
- Cook County Department of Public Health: (708) 633-3319
  - Text “AlertCook” to 888-777 for text alerts
- Cook County Benefits (SNAP, Medicaid, etc.): (773) 843-5416
- 24-hour Domestic Violence Hotline: (312) 738-5358
- Rape Crisis Hotline: (888) 293-2080

City/State Financial Resources

Individual/Families
• As of March 17, 2020 tax payments up to $1 million for individuals can be deferred for 90 days. This will also apply to pass-through business income on their individual return.

• **COVID-19 and Unemployment Benefits - IDES** 1-800-244-5631
  - DACA recipients qualify
  - Required:
    - Drivers license or state ID
    - Current residential and mailing address
    - Social security number
    - Last dates of employment
    - Number of days worked during the last employment period
    - Number of weeks earning $484 or more during last employment period

• **Temporary Assistance for Needy Families (TANF) 1-800-843-6154**
  - To qualify:
    - Be pregnant or have a child under age 19 who lives with them. A child who is 18 must be a full-time high school student. A pregnant woman (and her husband, if he lives with her) may qualify for help, even if they don’t have any other children.
    - Live in Illinois. You can be homeless and still qualify.
    - Be a U.S. citizen or meet certain immigration requirements.

• **Women, Infants, and Children (WIC)**
  - To qualify:
    - Pregnant, breastfeeding or just had a baby
    - Infants and Children under 5 years old (including foster children)
    - Families with a low to medium income
  - Provides:
    - Special checks to buy healthy foods - like milk, juice, eggs, cheese, cereal, dry beans or peas, and peanut butter
    - Help in finding health care and other services in your area

• **Illinois Financial Hardship Tax Relief**
  - Tax abatement for 90 days

• **Illinois Attorney General - File A Complaint**
  - Report Price Gouging

### Small Businesses

• The following taxes will be deferred until May 1st:
  - Bottled Water Tax
  - Checkout bag tax
  - Amusement tax
  - Hotel Accommodation tax
  - Restaurant Tax
  - Parking Tax

• **Chicago Small Business Resiliency Fund**
  - To be eligible:
- Attest to a more than 25% revenue decrease due to COVID-19
- Employ fewer than 50 employees and have gross revenues of less than $3 million in 2019
- Provide a City business address or City business license
- No pre-existing tax liens or legal judgments
  - Must provide:
    - Bank statements dating back to October 2019
    - Your most recent tax return
    - Photo ID (CityKey will be accepted)

- **Small Business Association (SBA) Disaster Loan Relief** 1-800-659-2955
  - Up to $2 million towards capital such as payroll, accounts payable, and fixed debt payments
  - 3.75% for small businesses, 2.75% for non-profits

- **Illinois Department of Commerce and Economic Opportunity COVID-19 Impact Survey**
- ESDC is available to assist via phone call or zoom with applications and available programs (312) 733-2287 Ext 1

### Other Financial Resources

- **Restaurant Workers Fund**
- **One Fair Wage - Emergency Coronavirus Tipped and Service Worker Support Fund**
- **Bartender Emergency Assistance Program**
- **Restaurant Opportunities Center Fund**
- **Credit Card Assistance**
  - American Express, Bank of America, Barclays, Capital One, Chase, Citi, Discover, Fifth Third Bank, Apple Card, Synchrony, U.S. Bank, Wells Fargo.
- **University of Illinois at Chicago (UIC) Emergency Fund**
  - For currently enrolled students
- **Northeastern Illinois University (NEIU) Emergency Fund**
  - For currently enrolled students
- **Joust**
  - For freelance businesses
- For Artists:
  - **Artists of Color Emergency Grant**
  - **Artist Relief Tree**
  - **Craft Emergency Relief Fund**
  - **Foundation for Contemporary Art Relief Fund**
  - **The HART Fund** (Blues Players)
  - **Gottlieb Foundation** (Printmakers, Painters, & Sculptors)
  - **Queer Writers of Color Relief Fund**
  - **Musicares**
Sweet Relief Musicians Fund
I Lost My Theater Gigs
Season Of Concern (Theater)

## Housing Resources

- **Emergency Rental Assistance**
  - Provides:
    - Payment of rent arrears to prevent eviction
    - Payment of rent
- **Homeless Shelter Directory**
- **Chicago Homeless Shelter List**
  - Offers filtered Search
- **Homeless Youth Provider List**
- Discounted hotel rates for displaced students:
  - $59-a-night at Hotel Essex 312-939-2800
  - $99-a-night at Radisson Blu Aqua Hotel 312-565-5258
- **Metropolitan Tenants Organization** (MTO) 773-292-4988
  - Tenants Rights
- **Lawyers Committee for Better Housing (LCBH)** (312) 347-7600
  - Legal Aid

## Healthcare Resources

- **ICIRR Interactive Map Of Clinics**
- **National Association of Free and Charitable Clinics**
- **Free CVS Delivery**
- **Alcoholics Anonymous Online Meeting Directory**

## Food Assistance

- **Meals On Wheels** (773) 661-4550
- **Food Bank Directory**
- **Women, Infants, and Children (WIC)**
  - To qualify:
    - Pregnant, breastfeeding or just had a baby
    - Infants and Children under 5 years old (including foster children)
    - Families with a low to medium income
- **SNAP** (Formerly Food Stamps)
  - **SNAP Eligibility Calculator**
- **City-wide Farmers’ Markets**
  - Includes delivery options
- **Sweet Green Outpost**
Delivery to hospital workers

- My Block, My Hood, My City
  - Senior care packages including sanitizer, toiletries, food, & health supplements

Forty Acres Fresh Market
  - Produce delivery. Accepts SNAP

Senior Services Plus 618-465-329
  - Curbside Pickup

Employment

- Chicago Department of Family & Support Services (DFSS) Delegate Agency List
- 1575+ Remote Jobs From 100+ companies
- Community Job Openings Board

Legal Aid

- Illinois Legal Aid
- Legal Aid Chicago (312) 341-1070
- Illinois Coalition for Immigrant and Refugee Rights (ICIRR) (855) 435-7693
- National Immigrant Justice Center (312) 660-1370
- The Resurrection Project (312) 666-3062
- Lawyers Committee for Better Housing (312) 347-7600

Immigration

- The Resurrection Project (312) 666-3062
  - DACA Renewals
  - Deportation Defense
  - Call to set up consultation
- Illinois Coalition for Immigrant and Refugee Rights (312) 332-7360
  - Citizenship
  - DACA
  - Deportation Defense
- National Immigrant Justice Center (312) 660-1370
  - Citizenship
  - DACA
  - Deportation Defense

Education/For Parents & Caregivers
Chicago Public Schools are open Monday – Friday, 9am-1pm, to provide meals (breakfast and lunch). They will receive 3 days of meals for each young person in the household. 1-773-553-KIDS or email at familyservices@cps.edu to make a request for food delivery.

- **Chicago Public School (CPS) Enrichment Learning Resources**
  - Learning packets from Pre-K - 12th grade
- **Scholastic Learn At Home**
- **Free video streaming from UIC**
- **Dolly Parton Open Books Program**
- **“Amazing Education Resources”**
- **Virtual Field Trips**
- **New York Times Writing Prompts**
- **Ideas for being at home with kids**
- **275+ Enrichment Activities For Children While Parents Work Remotely**
- **Amplifier Art Resources For At-Home Learners**

### Recursos en Español

- **Little Village Environmental Justice Organization [LVEJO]: Declaración Pública y Lista de Recursos en Español**
- **Centros Para el Control y la Prevención de Enfermedades**
- **Hesperian Guías de Salud**
- **National Association of School Nurses (PDF Español)**
- **Argentina Unida**

### Volunteer Opportunities

- **Illinois Coalition for Immigrant and Refugee Rights (ICIRR)**
- **Metropolitan Tenants Organization (MTO)**
- **Pilsen Vecinos Unidos**
- **25th Ward Office**
- **My Block, My Hood, My City**
- **National Immigrant Justice Center**

### 25th Ward

#### Healthcare

- **Alivio Medical Center** (773) 254-1400
  - 966 W 21st St
- 2355 S. Western Ave
  - University of Illinois Health (COVID-19 updates) (866) 600-2273
    - Pilsen Family Health Center Lower West (312) 413-4179
      - 1713 S Ashland Ave
  - University Village Clinic
    - 722 W Maxwell St
  - South Loop Physicians Group (312) 949-9199
    - 2600 S. Michigan Ave. Suite 205
- ACCESS Pilsen Family Health Center (312) 666-6511
  - 1817 S Loomis St
- Mujeres Latinas en Acción (773) 890-7676
  - 2124 W. 21st Place (Office Closed)
    - Domestic Violence
    - Sexual Assault
    - Parent Support
- Pilsen Wellness Center (773)-890-0645
  - 2015 West Cermak Road
    - Substance Abuse
    - Mental Health
    - HIV treatment
- Sinai Medical Group: Pilsen Community Medical Center (312) 666-5455
  - 1859 S Blue Island Ave

**Education**

- Pui Tak Center (312) 328-1188
  - Some children and youth programs offered remotely

**Housing**

- The Resurrection Project (312) 666-1323
  - 1805 South Paulina Street
    - Affordable Housing (312) 248-8355
    - Homeowners Assistance (312) 880-1137
    - Foreclosure Prevention (312)880-1137
- Spanish Coalition for Housing (312) 850-2660
  - 1915 S Blue Island
    - Homeowners assistance
    - Foreclosure prevention
- Shelters:
  - A Safe Haven (773) 435-8300
- 2750 W Roosevelt Rd
  - Deborah’s Place (773) 722-5080
    - 2822 W Jackson Blvd
    - Women

**Immigration**

- The Resurrection Project (312) 666-3062
  - DACA Renewals
  - Deportation Defense
  - Call to set up consultation
- Illinois Coalition for Immigrant and Refugee Rights 312-332-7360
  - Citizenship
  - DACA
  - Deportation Defense

**Food**

- Food Banks/Depositories:
  - UI Health Pilsen Food Pantry (312) 413-4179
    - 1713 S Ashland Ave
    - Monday - Friday: 12:00 pm - 4:00 pm
  - St. Pius Parish Pantry (312) 226-7887
    - 1919 S Ashland Ave
    - Monday, Friday and Saturday: 12:30 pm - 1:30 pm
  - Pilsen Little Village CMHC II (773) 579-0832
    - 2319 S Damen Ave
    - Friday: 10:00 am - 12:00 pm
  - Salvation Army: Chicago Temple (312) 492-6803
    - 1 N Ogden Ave
    - Tuesday: 10:00 am to 12:00 pm
  - First Baptist Congregational (312) 243-8047
    - 1613 W Washington Blvd
    - Tuesday: 10:00am - 12:00pm

- Pilsen businesses offering takeout/delivery:
### Chinatown Businesses offering takeout/delivery:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>App</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Uber Eats</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grubhub</strong></td>
<td></td>
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<tr>
<td><strong>Postmates</strong></td>
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<tr>
<td><strong>Caviar</strong></td>
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<tr>
<td><strong>Door Dash</strong></td>
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<tr>
<td><strong>Chow Now</strong></td>
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</tr>
</tbody>
</table>

- **Performers**
- **El Berrinche**
- **El Tacos Azteca**
- **El Refugio**
- **El Milagro**
- **Ghinn Khao Eat Rice**
- **Manjaras Restaurant**
- **Moe’s Hot Dogs**
- **Mezquite Restaurante**
- **Iguana**
- **Panaderia El Refugio**
- **PanaderiaNuevo Leon**
- **Pleasant House Pub**
- **Pollo Express**
- **Mole Village**
- **Raymond’s Tacos No. 2**
- **S.K.Y.**
- **Slice Factory**
- **Steak N’ Eggler Inc.**
- **Taqueria Atotonilco**
- **Taqueria El Milagro**
- **Sabor Y Sazon**
- **The Jibarito Stop**
- **Tijuana’s Pancake House**
- **Yovilnas Tamales**
- **Alulu Brewery**
- **Carnicería Maribel**
- **Bob’s Pizza**
- **Furious Spoon**
- **Lo Rez Brewing**
- **Lawrence’s Fish**

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Source

- [List of Chinatown Businesses offering takeout/delivery](#)
Below restaurants and bakeries are Chinatown Chamber’s members and serve carry-out or delivery. Let’s support our community restaurants!!

<table>
<thead>
<tr>
<th>Restaurants</th>
<th>Address</th>
<th>Telephone</th>
<th>Ordering Platform</th>
<th>Call-in Deliver/Pick Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ahpoohna's Apron</td>
<td>218 W Cermak Rd</td>
<td>312-420-5323</td>
<td>Order by Phone</td>
<td>Both</td>
</tr>
<tr>
<td>Cemarkee King House</td>
<td>2148 S Archer Ave</td>
<td>312-326-1219</td>
<td>Order by Phone</td>
<td>Both</td>
</tr>
<tr>
<td>Bingo Tea 金凤茶</td>
<td>2150A S Archer Ave</td>
<td>312-328-6668</td>
<td>GrubHub, Chowbus</td>
<td>Pick Up</td>
</tr>
<tr>
<td>BonChon 韩式炸鸡</td>
<td>2163 S China Pl</td>
<td>312-377-5822</td>
<td>GrubHub, Uber Eats, Chowbus, Riceco</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Chef Kang 九香面条</td>
<td>2143 S Archer Ave</td>
<td>312-376-8324</td>
<td>Chowbus</td>
<td>Both</td>
</tr>
<tr>
<td>China Cafe 里坊</td>
<td>2200 S Wentworth Ave</td>
<td>312-927-9688</td>
<td>GrubHub, Uber Eats, Chowbus</td>
<td>Pick Up</td>
</tr>
<tr>
<td>China Quon Bakery 翠扬酒家</td>
<td>2255 S Wentworth Ave</td>
<td>312-225-6080</td>
<td>Order in Person</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Connie's Pizza</td>
<td>2373 S Archer Ave</td>
<td>312-326-3443</td>
<td>GrubHub, Uber Eats, [website link]</td>
<td>Both</td>
</tr>
<tr>
<td>Daguan Noodles 大山米线</td>
<td>2350 S Wentworth Ave</td>
<td>312-929-7256</td>
<td>Chowbus</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Dongese Impression 美国印象</td>
<td>228 W Cermak Rd</td>
<td>312-842-7818</td>
<td>GrubHub, Uber Eats, Chowbus</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Elksa 乌克兰</td>
<td>2002 S Wentworth Ave</td>
<td>312-468-9909</td>
<td>Uber Eats, Chowbus, Riceco, Hungry Panda</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Emperor's Choice 薰悦海鲜酒家</td>
<td>2238 S Wentworth Ave</td>
<td>312-225-8880</td>
<td>[website link]</td>
<td>Both</td>
</tr>
<tr>
<td>Evergreen Restaurant 华中楼</td>
<td>2411 S Wentworth Ave</td>
<td>312-225-8898</td>
<td>Chowbus</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Gang's Kabob 老上海烧饼</td>
<td>232 W 22nd Pl</td>
<td>312-526-3838</td>
<td>Chowbus, Hungry Panda</td>
<td>Both</td>
</tr>
<tr>
<td>Go 4 Food 京一家</td>
<td>232 W 23rd St</td>
<td>312-842-8688</td>
<td>GrubHub, Uber Eats, Chowbus, Hungry Panda</td>
<td>Both</td>
</tr>
<tr>
<td>Golden Bull Restaurant 金牛座</td>
<td>242 W Cermak Rd</td>
<td>312-808-1668</td>
<td>GrubHub, Chowbus</td>
<td>Both</td>
</tr>
<tr>
<td>Great Wall Restaurant 长城饭店</td>
<td>2275 S China Pl</td>
<td>312-808-9688</td>
<td>Order by Phone</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Happy Café 御里乡亲</td>
<td>2351 S. Wentworth Ave</td>
<td>312-842-1818</td>
<td>Chowbus, Riceco</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Happy Lamb Hot Pot 快乐小羊</td>
<td>2342 S. Wentworth Ave</td>
<td>312-929-3224</td>
<td>GrubHub, UberEats, Website</td>
<td>Pick Up</td>
</tr>
<tr>
<td>King Kee 新华楼</td>
<td>2410 S Archer Ave</td>
<td>312-808-9538</td>
<td>GrubHub, UberEats, Riceco</td>
<td>Both</td>
</tr>
<tr>
<td>Joy Yee Noodle 欣欢楼</td>
<td>2319 S China Pl</td>
<td>312-328-0001</td>
<td>GrubHub</td>
<td>Both</td>
</tr>
<tr>
<td>Kam Fung Chinese Restaurant 金凤酒家</td>
<td>216 W 22nd Pl</td>
<td>312-949-8828</td>
<td>Order by Phone</td>
<td>Both</td>
</tr>
<tr>
<td>Kong Fu Tea 功夫茶</td>
<td>2126 B S Archer</td>
<td>312-265-7331</td>
<td>Chowbus, Hungry Panda</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Lao Se Chuan 老四川</td>
<td>2127 S Archer Ave</td>
<td>312-326-5040</td>
<td>Order By Phone</td>
<td>Both</td>
</tr>
<tr>
<td>Lee Wing Wah 利荣华</td>
<td>2147 S China Pl</td>
<td>312-808-1628</td>
<td>GrubHub, UberEats</td>
<td>Both</td>
</tr>
<tr>
<td>Mala Temptation 麻辣诱惑</td>
<td>2002 S Wentworth Ave</td>
<td>312-225-7818</td>
<td>GrubHub, UberEats, Chowbus, Delivery</td>
<td>Delivery</td>
</tr>
<tr>
<td>Mango Mango 芒果芒果</td>
<td>2161 S China place Unit B</td>
<td>312-877-5949</td>
<td>Chowbus</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Mayflower Chinese Restaurant 乔世界酒家</td>
<td>2255 S Wentworth Ave</td>
<td>312-809-1322</td>
<td>GrubHub, UberEats, Chowbus, Delivery</td>
<td>Delivery</td>
</tr>
<tr>
<td>MCCS 时尚食客</td>
<td>2318 South Archer Ave</td>
<td>312-881-0186</td>
<td>GrubHub, UberEats, Chowbus, Delivery</td>
<td>Delivery</td>
</tr>
<tr>
<td>Minghin Cuisine 名流</td>
<td>2168 S Archer Ave</td>
<td>312-808-1999</td>
<td>Chowbus, Riceco, [website link]</td>
<td>Both</td>
</tr>
<tr>
<td>Moon Palace Restaurant 上海酒家</td>
<td>216 W Cermak Rd</td>
<td>312-223-4081</td>
<td>GrubHub, UberEats, Chowbus, Delivery</td>
<td>Delivery</td>
</tr>
<tr>
<td>New Chinatown Restaurant 福居</td>
<td>207 W Cermak Rd</td>
<td>312-929-8939</td>
<td>Order by Phone</td>
<td>Pick Up</td>
</tr>
<tr>
<td>New Furama Restaurant 斐丽华海鲜酒家</td>
<td>2828 W Wentworth Ave</td>
<td>312-225-6888</td>
<td>Order by Phone</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Original Triple Crown Restaurant 聚福楼</td>
<td>221 W 22nd Pl</td>
<td>312-791-1030</td>
<td>GrubHub, UberEats, Chowbus, Hungry Panda</td>
<td>Delivery</td>
</tr>
<tr>
<td>Qiing Kong Yuan Dumpling 青春楼</td>
<td>2002 S Wentworth Ave</td>
<td>312-799-3118</td>
<td>Coming Soon</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Sahin's AlpTeaHouse and Gourmet 仙选阁</td>
<td>2157 S China Pl</td>
<td>312-842-8882</td>
<td>GrubHub, UberEats, Chowbus, Delivery</td>
<td>Delivery</td>
</tr>
<tr>
<td>Seven Treasures Restaurant 七星香粉饭店</td>
<td>2312 S Wentworth Ave</td>
<td>312-223-6268</td>
<td>Order by Phone</td>
<td>Both</td>
</tr>
<tr>
<td>Slurp Slurp Noodle 糟糕舒子拉面</td>
<td>2247 S Wentworth Ave</td>
<td>312-982-2969</td>
<td>[website link]</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Tan Lu 许家面馆</td>
<td>2102 S China Pl</td>
<td>312-964-5066</td>
<td>Chowbus, Hungry Panda, Riceco</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Turn Les Jours 艺阳之日</td>
<td>2144 S China Place</td>
<td>312-225-8488</td>
<td>Order by Phone</td>
<td>Both</td>
</tr>
<tr>
<td>Triple Crown Restaurant 大三元酒家</td>
<td>2217 S Wentworth Ave</td>
<td>312-842-0088</td>
<td>GrubHub, UberEats, Chowbus, Riceco, Both until 9pm</td>
<td>Pick Up</td>
</tr>
<tr>
<td>Wentworth Seafood House 味味坊</td>
<td>2219 S Wentworth Ave</td>
<td>312-823-3589</td>
<td>GrubHub, UberEats, Chowbus, Pick Up</td>
<td>Both</td>
</tr>
<tr>
<td>Yee Hing Xian Cuisine 西安小吃</td>
<td>225 W Cermak Rd</td>
<td>312-326-3171</td>
<td>[website link]</td>
<td>Both</td>
</tr>
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Chicago Chinatown Chamber of Commerce - (312) 394-0952 - 215 S. China Place, Chicago, IL 60616 - https://www.chicagochintowntown.org/

Chinatown
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

Source Other Languages
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include:
- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms

Source
What is social distancing?

Social distancing is staying away from crowds or congregations of 10 or more people with the intent of minimizing transmission of infectious disease outbreaks. This could include but is not limited to attending concerts, sporting events, religious gatherings, going to movie theaters or using public transportation such as buses and subways for travel.

People should maintain six feet of distance between each other to help mitigate the spread of COVID-19.

TIPS FOR FAMILY & KIDS

- Talk to your kids about what is social distancing and walk them around the house and point out fingerprints which may help them understand that each point of contact is an opportunity for transmission.
- Encourage family and friends to create a plan for their elderly relatives, parents or grandparents if they’re occupying and to inform them of the high risk and concerns about COVID-19.
- Cancel current travel plans and trips.

SOCIAL DISTANCING

DON'TS

- Play dates for your children
- Meeting small groups for dinner or drinks
- Non-essential doctors appointments — dental and therapies
- Hair and nail appointments
- Non-essential help around the house (cleaning, cooking)

SOCIAL DISTANCING

DO'S

- Facetime your friends and family often
- Keep a daily routine
- Participate in activities, but remotely, such as virtual workout classes, book clubs or streaming activity options for your kids
- Continue to pay your household staff such as a housekeeper or dog walker even though they will no longer come to your house — this will allow these individuals to stay home and safe with their families and support their own elderly parents
- Consider drive through takeouts if your family is low on food

Source

uab.edu/coronavirus
Answers to help you keep you and your family safe

Q What is the novel coronavirus?
A The 2019 novel coronavirus, or COVID-19, is a new respiratory virus first identified in Wuhan, China. Symptoms of COVID-19 may include fever, cough, and shortness of breath.

Q Is UI Health prepared to respond to suspected or confirmed COVID-19 patients?
A Yes, UI Health is prepared to safely care for any patient suspected or confirmed to have COVID-19 and to minimize the risk of exposure to other patients, visitors, staff and the surrounding community. All patients at UI Health are screened for recent travel and symptoms, based on the latest guidelines from public health officials. All health care providers who interact with patients suspected or confirmed to have novel coronavirus are proactively monitored and protected.

Q If I think I have been exposed to COVID-19, what should I do?
A Before coming in for your visit or the emergency department, call UI Health at 866-600-CARE to consult with a health care professional about what you should do if you are having symptoms that include fever, cough or shortness of breath. You will be asked some questions about travel history and symptoms when you call and provided with personalized guidance.

If you have questions about COVID-19, contact the Illinois Department of Public Health hotline at 1-800-889-3931 or email at dph.sick@illinois.gov.

Q How can I protect myself from COVID-19?
A The most important steps to take are the same for every cold and flu season:
- Get a flu shot if you have not gotten it yet.
- Wash your hands regularly with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze—remember to wash your hands afterward.
- Avoid close contact with sick people. If you are sick, stay home from school or work for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

Q Can I get screened for COVID-19?
A Currently testing is performed with approval of the Department of Health for patients with respiratory symptoms that have traveled from areas of COVID-19 activity or have been in contact with a confirmed case. In addition, patients hospitalized with severe pneumonia without a known cause may be tested.

For more information and the latest updates and guidelines about the coronavirus, please encourage patients to visit the Centers for Disease Control at cdc.gov/covid19.
FOOD & DRINK DURING CORONAVIRUS DISEASE 2019 (COVID-19)

BARS AND RESTAURANTS IN ILLINOIS WILL BE CLOSED 3/17/20 TO 3/30/20

ALLOWED:
- DRIVE THRU
- DELIVERY
- CARRYOUT

NOT ALLOWED:
- DINING IN
- CONGREGATING INSIDE OR OUTSIDE

CHICAGO.GOV/CORONAVIRUS
COVID-19 RESPONSE

ECONOMIC ASSISTANCE
FOR ILLINOIS FAMILIES

The Pritzker Administration and its local partners are working to help families affected by COVID-19:

APPLY FOR UNEMPLOYMENT INSURANCE
if you’re without access to paid sick leave or unable to work because of COVID-19

CALLIDES AT 1-800-244-5631 OR VISIT https://www2.illinois.gov/ides

Gov. Pritzker called for a moratorium on shutoffs for all utility companies - including energy, telecom and water - and several have announced plans to maintain services and waive late payment fees

Cook County is suspending court-ordered evictions

The Pritzker Administration is filing a federal waiver to expand Medicaid services

HAVE QUESTIONS ABOUT COVID-19? 1-800-889-3931 @ DPH.ILLINOIS.GOV
We’ve launched a new website to update the public on the state’s evolving response to COVID-19 and the resources available to Illinois residents during this challenging time.

VISIT

CORONAVIRUS.ILLINOIS.GOV

FOR THE LATEST INFORMATION

- **NEWS:** The latest announcements from the Governor’s Office and state agencies
- **PREVENTION:** Tips to keep safe and healthy at home and in your community
- **PREPARATION:** How to effectively plan for situations where you may get sick
- **FAQS:** Get answers to questions about business, education and unemployment
- **RESOURCES:** Guidance from public health experts for both families and medical providers
- **ABOUT COVID:** Learn about symptoms, transmission, prevention and treatment

HAVE QUESTIONS? 1-800-889-3931 © DPH.ILLINOIS.GOV
**THE CORONAVIRUS** has a membrane of oily lipid molecules, which is studded with proteins that help the virus infect cells.

**SOAP MOLECULES** have a hybrid structure, with a head that bonds to water and a tail that avoids it.

- **Spike protein** (helps the virus enter cells)
- **Hydrophilic head** (bonds with water)
- **Hydrophobic tail** (avoids water, bonds with oil and fat)

**SOAP DESTROYS THE VIRUS** when the water-shunning tails of the soap molecules wedge themselves into the lipid membrane and pry it apart.

**SOAP TRAPS DIRT** and fragments of the destroyed virus in tiny bubbles called micelles, which wash away in water.

*Source*