

COVID-19 Updates and Resources

Dear Friends,

With all that's going on in our country right now, it is hard to believe we are still combating a global pandemic, but we are, and unfortunately will be for a long time.

I shared with you [earlier this week](#) my fury and PHIMC's commitment to our collective fight against racism. Today, our message to you focuses primarily on COVID-19, with the understanding that racism and the chronic stress of violence at the hands of law enforcement deeply impact how the novel coronavirus affects our communities.

More than a year ago, the American Public Health Association published strategies for [Addressing Law Enforcement Violence as a Public Health Issue](#), and the American Medical Association, in their recent [statement](#), discussed the link between racism, police violence, and the experience of COVID-19 in Black and Brown communities. Let's continue working together to use, create, and share resources like these to direct real systemic change.

Through our email and social media channels, we will continue to offer you resources and information to help navigate these public health crises. Please know that your feedback is always welcome.

To stay up to date on the phased re-opening of Illinois, and other COVID-19 information and resources, please visit the [State of Illinois](#) and/or the [City of Chicago](#) Coronavirus Response Center.



Sincerely,

Karen A. Reitan
President & Chief Executive Officer

Reopening: Phase 3 Transitions

Illinois transitioned into Phase 3 of the [Restore Illinois](#) Plan on Friday, May 29, 2020.

Each municipality has the power to transition more slowly and/or add restrictions to the orders already issued by the State of Illinois, particularly in areas such as Chicago, which is still a hotspot for COVID-19.

RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State

Phase 1 Rapid Spread	Phase 2 Flattening	Phase 3 Recovery	Phase 4 Revitalization	Phase 5 Illinois Restored
<p>Strict stay at home and social distancing guidelines are put in place, and only essential businesses remain open.</p> <p>Every region has experienced this phase once already and could return to it if mitigation efforts are unsuccessful.</p>	<p>Non-essential retail stores reopen for curbside pickup and delivery.</p> <p>Illinoisans are directed to wear a face covering when outside the home and can begin enjoying additional outdoor activities like golf, boating & fishing while practicing social distancing.</p>	<p>Manufacturing, offices, retail, barbershops and salons can reopen to the public with capacity and other limits and safety precautions.</p> <p>Gatherings of 10 people or fewer are allowed.</p> <p>Face coverings and social distancing are the norm.</p>	<p>Gatherings of 50 people or fewer are allowed, restaurants and bars reopen, travel resumes, child care and schools reopen under guidance from the Illinois Department of Public Health.</p> <p>Face coverings and social distancing are the norm.</p>	<p>The economy fully reopens with safety precautions continuing.</p> <p>Conventions, festivals and large events are permitted, and all businesses, schools and places of recreation can open with new safety guidance and procedures.</p>

See [Restore Illinois Plan](#) for details

Chicago

Chicago began transitioning to Phase 3 yesterday, June 3, 2020.

The following industries were the first to open, with [industry-specific safety guidelines](#):

- Childcare centers and family childcare
- Non-lakefront parks (no contact sports)
- Libraries and other city services
- Office-based jobs, professional services, and real estate services
- Hotels / lodging
- Outdoor attractions (e.g., boating - not including the Playpen, non-Lakefront golf courses)
- Non-essential retail
- Personal services (e.g., hair/nail salons, barbershops, tattoo parlors)
- Restaurants and coffee shops (outdoor dining only)
- Manufacturing, construction, and warehousing
- Hospitals, dentists, community mental health centers, and Federally Qualified Health Centers
- Public transit, regional transit, taxis and rideshare
- Gyms (outdoor and 1:1 personal training only)



BE SAFE
CHICAGO

[Read more about Chicago's plan to cautiously reopen](#)

More COVID-19 News and Resources

- **For Community-Based Organizations:** [Mayor Lightfoot and Chicago Department of Public Health announce \\$56 million Request-for-Proposals \(RFP\)](#) to bolster contact tracing efforts for COVID-19 cases in Chicago. This new, \$56 million, two-year grant will support community-based organizations (CBOs) to hire, train, and support 600 individuals to conduct case investigation of community-based COVID transmission - more commonly known as "contact tracing" - and build a resource hub to support individuals. As Chicago begins to exit "Stay at Home," contact tracing is one of the key tools to prevent spread of the disease, allowing for targeted quarantine of potentially infected individuals.

This work will address three goals:

1. Prevent and mitigate community transmission of COVID-19.
2. Provide "Earn-as-You-Learn" opportunities for community-based workforce to promote career pathways and long-term sustainable growth.
3. Invest in our community areas experiencing economic hardship. The goal of this investment is to promote economic recovery by giving our residents the opportunity to invest in themselves and their own skills for a long-term career in health care.

Submissions are due June 9 at noon. Community based organizations can submit responses to the RFP through the [City's eProcurement Portal](#). Use Solicitation # 7475, Specification # 1204299 to search for the RFP.

- **For Child Care Providers:** Governor Pritzker announced that child care providers may partially reopen under phase three of his five phase reopening plan. For the first four weeks, the providers may not serve more than ten students per classroom. [Details here.](#)
- **For SNAP recipients:** Beginning June 2, 2020, SNAP recipients can begin using EBT cards at participating retailers. This is an important development that will help make food more accessible to those in need. [Details here.](#)
- **For Housing Providers:** Emergency Relief for Affordable Multifamily Properties (ERAMP): The Department of Housing (DOH) has established a relief program to provide short-term, operating support to multi-family affordable housing providers affected by the COVID-19 pandemic and the related economic downturn. The ERAMP program includes both grants and no-interest, deferred payment loans of up to \$75,000 per property, based on need. The purpose of the program is to preserve the availability of safe, clean, and affordable housing

options for individuals and families that may experience financial hardship resulting from COVID-19. [Find out more about ERAMP and how to apply here.](#)

If You Need to See a Doctor: Please Go.

We invited Beatrice D. Probst, MD, FACEP, to [speak directly](#) to anyone seeking medical care during the coronavirus pandemic.

"[S]taying at home while experiencing serious health symptoms can be dangerous," Dr. Probst tells us. "Please know that the emergency departments and hospitals remain open and have created an environment to safely see you. We are committed to safely caring for you, should you be suffering from chest pains, weakness, dizziness, or shortness of breath - all signs that you may be suffering a heart attack, a stroke, or heart failure. Life threatening conditions such as these should be seen immediately."

Dr. Probst serves as Professor of Emergency Medicine for Loyola Stritch School of Medicine and as Associate Chief Medical Officer, Ambulatory, for Loyola University Health System. She is also a participating champion in PHIMC's [Protecting Our Patients \(POP\)](#) campaign.

Mental Wellness Resources

- [Self-Care Tips for Black People Who Are Struggling With This Very Painful Week](#), by Rachel Miller on Vice
- [Finding Nature: Staying Connected to the Natural World During COVID-19](#), from Children and Nature Network, works to connect kids and families around the world to the benefits of nature
- [Windy City Wellness](#), a microsite developed through a partnership between Ten Percent Happier and Chicago Department of Public Health (CDPH), includes a curated collection of talks, guided mindfulness activities, and sleep supports from a diverse set of wellness experts
- **More online tools to cope with stress, fear, and anxiety:** Mayor Lightfoot and the Chicago Department of Public Health announce other expanded mental health supports [here](#).



Mutual Aid for Chicago Youth

PHIMC is happy to support the Mutual Aid efforts of our community partners through Illinois Safe Schools Alliance: [Assata's Daughters](#), [Chicago Freedom School](#), [Circles and Ciphers](#), [Street Youth Rise Up](#), and [Youth Empowerment Performance Project](#).

If you are a youth service provider, please consult and share out their [Master List of Needs](#) frequently as it will be updated on an ongoing basis. Please direct any questions you may have to Thyanda Mack (they/she), YEPP Volunteer and Co-Coordinator of this Mutual Aid Effort, at Thyanda@WeSayYEPP.com.

[Brave Space Alliance set-up a Crisis Pantry](#) program which will run the duration of the COVID-19 pandemic in Chicago.

National Service Recognition Award



2019-2020 NATIONAL HEALTH CORPS SERVICE AWARD RECIPIENT

JACEY HUTCHINSON

in honor of AmeriCorps National Service Recognition Day



Congratulations to Jacey Hutchinson on receiving a National Service Recognition Award from [National Health Corps \(NHC\)](#)!

Hosted by [Proviso Partners for Health \(PP4H\)](#) during her year of service with [NHC Chicago](#), Jacey's contributions have been critical to Maywood residents whose food access is severely limited due to COVID-19. When PP4H's VeggieRx expanded suddenly to meet new needs during the pandemic, Jacey demonstrated strong leadership and adaptability by quickly designing an effective outreach and registration process to ensure community residents were connected with the program. Now, VeggieRx serves five times as many families as it served pre-COVID-19.

Each week, Jacey continues to make hundreds of outreach calls, develops and leads VeggieRx volunteer training sessions, and delivers bags of food to doorsteps.

You can read more about this award and Jacey's contributions to NHC Chicago and PP4H in our quarterly newsletter next month.

We're In This Together

Please consider supporting an organization on the front lines, such as the following:

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6-

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SUNRISE
CHICAGO
COVID19
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COUNCIL,
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AND LITTLE VILLAGE
ENVIRONMENTAL
JUSTICE
ORGANIZATION

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