



Statewide Resources and Supports

Meals and Financial Assistance

- Food Bank information - <https://www.feedingamerica.org/take-action/coronavirus>
- Economic Assistance for Families - Apply for unemployment insurance if you are without access to paid sick leave or unable to work because of COVID-19. Call IDES at 1-800-244-5631 or visit <https://www2.illinois.gov/ides/Pages/COVID-19-and-Unemployment-Benefits.aspx>
- [Expanded SNAP benefits](#) - the Illinois Department of Human Services is increasing monthly benefit amounts, expanding SNAP access, and expediting process and flexibility. For many people, this will mean almost doubling their existing benefits. This expansion will result in almost \$80 million more for Illinois families. Those eligible for SNAP include low-income seniors, people with disabilities, and working families. While many IDHS offices remain open, people are highly encouraged to stay at home and to sign up for SNAP and other benefits by visiting DHS.illinois.gov/helpishere.
- 211 – If you need assistance finding food, paying bills, accessing free childcare or other essential services, visit <http://www.211.org/services/covid19> or dial 211 to speak to someone who can help.
- [Illinois Council on Developmental Disabilities COVID-19 DD Relief Fund](#)
The Council has voted to invest \$150,000 to the Arc of Illinois to fund time-limited demonstration projects to assist in filling gaps in services that people with developmental disabilities and families are experiencing due to the COVID-19 pandemic. The COVID-19 DD Relief Fund will fund mini-grants up to \$10,000 each with no minimum amount.
- List of major grocery store chains with special hours for seniors, at-risk populations and pregnant women - <https://www.snopes.com/news/2020/03/20/grocery-stores-special-hours/>
- Coronavirus (COVID-19): Small Business Guidance & Loan Resources from the U.S. Small Business Administration - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
- How the Coronavirus Stimulus Bills Affect You: <https://www.investopedia.com/how-the-coronavirus-stimulus-bills-affect-you-4800404>
- Ford Credit - Ford Credit is offering help to those who lease or finance through Ford Credit and are affected by COVID-19: <https://accountmanager.ford.com/>
- If you have any bills that are actively reporting to your credit, please call them and tell them that you live in an area affected by the coronavirus. Bills will be waived for up to 60 days with no late payments. Confirmed companies that are waiving fees are:
 - Capital One

- Ally Financial (Auto & Personal Loans)
- Metro PCS
- Sprint
- T-Mobile
- Navy Federal
- All Community Bank Subsidiaries including Victoria Secret, Bed Bath & Beyond, Ashley Stewart, HSN, New York & Company.

Utility Resources

- Governor J.B. Pritzker has 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 payments.
- [Federal Communications Commission](#)
FCC agreement stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.
- Com Ed:
https://www.comed.com/News/Pages/coronavirus.aspx?utm_source=CoronavirusBanner&utm_medium=ComEdWebsite&utm_campaign=CoronavirusBanner
- Peoples Gas: <https://www.wecenergygroup.com/home/safety-message.htm>
- AT&T: <https://about.att.com/pages/COVID-19.html>
- Comcast: <https://corporate.comcast.com/covid-19>
 - Xfinity Wi-Fi Free for Everyone: Xfinity Wi-Fi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity Wi-Fi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser. There will also be no disconnects or late fees for existing customers.
- T Mobile: https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response?icid=MGPO_TMO_U_CUSTSUPT_Z2739VFSHS97O7KGF20085
- Sprint: <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>
- [Verizon](#)
Verizon COVID-19 response, following the FCC agreement to waive late fees, not cutoff service, etc.

Medical, Health and Condition-Specific Information

- CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Illinois Department of Public Health - Recommended Guidance for Preventing Spread of COVID-19 in the Medically Fragile Child - https://dsc.uic.edu/wp-content/uploads/2020/03/20200318_COVID-19_Guidance_Medically.pdf

- [State of Illinois Coronavirus \(COVID-19\) Response](#) - This website will provide the latest news releases related to coronavirus, video archives of press conferences and tips from leading experts to keep you and your family safe.
- [HealthyChildren.org's COVID-19 Information for Families of Children and Youth with Special Healthcare Needs](#) - Things that parents can do to keep themselves, their families, and their children with special health care needs safe during the COVID-19 outbreak.
- Telehealth Tips – Family Voices provides resources with guidance on how to use telemedicine, what to expect and policy changes.
 - [Resources in English](#)
 - [Resources in Spanish](#)
- DSCC Home Medical Supply Guidance During COVID-19: <https://dsc.uic.edu/wp-content/uploads/2020/04/Guidane-on-Home-Medical-Supplies-COVID19-6.pdf>
- Coronavirus myth busters - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- COVID-19 Resource Center from Infectious Diseases Society of America - <https://www.idsociety.org/public-health/COVID-19-Resource-Center/>
- CDC - [Children and Youth with Special Healthcare Needs in Emergencies](#)
- Access Living's COVID-19 Resources for the Disability Community: <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>
- Illinois Association of Free and Charitable Clinics – Directory of clinics in Illinois: <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory>
- Plain Language Booklet on COVID-19 for People With Disabilities - <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf> (English), <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/> (Spanish)
- Illinois Department of Public Health: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>. To watch Illinois COVID-19 Press Updates, please [click here](#). COVID-19 Hotline 1-800-889-3931 or email dph.sick@illinois.gov
- [IDPH directory of county health departments](#)
- What parents need to know about the coronavirus - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
- National Health Law Program - [Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic](#)
- [Know Who to Trust for Health Information](#), Extension
- [Emergency Supply List](#). Ready.gov by FEMA

- Hand washing - <https://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>
- Teaching kids handwashing during covid-19 - <https://www.youtube.com/watch?v=fSsdPZAGQFU&feature=youtu.be>
- Anxiety Relief - <https://docassistillinois.org/tools/resources-for-your-patients/perinatal-mental-health-resources/>
- Autism Speaks COVID-19 Information and Resources for the Autism Community - <https://www.autismspeaks.org/covid-19-information-and-resources>
- Autism – How to Handle Clinical Care During Social Distancing - <https://www.autismspeaks.org/science-news/how-handle-clinical-care-during-social-distancing-and-school-program-closures>
- Autism Speaks' Autism Response Team: 1888 AUTISM2 (2884762), En Español: 18887729050, help@autismspeaks.org
- Autism - The “[Supporting Individuals with Autism through Uncertain Times](#)” online toolkit is from an interdisciplinary team at the University of North Carolina at Chapel Hill to help families and caregivers supporting individuals with autism during the COVID-19 epidemic.
- Cystic fibrosis - <https://cysticfibrosisnewstoday.com/2020/03/11/cf-families-advised-on-preventive-measures-to-avoid-coronavirus/>
- Heart disease - <https://www.heart.org/en/around-the-aha/coronavirus-precautions-for-patients-others-facing-higher-risks>
- Heart patients - <https://www.heart.org/en/news/2020/02/27/what-heart-patients-should-know-about-coronavirus>
- Conquering CHD COVID-19 Weekly Update – information for the congenital heart disease community: <https://www.conqueringchd.org/covid-19-update/>
- COVID-19 and Epilepsy - <https://www.epilepsy.com/article/2020/3/concerns-about-covid-19-coronavirus-and-epilepsy>
- COVID-19: What People with Spina Bifida Need to Know - <https://www.spinabifidaassociation.org/news/coronavirus2020/>
- National Deaf Center’s COVID-19 Information Page - <https://www.nationaldeafcenter.org/news/new-ndc-covid-19-information-page>
- COVID-19: Medical Communication Access for Deaf and Hard of Hearing: <https://www.nad.org/covid19-communication-medical-access-for-deaf-hard-of-hearing/>
- Talking to Children About Coronavirus: ASL & English Resources: <https://deafchildren.org/2020/03/talking-to-kids-about-coronavirus-asl-english-resources/>

- [Q&A on COVID-19 and Down Syndrome](#) – a national consortium provides information to help families care for their loved one with Down Syndrome during the pandemic.
- Travel considerations for individuals with Down Syndrome - <https://adsresources.advocatehealth.com/travel-considerations-for-people-with-down-syndrome/?fbclid=IwAR2SOjAsVwWBInUKEFiCkbenjgenRvvD0LXO6bREfxnv8sim0yKL2AGb3w>
- Sickle Cell Disease Association of America – Health alert for patients and caregivers for COVID-19: <https://www.sicklecelldisease.org/files/sites/181/2020/03/SCDAA-MARAC-COVID-19-Patient-Caregiver-Advisory-3-17-20-FINAL4.docx.pdf>
- Hydrocephalus Association – COVID-19 Guidance for People Living with Hydrocephalus - <https://www.hydroassoc.org/COVID-19/>
- The non-profit organization Claire’s Place Foundation has launched a donation-based COVID-19 Emergency Fund to support the cystic fibrosis (CF) community by raising funds to provide patients and their families with groceries, supplies, and medications during the outbreak: <https://clairesplacec-19fund.funraise.org/>
- National Institute for Children’s Health Quality - [Coronavirus Disease 2019 \(COVID-19\) Information for Children’s Health Advocates](#)
- United We Dream - Healthcare Access for Undocumented Folks in the Time of COVID19: <https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/>
- National Alliance on Mental Illness Coronavirus Updates - <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
- Tips from the Mental Health First Aid curriculum to help you care for your own and your loved ones’ mental health: <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>
- If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, you can call:
 - Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline – (800) 985-5990
 - National Suicide Prevention Lifeline: (800) 273-8255
 - Text MHFA to 741741 to talk to a Crisis Text Line counselor
- National Council on Behavioral Health – Resources and tools, including how to cope in a crisis, navigating the behavioral health impacts and more: <https://www.thenationalcouncil.org/covid19/>
- The American Academy of Pediatrics advises parents facing stressors over COVID-19 to practice self-care, to reach out to others for help, and to use healthy discipline techniques, such as time-outs - <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/The-American-Academy-of-Pediatrics-Advises-Parents-Experiencing-Stress-over-COVID-19.aspx>

- Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- National Alliance on Mental Illness (NAMI) HelpLine Coronavirus Information and Resources Guide - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- National Alliance on Mental Illness (NAMI) Self-Care Inventory - <https://www.nami.org/getattachment/Extranet/Education,-Training-and-Outreach-Programs/Signature-Classes/NAMI-Homefront/HF-Additional-Resources/HF15AR6SelfCare.pdf>
- Coronavirus Disease 2019 (COVID-19): What You Need to Know About Its Impact on Moms and Babies - https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you-need-to-know.aspx?utm_source=marchdimes-home&utm_medium=website&utm_campaign=home-2020&utm_content=homepage_carousel-covid19
- Just For Kids: A Comic Exploring The New Coronavirus: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- List of self-care and sleet wellness apps compiled by the McLean County Center for Human Services: <https://dsc.uic.edu/wp-content/uploads/2020/03/WellnessAppsSheet.pdf>
- COVID-19 Resources in Indigenous Languages: <https://mycielo.org/resources-in-indigenous-languages/>
- What do Older Adults and People with Disabilities Need to Know? – Guidance from the Administration for Community Living: <https://acl.gov/COVID-19>
- Pediatrician Guidance on Telehealth - <https://www.healthychildren.org/English/family-life/health-management/Pages/Telehealth-Services-for-Children.aspx>
- [An Introduction to Health Care Through Telemedicine](#) - The Midwest Genetics Network created these videos specifically for patients and their families to increase their awareness of the benefits of seeing a health care provider using telemedicine.
- Tips for Families - Receiving Early Intervention Services Through the Phone, Tablet, or Computer in English: <https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/Tips-for-Families-Remote-Home-Visit-Flyer-pg2.pdf>
- Tips for Families - Receiving Early Intervention Services Through the Phone, Tablet, or Computer in Spanish: <https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/TipsforFamiliesFlyerSPApg1.pdf>
- Resources for the rare disease community from Global Genes: <https://globalgenes.org/coronavirus-covid-19-resources/>

- [A Rare Response: Addressing the COVID-19 Pandemic](#) - This webinar recording from the National Organization for Rare Disorders provides expert guidance on living with a rare disease and maintaining physical and mental health in the time of COVID-19.
- [COVID-19 What You Need to Know Infographic](#) – A visual guide for individuals with disabilities.
- COVID-19 Resources for People With Disabilities, Families and Service Providers – The Arc: <https://thearc.org/covid/>
- [Working With Your Personal Attendant to Keep You Safe From Coronavirus](#) - Information from the University of Illinois at Chicago's Program for Healthcare Justice for People with Disabilities

Social Services

- Social Security - https://blog.ssa.gov/coronavirus-covid-19-important-information-about-social-security-services/?utm_medium=email&utm_source=govdelivery
- Fact Sheet on Coverage and Benefits Related to COVID-19 Medicaid and CHIP: <https://www.cms.gov/files/document/03052020-medicaid-covid-19-fact-sheet.pdf>
- [Centers for Medicare & Medicaid Services \(CMS\)](#)
The Centers for Medicare & Medicaid Services (CMS) has broadened access to Medicare telehealth services so that beneficiaries can receive a wider range of services from their doctors without having to travel to a healthcare facility.
- [Benefits.gov - Finding the Right Help During the COVID-19 Outbreak](#): Helpful information on government benefits such as unemployment resources and healthcare coverage as well as resources for businesses and families.
- The [Division of Rehabilitation Services' \(DRS\)](#) new toll-free number: Existing or prospective customers can call (877) 581-3690 to receive assistance regarding DRS programs and services that are designed to allow those with disabilities throughout the state to live, learn, and work independently. These services include in-home services, assistive technology, vocational and occupational rehabilitation, educational services for individuals with all types of disabilities, including Deaf or Hard-of-Hearing Illinoisans, Blind people, and people with low vision, along with other supports.
- [Illinois Early Intervention Live Video Visits](#) - Families will now be able to receive services through video for their infants or toddlers with disabilities or delays. Early Intervention services include help with movement, learning, interacting, behavior, and self-help skills.
- Shriner Center on Poverty Law – COVID-19 Resources for Families and Individuals in Illinois: <https://www.povertylaw.org/article/covid-19-resources-for-individuals-and-families-in-illinois/>
- COVID-19 resources for people with disabilities, their families, service providers and the workforce that supports them: <https://idhd.ahs.uic.edu/publications/coronavirus-disease-covid-19-resources/>
- [National Domestic Violence Hotline – Staying Safe during COVID-19](#): Information on how COVID-19 could uniquely impact intimate partner violence survivors and safety tips for survivors.

- Coronavirus at Work: FAQs Around Disabilities: <https://workplaceinitiative.org/coronavirus-work-disabilities-faqs>
- [Illinois Attorney General's Office](#)
Attorney General Raoul issues warning about COVID-19 scams.
- Many parents are finding themselves faced with securing alternate means of childcare as school districts across the country close temporarily. Many of these parents will balance the need to work with the need to find a safe place for their children. Flip the Switch - Available at no cost through our partnership with Aly Raisman, any adult can complete *Stewards of Children*® online at no cost by using the code FLIPTHESWITCH at www.fliptheswitchcampaign.org.
- Darkness to Light's Talking to Kids About Safety From Sexual Abuse - If a shorter option is more appropriate than the full *Stewards of Children*® training, we're making our [Talking to Kids About Safety From Sexual Abuse](#) training available at no charge by using code Talk2020. This training is ideal for parents and caregivers who may be home with children and have time to invest in learning more.
- Coronavirus-related phishing scams - <https://www.who.int/about/communications/cyber-security>
- Conversation Starter Kit - The Conversation Starter Kit is a useful tool to help you have the conversation with a family member, friend, or other loved one about your – or their – wishes regarding end-of-life care: <https://theconversationproject.org/starter-kits/>
- Advance Directives - CaringInfo provides free advance directives and instructions for each state that can be opened as a PDF (Portable Document Format) file: <https://www.nhpco.org/patients-and-caregivers/advance-care-planning/advance-directives/downloading-your-states-advance-directive/>
- Basic information about estate planning and health care laws in your state - What If parents get sick and can't take care of their child(ren)? Where do they start? This resource can help them plan: <https://statelaws.findlaw.com/illinois-law.html>

Parenting/Caregiving

- Zero to Three's Coronavirus Tips for Families – Resources that offer tips for families, including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- Family Voices March 2020 e-newsletter focused on coronavirus and resources for families - <https://myemail.constantcontact.com/Resource-eBlast---March-2020---Resources-for-Families.html?soid=1102887255338&aid=YgJvDCxkWo8>
- [COVID-19 Series - Part 1: Put On Your Own Oxygen Mask First](#)- This Family Voices Resources eBlast shares resources for self-care and asks us to consider what happens if we get sick, with related types of emergency planning to consider in order to be prepared.
- [COVID-19 Series - Part 1: Put On Your Own Oxygen Mask First \(in Spanish\)](#)

- Family Voices - [Are You Ready? Preparing for Emergencies: Tips for Families.](#)
- Tips for coping with a new baby during COVID-19 - <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>
- [Talking to Children About COVID-19: A Parent Resource](#) by the National Association of School Psychologists.
- [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) by the National Child Traumatic Stress Network.
- [Positive Parenting in COVID-19 Isolation](#) - Parenting experts have created a new set of evidence-based resources for parents and caregivers to support their children's growth – and interact with them constructively – during this time of confinement.
- The Family Caregiver Alliance provides links to coronavirus-related resources and articles that will be of interest to caregivers and those in their care - <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>
- Center for Parent Information and Resources: Multilingual Resources on COVID-19 - <https://www.parentcenterhub.org/buzz-march2020-issue1/>
- Tips for coping with a new baby during COVID-19 - <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>
- [PBS Kids - How to Talk to Your Kids About Coronavirus](#)
- [Save the Children - 7 Simple Tips on How to Talk to Kids about the Coronavirus](#)

Childcare, Learning and Education Tools

- School closure information: <https://www.isbe.net/Documents/ISBE-Guidance-Mandatory-Statewide-Closures.pdf>
- Emergency Child Care for Communities & Providers - <https://www2.illinois.gov/sites/OECD/Pages/For-Communities.aspx>
- U.S. Department of Education: [Questions and Answers on Providing Services to Children With Disabilities During the Coronavirus Disease 2019 Outbreak](#)
- IDHS funded babysitting for children with disabilities: respitinfo@envisionunlimited.org
- Resources for Educating Students With Disabilities During the Coronavirus Crisis: <https://www.ncsecs.org/news/resources-for-educating-students-with-disabilities-during-the-coronavirus-crisis/>
- [Illinois Early Learning Project - Learning at Home During Trying Times](#)

- [Illinois Early Intervention Clearinghouse - Everyday Early Intervention During Coronavirus](#)
- COVID-19 for Early Childhood - Resources for providers, programs and families with young children from the Governor's Office of Early Childhood Development:
<https://www2.illinois.gov/sites/OECD/Pages/COVID-19.aspx>
- Wide Open School - New website from Common Sense Media offers families and educators resources on how to support students with disabilities during remote learning:
<https://wideopenschool.org/programs/educator/prek-5/special-needs/>
- What if parents get sick and can't take care of their child(ren)? Where do they start? Family Voices created this Child Care Options resource to help families plan for childcare if they are deported. Getting sick is different, but the need for pre-planning is similar:
<https://familyvoices.org/wp-content/uploads/2018/06/FV-Immigration-Toolkit-Child-Care-Options-English-8.2017r.pdf>
- [Parenting and Ideas for Kiddos](#) – Family Voices shares resources for parenting during this challenging time and several activity ideas for the kids.
- Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world - <https://www.youtube.com/user/CosmicKidsYoga>
- Scholastic learning resources:
https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=C/M/smd/20200312//txtl/sm/ed&linkId=84269747&fbclid=IwAR1Ogq4XHJYi2IsiDQS1j4f8MRb1UqwsphG0KTISAEyJ-jjr17bZUtqZd9k
- Elementary science lessons. No signup required, no student login:
https://mysteryscience.com/school-closure-planning?fbclid=IwAR17mXjf2VyRPZiAb2jX_RmAbilOSlohp-mtQ_xcn8lRVh6MdTlehLlxgZA
- GoNoodle helps teachers and parents get kids moving with short interactive activities. Desk-side movement helps kids achieve more by keeping them engaged and motivated throughout the day. www.gonoodle.com
- A virtual tour of museums around the world:
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR3ssStIT5LZZupz7E08uuJcg-P8l-8x_0A9sQglhMrQYvXkXZzW_UKgJXE
- This website has objects from the Museum's collection along with other Museum's collection around the state. Each object has a photo and a detailed description:
<http://story.illinoisstatemuseum.org/>. Please feel free to use this lesson plan and worksheet to help guide your students learning through primary source objects: [Lesson Plan for Story of Illinois](#) and [Worksheet for Story of Illinois](#). More online resources can be found on our website <http://www.illinoisstatemuseum.org/content/online-resources>.
- www.storylineonline.net – features famous people reading books aloud to kids – no login needed

- www.Abcya.com
- www.pbskids.com/games
- www.nickjr.com/games
- Illinois State Museum list of live feeds and virtual field trips - https://docs.google.com/spreadsheets/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0gkew251N6LQk-Fw/htmlview?usp=sharing&sle=true
- The National Down Syndrome Congress hosted a webinar to help families adjust to online learning in the home setting. Sean J. Smith, professor of Special Education at the University of Kansas and NDSC board member, will help you prepare your home environment and help you find balance during this shift to a new normal. You can register to view the recording - <https://register.gotowebinar.com/register/8621072067341141771>
- The Cincinnati Zoo is providing a Home Safari Facebook Live each weekday at 2 p.m. (Central Standard Time) where they highlight an animal and include an activity you can do from home - https://www.facebook.com/cincinnati_zoo/.
- Anyone who has Comcast with X1 with children at home for the next few weeks, just say “education” into your voice remote. Comcast has put together educational programming for all ages.
- Educational resources, including education companies offering free subscriptions due to school closings - <http://www.amazingeducationalresources.com/>
- Beachbody Kids Workouts – free selection of family fitness workouts - <https://vimeo.com/showcase/6880106>
- [National Federation of Families for Children's Mental Health's Home Resources Facebook page](#) - Resources to help keep your kids learning, active and engaged while they are home
- [Southern Illinois University Center for Family Medicine's Family Survival Kit](#) – educational and fun resources for families
- [Lunch Doodles with Mo Willems](#) - Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks.
- [A Parent's Guide to Virtual Learning](#) - Information from the National Center for Learning Disabilities on how to support students with disabilities during the COVID-19 crisis.

Resources and Supports by Regional Office

Chicago Area

Chicago Public Schools response to the outbreak and information about meals - <https://cps.edu/oshw/Pages/HealthyCPS.aspx>

- While schools are closed, CPS will provide our students with healthy meals. CPS families can pick up free food boxes at any CPS school, except for Vaughn Occupational High School and Sheridan

Math and Science Academy, that will contain three days of breakfast and lunch for every student in the household. Food pick-up will be held outdoors, and Safe Passage workers will be on their normally assigned routes while families are getting meals. If you need assistance, please call the CPS Command Center at [773-553-KIDS \(5437\)](tel:773-553-KIDS(5437)) or email familyservices@cps.edu.

- City of Chicago COVID-19 resources - <https://www.chicago.gov/city/en/sites/covid-19/home/resources.html>
- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
- Ann and Robert H. Lurie Children’s Hospital COVID-19 Resources for families: <https://www.luriechildrens.org/en/specialties-conditions/2019-novel-coronavirus-ncov/>
- Chicago public schools enrichment learning resources - <https://cps.edu/oshw/Pages/EnrichmentLearningResources.aspx>
- Corona Virus in Chicago – What Parents Need to Know - <https://www.chicagoparent.com/learn/coronavirus-in-chicago-updates/>
- Resources for Chicagoland Families During COVID-19 Shutdown: <https://www.chicagoparent.com/learn/general-parenting/covid-19-resources-for-chicago-families/>
- [Pace Suburban Bus](#) - Pace is modifying its commuter route and Shuttle Bus schedules. Check their website for latest information about their response to COVID-19.
- Chicago Department of Public Health – [COVID-19: What to do if you were exposed](#)
- The Southwest Collective provides a list of resources for vulnerable families on Chicago's southwest side.
 - In English: https://translate.googleusercontent.com/translate_c?anno=2&depth=1&rurl=translate.google.com&sl=auto&sp=nm4&tl=es&u=https://mailchi.mp/swcollective/mar-2020-recap-12191719%3Fe%3Df575c6012e&usg=ALkJrhgnN7JxDO4yxpBNW2q316Sw7gYSXQ
 - In Spanish: <https://translate.google.com/translate?depth=1&langpair=auto%7Ces&rurl=translate.google.com&sp=nm4&u=https://mailchi.mp/swcollective/mar-2020-recap-12191719%3Fe%3Df575c6012e>
 - In Polish: <https://translate.google.com/translate?depth=1&langpair=auto%7Cpl&rurl=translate.google.com&sp=nm4&u=https://mailchi.mp/swcollective/mar-2020-recap-12191719%3Fe%3Df575c6012e>

Lombard Area

- DuPage County Health Department – [COVID-19 Information for the Community](#)
- DuPage County CRIS – Community Resource Information System - <https://dupagecris.org/>

- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>
- Community Hunger Network – Food pantries in DuPage County - <http://www.communityhungernetwork.org/AreaPantries/area.pantries.html>
- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
- People’s Resource Center – Food pantry shifts in Wheaton and Westmont - <http://www.peoplesrc.org/services>
- [School District U-46 COVID-19 Communications](#) – includes information about food distribution and an online fundraiser to support the district’s most vulnerable families with household supplies during the pandemic.

Mokena Area

- [Northern Illinois Foodbank](#) - Northern Illinois Food Bank partners with 900 feeding programs across 13 counties to serve our neighbors needing food. Please use the locator map below to find a food pantry or soup kitchen near you. Use the contact information provided to confirm hours of distribution and residency requirements.
- CountyCare - COVID-19 resources available in Cook County, including food assistance, financial assistance, clothing and others - <http://www.countycare.com/resource/covid-19-resources-available-in-cook-county-including-food-assistance-financial-assistance-clothing-and-others>