

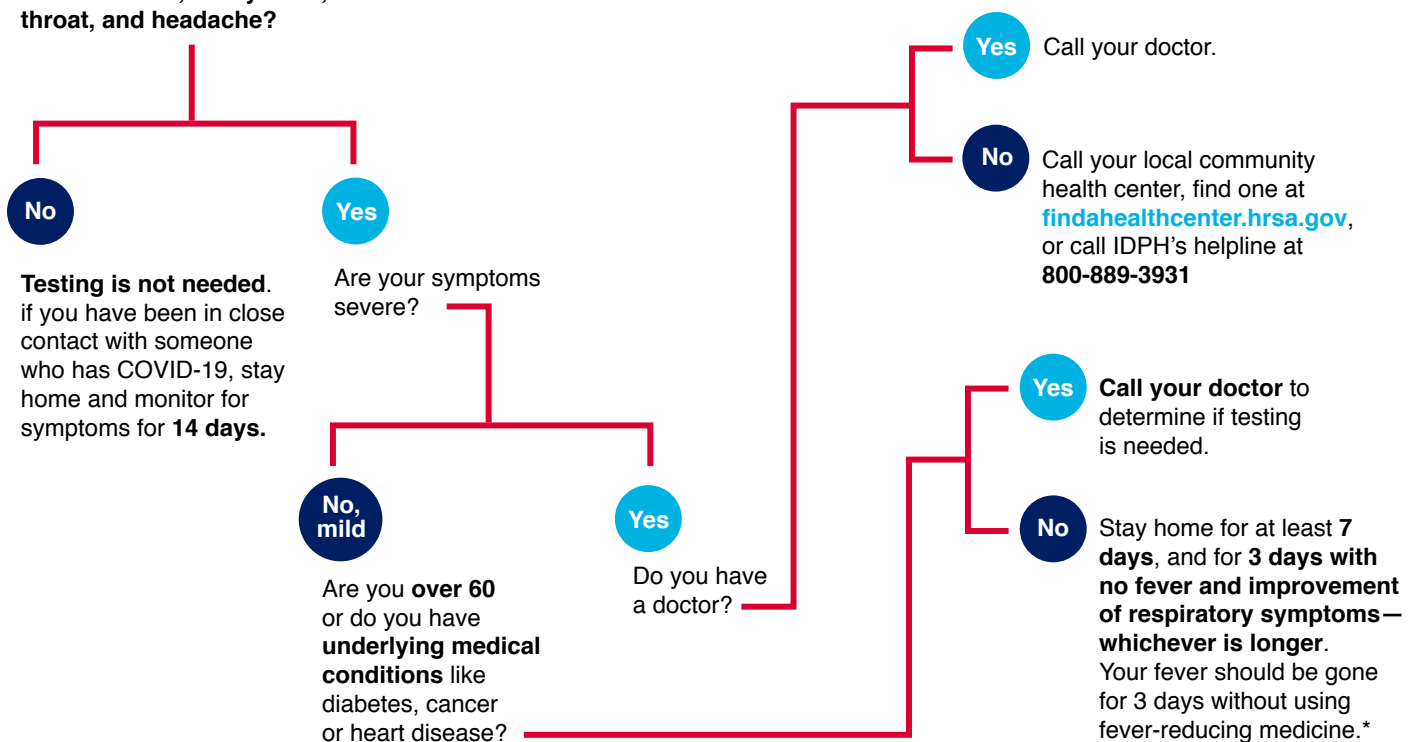
I have symptoms, what should I do?



Collaboratory for Health Justice

COVID-19 is a respiratory disease, and the most common symptoms are fever, cough and shortness of breath. These can show up anywhere from 2 to 14 days after being exposed. There is no treatment or cure for COVID-19. For most people, the illness is generally mild and can be safely managed at home. Testing is only recommended for individuals who are at higher risk of serious illness, like people over 60 or with underlying medical conditions. Everyone, regardless of symptoms, should practice social distancing and good hand hygiene.

Are you having symptoms - fever, cough, difficulty breathing, muscle aches, runny nose, sore throat, and headache?



*For example, if you have a fever and coughing for 4 days, you need to stay home 3 more days with no fever for a total of 7 days. Or, if you have a fever and coughing for 5 days, you need to stay home 3 more days with no fever for a total of 8 days. Adapted from Chicago Department of Public Health.

FAQs for people with unstable housing



If you are in need of shelter, go to any police station and call 311 to request transportation to a shelter.

If it is more convenient, these two in-person options are also available:

Individuals can go to the Garfield Service Center at 10 S. Kedzie to be taken to a shelter.

Families with children can go to The Salvation Army Shield of Hope at 924 North Christiana to be taken to a shelter.

What if I lack a stable place to stay?

- **As of March 13th, all evictions and foreclosures have been suspended** for at least 30 days in Cook County so that no new people experience homelessness as a result of the virus. (From [Chicago Department of Public Health](#))
- Chicago is temporarily **suspending debt collection, ticketing, and towing**. (From [Chicago Department of Public Health](#))
- All private water, electric, and natural gas in Illinois are **suspending disconnections and waiving late fees** until May 1.
- The Illinois Department of Human Services has allocated **funding for isolation housing for people experiencing homelessness** and is expanding funding for existing service providers. For more information about COVID-19 across the state, visit [CoronaVirus.Illinois.gov](#) or call the COVID-19 Hotline, at **1-800-889-3931**.
- Mayor Lightfoot announced **two new measures to slow the spread of the virus in our communities by providing critical resources for residents needing shelter**:
 - o First, the City has reached agreements with local hotel operators to provide more than 1,000 hotel rooms for those exposed to or mildly ill with COVID-19 to safely quarantine or isolate themselves if they cannot be at home.
 - o Second, the City has built upon existing social service partner agreements to provide emergency homeless shelter space that will better protect residents experiencing homelessness, who are more vulnerable to the spread of the virus.

Can I seek my usual services?

- The Centers for Disease Control and Prevention (CDC) and local health departments have developed comprehensive guidelines for shelters, hospitals, and other service providers to implement policies to slow the spread of COVID-19.
- The [Greater Chicago Food Depository](#) responds to food insecurity in our community every single day. Anyone in need of food assistance can turn to the Food Depository's network of agencies and programs. With some exceptions, their network of 700 partner agencies and programs remains open. These sites are modifying their distributions to promote social distancing, including offering pre-packaged boxes of groceries.

Resources:

All Chicago allchicago.org/coronavirus

For the most up to date information, visit

www.chicago.gov/city/en/sites/covid-19/home/resources.html?#housing-assistance

[The Homelessness Food and Shelter Directory](#) lists the Emergency Food Programs provided through Food Pantries and Soup Kitchens in Chicago, Illinois and surrounding areas.

Corporation for Supportive Housing www.csh.org/chicagoces

National Coalition for the Homeless nationalhomeless.org/coronavirus-covid-19

US Interagency Council for the Homeless

www.usich.gov/tools-for-action/coronavirus-covid-19-resources

For resources near you, go to the UIC School of Public Health's Resource Hub at publichealth.uic.edu/covid-19-response/covid-19-resources



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