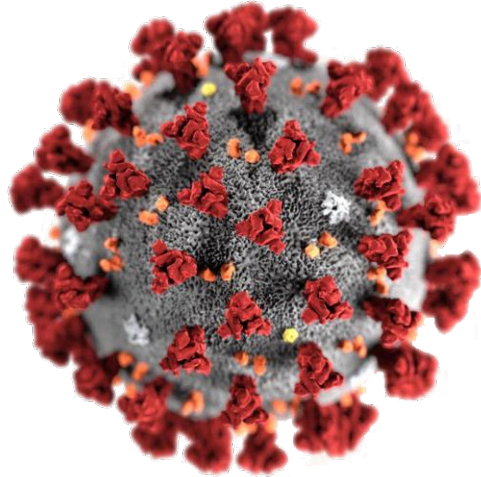




# #StayAtHome

## What is coronavirus??

- Coronavirus is a virus that can cause an infection in your nose, sinuses, and lungs. In December 2019, doctors discovered a new type of coronavirus, which they named COVID-19.
- The early symptoms of COVID-19 may include fever, headache, dry cough, sore throat, or exhaustion. The virus can lead to shortness of breath, severe chest congestion, and trouble breathing. COVID-19 may be more severe in older individuals and people who have severe medical conditions.



## Who can catch coronavirus/COVID-19?

- Anyone who is exposed to COVID-19 can become sick.
- Once exposed, it can take anywhere from 2 to 14 days to show symptoms. You may be able to transmit the virus to your family and friends even

when you feel healthy (meaning you are asymptomatic).

- The virus is spread through droplets when people cough or sneeze. It is transmitted when people breathe in the droplets, or when people touch their face after touching a surface where the droplets have landed.

## How can we prevent the spread of coronavirus/COVID-19?



- **Do The Five!**

- 1) Wash your hands often (soap and water is enough, try to scrub for 20 seconds)

- 2) Cough/Sneeze into your elbow, not into your hand

- 3) Don't touch your face

- 4) Keep a safe distance apart from

others (try for 6 feet)

- 5) Stay at home

- Make sure to clean surfaces that people touch often to help prevent the spread!

## What is social distancing?

- Each of us has a role to play so that our communities remain healthy and safe. You can do your part by practicing social distancing. When we practice social distancing, we change our behavior by limiting gatherings and maintaining distance from each other. When we make these small changes to our behavior, the virus doesn't have a chance to spread.

- This isn't forever, so the sooner we can all do this, the sooner we can get back to being around the people we want to see!
- Some examples of social distancing happening now include:
  - Staying at least 6 feet away from other people
  - Working from home instead of an office
  - Closing schools and switching to online classes
  - Visiting friends/family on the phone or via video rather than in person
  - Holding worship services online instead of inside
  - Postponing large meetings, parties and gatherings such as concerts, festivals and even birthdays!

**So, do we have to stay at home?**

Yes. Staying at home will save lives! Listen to Mayor Lightfoot - she's watching you!

Illinois Governor JB Pritzker has issued a stay-at-home order for the entire state through April 30.



- Under this order, all public gatherings of more than 50 people are cancelled. The Governor also closed all school buildings, restaurants, and bars. Restaurant kitchens can remain open if they provide drive-through, pick-up, or delivery options. All non-essential businesses are closed and employees are working from home.
- You CAN go outdoors for fresh air and short-periods of exercise -- just avoid close contact with people who are not living with you and remember to wash your hands when you return (which you should be doing regularly anyways!)
- You can make trips to go to work if your employer is considered an essential business. You can make trips to the grocery store, pick up food from a restaurant, or go to a supermarket.

In Chicago, Mayor Lori Lightfoot has closed the lakefront, Riverwalk, 606 Trail, all public parks, and playgrounds. All Chicago Public Libraries are closed.

- In Chicago, anyone who is sick or beginning to get sick is ordered to stay home, even if you do not have coronavirus and just a common cold.
- The Chicago Police Department will be enforcing the order by issuing warnings or tickets that include fines to individuals and groups who are in violation of these orders. If residents do not comply, they may be arrested.



**Staying at home is boring! Do you have any tips on how to make it easier?**

We get it! But The Night Ministry's youth leaders and staff have shared some of the things they are doing while they stay at home.



- Youth leaders from Youth4Truth tell us that they are:
  - "I've been watching Netflix, doing some puzzles, and I have a few coloring books."
  - Meditating and Journaling
  - "I wake up every morning and start my day just like I would if I had places to go. I get up early, shower, and make a plan for the things I want to get done that day. Even though I have to stay home, I still have things to do."
  - "I go outside once a day to get some fresh air. I usually walk around the block a few times."
  
- The Night Ministry's staff are doing many similar things and shared the following tips:
  - Candace:

- Explore a new street on a quick walk outside!
- Make "To Do" and "Future Goal" lists
- Clean & organize
- Watch all the free concerts (check the Facebooks, Instagrams and Twitters of your favorite artists!)
- Video chat with your friends and families
- Michelle
  - SocialWorks (a charity started by Chance the Rapper) has some great activities on its website ([www.socialworkschi.org](http://www.socialworkschi.org)), and even chances to win money! Keep up with this campaign by texting 'SocialWorks' to 797979!
  - "Meditation Minis" is a free podcast on Spotify. Spotify offers a lot of free guided meditations.
- Devin
  - There are over 450 Ivy League courses you can take online for free! Go to [www.freecodecamp.org](http://www.freecodecamp.org) to check them out!
- Cara
  - Right now, there are a lot of Zumba, yoga, Crossfit, and Orange Theory workouts available online - they are free and you can do them even in your own room!
- Vichelle



- "Wordscapes|2020 New Word Challenges" is a free crossword puzzle app for your phone.
- "Kast" is a movie app that allows you and your friends to watch movies together. The app has video chat and screen sharing.
- Get a head start on de-cluttering and "Spring Cleaning."

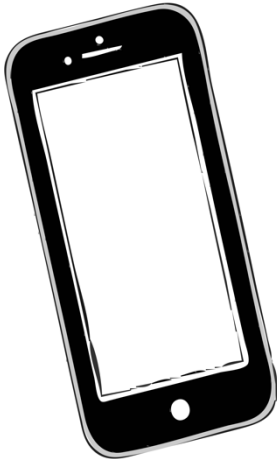
*Here are some more free resources:*

- Starting April 3, the mobile app and website for HBO Now is free for a limited time. Many HBO series are available including "The Wire," "The Sopranos," "True Blood," and "Ballers." There are also 20 movies and 10 documentaries.
- Even though libraries are closed, you can still find eBooks and audiobooks on the Chicago Public Library website and, by using your library card, on the Hoopla app (which also lets you stream movies and read comic books for free). If you don't have a library card, you can still sign up for an eCard on the Chicago Public Library website.
- Down Dog has made its fitness apps free for the month of April. They offer the following apps: Yoga, Yoga for Beginners, HIIT, Barre, and & 7 Minute Workouts.

Planet Fitness is livestreaming workouts on its Facebook page every day at 6pm.

- Oprah and Deepak Chopra are sharing a free 21-Day Meditation Experience called "Hope in Uncertain Times." There's a daily journaling component as well:  
[chopracentermeditation.com/experience](http://chopracentermeditation.com/experience)

**I need some extra help during this time. What should I do?**



*Mental Health Resources:*

The following are free mental health resources available to all Chicago residents:

- Connect to a [NAMI Chicago](#) Helpline mental health counselor by calling [833-626-4244](#)
- Connect to [Bright Star Community Outreach](#)'s trauma counseling helpline at 833-TURN-123
- Connect to free teletherapy services at Chicago Department of Public Health Mental Health Centers by calling [312-747-1020](#).
- Contact the Crisis Text Line which serves anyone, in any type of crisis, 24-hours a day. Text HELLO to 741741 to access a trained crisis counselor

*Food Resources:*

- The Greater Chicago Food Depository's website has a list of pantries. Be sure to call the pantry first to verify that they are open and that their hours have not changed. [www.chicagosfoodbank.org/find-food](http://www.chicagosfoodbank.org/find-food)

- The Food Depository can also help you file applications for LINK and can provide advice on other public benefits. Go to their website to learn more: [www.chicagosfoodbank.org/benefits-outreach/](http://www.chicagosfoodbank.org/benefits-outreach/)



- Lakeview Pantry is still open and distributing food ([www.lakeviewpantry.org](http://www.lakeviewpantry.org)) and you can also sign up for their pick-up program called Online Market - <https://onlinemarket.lakeviewpantry.org/sign-up>

### *Unemployment:*

- If you need to file for unemployment benefits, at this time, you must file your application online or over the phone. The day that you can file or call depends on the first letter of your last name. To learn more and to file a claim, go to their website at [www2.illinois.gov/ides](http://www2.illinois.gov/ides) (yes, there is a 2 after the www)

### **What do I do if I feel sick?**



- If you are feeling sick, you can go onto the CDC website and do a self-check to screen for COVID-19. If it is serious, you will be directed to a test site. If you are in a program, let

staff know.

- Aside from doing the "5" and protecting yourself and others, you can also make a mask to wear. There are how-to videos and instructions online. If you type in "No Sew Face Mask Instructions" there are plenty that come up.
- You can also use a bandana or a scarf across your face to help.