

COVID-19 Resources and Supports for Families

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>
- 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.
- 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 corona virus. 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

- Gov. 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.
- 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 WiFi Free For Everyone: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi 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>

Medical, Health and Condition-Specific Information

- CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- 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/>
- Access Living’s COVID-19 Resources for the Disability Community: <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>
- 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)
- National Alliance on Mental Illness Coronavirus Updates - <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
- Coronavirus-related phishing scams - <https://www.who.int/about/communications/cyber-security>
- 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](#)

- [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>
- [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](#)
- [ZERO TO THREE - Why are people wearing masks? Answering Your Toddler's Questions about Coronavirus](#)
- [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.
- Anxiety Relief - <https://docassistillinois.org/tools/resources-for-your-patients/perinatal-mental-health-resources/>
- Autism - <https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak>
- Autism – how to handle clinical care during social distancing - <https://www.autismspeaks.org/science-news/how-handle-clinical-care-during-social-distancing-and-schoolprogram-closures>
- 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>
- 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>
- Talking to Children About Coronavirus: ASL & English Resources: <https://deafchildren.org/2020/03/talking-to-kids-about-coronavirus-asl-english-resources/>
- Travel considerations for individuals with Down Syndrome - <https://adsresources.advocatehealth.com/travel-considerations-for-people-with-down-syndrome/?fbclid=IwAR2SOjAsVwWBInUKEFiCkbenjgenRvvD0LXO6bREfxnv8sim0yKL2AGb3w>

Social Services

- Social Security - https://blog.ssa.gov/coronavirus-covid-19-important-information-about-social-security-services/?utm_medium=email&utm_source=govdelivery
- 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.

Childcare, Learning and Education Tools

- School closure information: <https://www.isbe.net/Documents/ISBE-Guidance-Mandatory-Statewide-Closures.pdf>
- IDHS funded babysitting for children with disabilities: respitainfo@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](#)
- Yoga, mindfulness and relaxation designed specially 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=CM/smd/20200312//txtl/sm/ed&linkId=84269747&fbclid=IwAR1Ogg4XHJYi2IsiDQS1j4f8MRb1UqwsphG0KTISAeYJ-jjr17bZUtqZd9k
- Elementary science lessons. No signup required, no student login:
https://mysteryscience.com/school-closure-planning?fbclid=IwAR17mXjf2VyRPZiAb2jX_RmAbilOSlohp-mtQ_xcn8IRVh6MdTlehLlxgZA
- 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_0A9sQgIhMrQYvXkXZzW_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>.
- Storylineonline.net – features famous people reading books aloud to kids – no login needed
- Abcya.com
- Pbskids.com/games
- Nlckjr.com/games
- Illinois State Museum list of live feeds and virtual field trips -
https://docs.google.com/spreadsheets/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-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.
 - Wingstop will give all students from grades K-12 a 5-piece boneless wing lunch combo from 11a-2p, Mon-Fri till the end of the month. For those students who have an ID, please bring your (or your child’s) school ID at time of pickup. “We must come together and stand collectively as a community and take care of the ones we love and cherish the most. We have appreciated all of you from day one and now is the time for us to show you how much we appreciate you. Now is the time for us to stand together as one unified community.” [512 S. Neil St.](#)
 - Jet’s Pizza, both Champaign locations
Both Champaign Jet’s stores will be offering free Cheese Slices to kids Pre-K through Middle School from 11 AM to 2 PM on Saturday and Sunday over the next 3 weekends, starting 3/21/2020. This will be pick-up and carryout only; dine-in is closed. “We decided to pick up the slack on the weekends to ensure food is available every day during this pandemic time. If any parent has questions, please feel free to call either store. The health and safety of our customers and staff is of utmost concern to us, and every precaution will be taken to practice safe food handling and personal hygiene.” [512 S. Neil St., 217-352-3333](#)
[1907 W. Springfield Ave., 217-352-9992](#)

Regional resources

Springfield Regional Office

- Contact Ministries 753-3939
- Helping Hands 522-0048
- Kumler Neighborhood Ministries 523-2269

- Salvation Army 525-2196
- Catholic Charities 523-4441
- Capital Township 525-1736
- Fifth Street Renaissance 544-5040
- Sangamon County Community Resources 535-3120
- United Way of Central Illinois - <http://springfieldunitedway.org/covid19/#.XnDwaKhKjD4>
(includes summary of how local charities, organizations and healthcare centers are affected)
- Sangamon County Department of Public Health: <https://scdph.org/2020/03/covid-19/>
- Sangamon Menard Area Regional Transit (SMART) and Sangamon Mass Transit District (SMTD) are announcing the suspension of fares for rural, fixed route, and paratransit services due to the Centers for Disease Control and Prevention (CDC) recommendations to help slow the spread of the COVID-19 virus - <http://www.smtd.org/news/2020/3/17/the-bus-is-free>
- Meals
 - Springfield
 - If you are concerned about ensuring your children have a hearty lunch, stop by McAlister's Deli, 2917 West. Iles, from 11 a.m. to 1 p.m., Monday through Friday. Every kid can receive a free sack lunch that contains a turkey and cheese sandwich, chips, applesauce and a cookie. Completely free, no other purchase is necessary.
 - Chaditos, 3030 S 6th St, Springfield, IL 62703, will provide a beef or chicken taco, nachos, and some type of fruit for school aged children.
 - Hy-Vee located at 2115 S. MacArthur Blvd, Springfield, Monday through Friday 11am-1pm. During this time every child can receive a free lunch that contains a sandwich, granola bar, piece of fruit, water and a cookie. Free, no purchase necessary.
 - Mariah's Restaurant will provide free hot lunches Monday-Friday at 11am for pick-up at 3317 Robbins Rd. Springfield, IL. You will need to call Mariah's 217-793-1900 by 8:00pm the day prior to place your to-go order for your child's hot lunch.
 - Chatham
 - Subway, 317 N Main, Chatham, IL 62629, Kids meals consist of a mini sub (turkey, ham, roast beef, or veggie) a side item, and 20oz fountain drink.