



A MESSAGE FROM TOWNSHIP SUPERVISOR JONATHAN ALTENBERG

Our country and our community are facing uncertain times. The outbreak of coronavirus has left many on edge and the most vulnerable among us need our assistance. Many don't know where to turn for assistance and information, so this newsletter should be used as a resource. There are articles from the federal, state, county, township and village governments outlining the services they are providing.

We have also included a list of restaurants and businesses that are providing curbside carry-out for you and your family. I encourage you to support the small businesses that are open over the next few weeks, so they can survive the economic impact of the outbreak.

From the Township perspective, we are responding to the crisis in the following ways:

1. The Vernon Township Food Pantry will stay open during the coronavirus pandemic. For the safety of our food pantry families and our staff, we will be transitioning to a

non-contact drive-through service where residents can pull up and two pre-packaged bags of food will be placed in their vehicle, eliminating any direct contact between staff and families. If you are elderly, experiencing symptoms or don't have access to your normal modes of transportation, the township will deliver food on a limited, as-needed basis. I encourage these residents to call us at (847) 634-4600.

2. Township staff will be contacting at-need residents and seniors to make sure they are safe and have the supplies necessary to get through this shelter-in-place order.

3. The Township has cancelled all senior programs until the virus has subsided.

4. Our office will be closed to foot traffic. We will continue to provide services by phone, including applications for general assistance. The office is suspending passport and parking applications until further notice.

5. Our highway department will be operating regularly to respond to inclement weather.

6. Our bus system will continue to operate since it is the only form of transportation for some. We are taking particular caution to sanitize buses throughout service hours.

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The Vernon Township Newsletter is published periodically as a public information service for Township residents.

Vernon Township Administrative Center

3050 North Main Street
Buffalo Grove, IL 60089

Business Hours

Monday, Wednesday, Friday
8:30 a.m. - 4:30 p.m.
Tuesday, Thursday
8:30 a.m. - 7:30 p.m.

Township Phone Numbers

Administrative Center	(847) 634-4600
Assessor's Office	(847) 634-4602
Highway Department	(847) 634-4600
Dial-A-Ride	(847) 634-4600
Parks & Recreation	(847) 634-1542
Township Fax	(847) 634-1569
Assessor Fax	(847) 634-0654

Supervisor

Jonathan Altenberg
jaltenberg@vernontownship.com



Assessor

Gary Raupp
graupp@vernonassessor.com



Town Clerk

Barbara Barnabee
bbarnabee@vernontownship.com



Trustee

Roger Addelson
raddelson@vernontownship.com



Trustee

Adam Broad
abroad@vernontownship.com



Trustee

Philip Hirsh
phirsh@vernontownship.com



Trustee

Sheila Sebor
ssebor@vernontownship.com



We do ask the community to continue to donate food and essentials to the food pantry in this time of need. Our employees will come to your car to unload. We are in desperate need of the following products:

- Personal care items – Soap, shampoo, etc.
- Canned protein – Tuna, Chicken, etc.
- Cleaning supplies
- Rice & Beans
- Potatoes (Fresh or boxed)

For more information on the coronavirus, I encourage you to visit the CDC site at www.cdc.gov/coronavirus/2019-ncov/

In these trying times, we must all remain diligent and support our neighbors. Please stay safe and healthy. Americans are strong and we will weather this crisis.

jon altenberg

Jonathan Altenberg,
Vernon Township Supervisor

Township Board Meetings

Monthly board meetings are held the second Thursday of each month at 7:00 p.m. For more information, call (847) 634-4600. The Annual Town Meeting is held on the second Tuesday in April at 7:00 p.m. **Please visit vernontownship.com for up to date information on upcoming meetings.**

ADA Compliance

Vernon Township gives people with disabilities an equal opportunity to benefit from Township meetings. Any person who has a disability requiring an auxiliary aid, service for effective communication or a reasonable accommodation to participate in a Township meeting should contact Todd Gedville as soon as possible but no later than 48 hours before the scheduled meeting. Mr. Gedville can be reached Monday through Friday, 8:30 a.m. to 4:30 p.m. at (847) 634-4600 or visited at 3050 North Main Street, Buffalo Grove.

Vernon Township Food Pantry to extend coronavirus relief to all elderly residents in need

The Vernon Township Food Pantry will extend free food pantry items and delivery to all elderly township residents in need. The Food Pantry is also transitioning to a non-contact drive-through service where residents can pull up and two pre-packaged bags of food will be placed in their vehicle, eliminating any direct contact between staff and families. Food delivery is also available to those unable to drive.

The Vernon Township Food Pantry is open the 1st and 3rd Wednesday of each month from 9:00 a.m. to 12:00 p.m.

If you need food for your household immediately, we can arrange for you to pick up a care package during daily regular Township office hours by calling (847) 634-4600.

The Pantry is accepting food donations and greatly needs: Personal care items (Soap, shampoo, etc), Canned protein (Tuna, Chicken, etc.), Cleaning supplies, Rice & Beans and Potatoes (Fresh or boxed)

You can drop off items during our office hours and we will have grocery carts outside ready to load so you don't need to enter the building.



Office hours are Monday through Friday 8:30 a.m. to 3:00 p.m.

For more information, call (847) 634-4600 or go to www.vernontownship.com/157/Food-Pantry.

Area Grocery Stores with Special Senior Shopping Times

ALDI – Tuesdays & Thursdays 8:30-9:00 a.m.

Costco – Tuesdays & Thursdays 8:00-9:00 a.m.

Dollar Tree – Everyday 9:00-10:00 a.m.

Jewel-Osco – Tuesdays & Thursdays 7:00-9:00 a.m.

Mariano's – Everyday 6:00-8:00 a.m.

Sunset Foods – Everyday 7:00-8:00 a.m.

Target – Everyday 7:00-8:00 a.m.

Walgreens – Tuesdays 8:00-9:00 a.m.

Walmart – Tuesdays 7:00-8:00 a.m.

Whole Foods – Everyday 8:00-9:00 a.m.



Message from Lake County Board Members Marah Altenberg, Ann Maine and Julie Simpson

Lake County is working overtime to serve constituents during this unimaginable health crisis. The county has a myriad of services to help its residents navigate through these unusual times.

The Lake County Health Department reminds everyone to follow the governor's home order and adhere to social distancing recommendations to help protect the communities across the state.

Residents can sign up with the county to receive daily health department updates including current count at this link: <https://public.govdelivery.com/accounts/ILLAKE/signup/14547>. They will also receive a twice-weekly email newsletter with the latest information.

If you need HELP finding any social service, including resources for finding food, healthcare, paying your

utility bills, mental health services, etc., please reach out to United Way of Lake County's free, confidential 211 service through any of the following: By phone, call 211; text your zip code to 89811; by email click on link 211lakecounty.org.

Despite the closure of most county offices to in-person visits, county departments and offices are providing services to the public via email and by phone. Visit lakecountyil.gov/closures for specific information.

Any Lake County Veteran in need of assistance with housing is urged to contact the Lake County Veteran's Assistance Commission for help. Call (847) 377-3344 or email veterans@lakecountyil.gov.



Donation and Volunteer opportunities

United Way of Lake County has joined with Lake County Government, the Lake County Community Foundation and the Lake County Municipal League to form a Community response fund, which is also folding in money from local county philanthropies, corporations and individuals to be disbursed to non-profit organizations serving on the front lines of the COVID-19 pandemic. Donations to the Lake County COVID-19 Community Response Fund can be made by visiting LIVEUNITEDlakecounty.org/covid19.

To meet the growing need at this time of crisis, the Northern Illinois Food Bank is seeking volunteers to help pack and distribute food.

Because so many blood drives have been cancelled due to school and workplace closures, there is a severe shortage in the nation's blood supply. You can still practice safe social distancing while also stepping up to help patients across the country by giving blood. Vitalant (formerly LifeSource) operates two donation locations in Lake County, one in Gurnee and one in Lake Bluff. They are extending their hours and they encourage eligible donors to call 877-258-4825 to schedule an appointment.

Message from Congressman Schneider:

Thank you for all you are doing to create social distance and slow the spread of the coronavirus in our communities. I wanted to update you on some developments at the federal level:



Disaster Loans for Small Businesses – I was pleased to help pass the first coronavirus relief package on March 4 and established low-interest disaster loans for small businesses and many non-profits affected by the virus. Applications are now being accepted by the SBA. Information on how to apply and a recording of a recent webinar I hosted answering common questions is available at: <https://schneider.house.gov/services/help-small-businesses>

Tax Deadline Extended– I heard from many constituents concerned about how to file taxes by April 15. I wrote to the IRS outlining these concerns and requested the deadline be extended by three months. Treasury Secretary Mnuchin subsequently announced the deadline will be pushed to July 15 for all filers. The IRS had previously delayed the due date for tax payments to July 15.

Student Loans – With pressure from Congress, The Trump Administration announced federal student loans will automatically have their interest rates set to 0% for at least the next 60 days. Borrowers will also have the option to suspend payments entirely for at least two months without accruing interest (forbearance), but you must request this by contacting your loan service via phone or online.

Other Important Legislation - Congress has already passed two coronavirus relief packages to address the outbreak. Hopefully by the time you read this the third expansive relief bill that is currently being negotiated as I write this note will have been passed as well. The first bill, passed by the House on March 4 and signed by the President on March 6, focused on the public health response to the disease, and included funding for development of treatments and a vaccine, as well as public health resources for states and localities. The second package, passed by the House on March 14 and signed by the President four days later, is aimed at Americans' economic security. It ensures free testing for all, regardless of insurance, expands paid sick leave, and strengthens unemployment insurance and food assistance programs. This pandemic has hit all Americans with unprecedented swiftness and circumstances are changing daily. I know more work needs to be done in Congress, and we will continue to do all we can to navigate through this situation together. We will get through this and be a stronger nation for it.

Finally, please know our team of constituent service representative remain available to help any Tenth District residents with issues involving the federal government. Though working remotely, we are still opening new cases and resolving existing ones. Please get in touch at 847-383-4870 or <http://schneider.house.gov>.

Do your part, donate blood today

The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are encouraged to donate now to help patients who are counting on lifesaving blood. Donating blood is a safe process and people should not hesitate to give or receive blood during the coronavirus outbreak.

We are asking that you call **1.800.REDCROSS** to schedule an appointment ahead of time. The Red Cross is honoring social distancing policies when giving blood.

Depending on state shelter-in-place orders, the next blood drive will be on April 7th at Rivers Casino, followed by a blood drive on April 22nd at CDW in Lincolnshire.



Updates from our Municipal Partners

Village of Lincolnshire



The Village of Lincolnshire declared a local state of emergency and closed Village facilities, except for the Police Department, to the walk-in public in an effort to stop the possibility of COVID-19 community spread. This declaration simply gives the Village the ability to take additional proactive measures in emergency situations such as staffing, resource management, procurement, and modifications to licenses and permits.

The Village will continue to provide essential services such as police and public works (water/sewer). Those essential employees will report to work and all other employees will be available by phone or email while working

remotely. Service requests, permits, utility payments, and many other Village services can be completed through the Village's website at www.lincolnshireil.gov.

The Village will continue to post the most up-to-date information for residents on the Village's website.

Additionally, check out our Facebook (Village of Lincolnshire – Government) and Twitter (@Lincolnshire_IL) pages for fun contests, tips on how to keep busy at home, and community-wide efforts to make sure all community members are being cared for. Stay healthy, take a deep breath, and be kind to each other.

Village of Vernon Hills



The Village has emended Village Code with regard to emergency situations (pursuant to 65/ILCS 5/11-2-6), and the Village President has declared a temporary state of emergency, to allow services to continue regardless of availability of Trustees, etc. During this time, access has been restricted to Village municipal buildings (Village Hall, Public Works, Police Department).

The Village, Police and Public Works staff have been in communication with other organizations, such as Countryside Fire, the schools, the Park District, etc., to share and coordinate information.

We are encouraging residents to reach out for assistance by calling or emailing the Village Hall, the VHPD non-emergency number/email, or connecting with 211 Lake County.

We also are encouraging residents to abide by the Stay at Home order while still reaching out (virtually) to check on neighbors and others and notifying us of any needs.

For additional information, please call:

VHPD Non-Emergency Number is 847-362-4449

Public Works main number is 847-367-3726

Village Hall main number is 847-367-3700

Long Grove



The Village of Long Grove will be closing Village Hall to the public, beginning Monday, March 16, 2020 as a precautionary effort, related to recent direction from state and local health authorities. This decision was made to help slow down or stop the spread of Coronavirus Disease 2019 (COVID-19) by practicing social distancing, which is recommended at this time Village staff will be working remotely and reachable by email and phone.

Messages can be left at the Village Hall main number 847-634-9440, and emails for Village staff can be found at <https://www.longgroveil.gov/contact>.

Emergency and other services, such as fire and police, and garbage pickup by Waste Management, will continue as normal. For further updates, please visit longgroveil.gov.



Buffalo Grove

In response to ever-changing updates regarding COVID-19 in our communities, the state and the nation, Buffalo Grove Village President Beverly Sussman has issued an Executive Order and a proclamation declaring a Local State of Emergency. These steps are part of an ongoing effort by the Village to slow down or limit the spread of the virus in the local community as recommended by the Centers for Disease Control and Prevention.

President Sussman stated, "We take these measures very seriously and, while we are sensitive to the inconvenience to our residents and businesses, we must take action to prevent unnecessary public interaction to protect the entire community. We very much appreciate our local businesses that have already opted to voluntarily close to slow the spread of COVID-19."

Due to the evolving nature of COVID-19, the Buffalo Grove has committed to updating the community on its social media pages every afternoon (this includes Facebook, Twitter, LinkedIn, and NextDoor). If there are critical items Buffalo Grove also uses the Enewsletter and in emergencies the reverse 911 system.

The Village encourages residents to follow our social media pages, sign up for the Enewsletter, or visit our dedicated webpage www.vbg.org/covid19 for the latest updates local to Buffalo Grove.

If you have questions about Coronavirus, please call the Illinois Coronavirus Disease (COVID-19) Hotline 800-889-3931 or email DPH.SICK@ILLINOIS.GOV. These resources are available 24 hours a day, seven days a week. If you feel ill, please contact your physician for medical advice.

Restaurants Open for Curbside Pickup

At this time, local restaurants and bars are closed to dine-in customers. However restaurants are permitted to provide carry-out/curbside pickup and delivery. Look below for a list of some of the restaurants still open in Vernon Township. Please consider supporting a local restaurant during these unsure times. Make sure to contact the restaurant to confirm that they are open and providing carry-out/curbside pickup and delivery.

GLMV Chamber Member Vernon Hills eateries currently open for curbside and/or delivery options:

- Chick-Fil A – 847-247-8000
- City BBQ – 224-424-1017
- Claim Company – 847-247-1973
- IDOF Fresh Mediterranean – 847-549-3288
- Jameson's Charhouse – 224-513-5642
- Lazy Dog Restaurant & Bar – 847-780-7977
- Maggiano's Little Italy – 847-918-0380
- McAlister's Deli – 224-433-6979
- Nothing Bundt Cakes – 224-206-7716
- Shake Shack - Melody Farms – 224-294-2010

<https://www.glmvchamber.org/list/ql/restaurants-food-beverages-22>

Buffalo Grove Lincolnshire Chamber of Commerce Restaurants Open for Curbside Pickup:

- Prairie House Tavern – 847-415-2255
- Culver's of Buffalo Grove – 847-229-1123
- Continental Restaurant – 847-459-4095
- Culver's of Lincolnshire – 847-383-5459
- Rosati's Buffalo Grove – 847-634-0039
- Panera Buffalo Grove – 847-229-8062

<https://www.bglcc.org/list/ql/restaurants-food-beverages-22>

Long Grove Restaurants:

- Enzo & Lucia Italian Dining – 847-478-8825
- Chatterbox of Long Grove – 847-602-2169
- Joanie's Pizzeria of Long Grove – 847-415-2220
- The Village Tavern – 847-634-3117
- Broken Earth Winery – 847-383-5052
- Covered Bridge Creamery - Grubhub
- Signature Popcorn – Grubhub

<http://longgrove.org/march-2020-open-closed-in-downtown-long-grove/>



Representative Daniel Didech

The COVID-19 pandemic is presenting public health and economic challenges more severe than anything we have seen in most of our lifetimes. Our first priority must be protecting the health of everyone in our community, which is why I support the painful but necessary social distancing requirements put in place by Governor Pritzker. It is also critical that we take action to provide assistance and relief to small businesses and workers whose livelihoods have been upended through no fault of their own. My office will continue to be a resource for everyone in our community affected by this pandemic, and I encourage you to reach out to us if there is anything we can do to assist you or your family.



STAY INFORMED – There is a tremendous amount of misinformation being spread on social media and by unreliable sources about the nature of the virus, how people should responsibly protect themselves, and the steps being taken by the government. If you want to receive up-to-date accurate information about the state of Illinois' response and recommendations, please watch Governor Pritzker's daily press conference. The press conference is usually at 2:30 p.m. each day and can be watched on the Governor's official Facebook page (<https://www.facebook.com/GovPritzker>) or can be found through the state's COVID-19 website (<https://www2.illinois.gov/sites/coronavirus>).

STAY HOME – Every public health expert agrees that if we do not follow social distancing guidance, Illinois will see the same levels of suffering and loss of life from COVID-19 that occurred in Italy, Iran and parts of China. It is critical that we all do our part to slow the rate of transmission so our healthcare system does not get overwhelmed. This is the only way to ensure that everyone who does become infected is able to receive the medical care that they need. Please stay at home to the greatest extent you possible can, and only leave your home in accordance with the guidelines established in the Governor's executive order (<https://tinyurl.com/ExecOrder8>).

SHOP SMART – Illinois has some of the most robust food supply chains in the world. If everyone only buys what we need and does not hoard, there will not be any food shortage. Hoarding food create shortages that impact vulnerable members of our community. When you go to the grocery store, please purchase only enough food for a week and make that your weekly routine.

GIVE BLOOD – Hundreds of blood drives were recently cancelled across the country, and we are expecting an imminent severe shortage at our blood banks. The Red Cross has a system in place to maintain social distancing requirements while they collect blood. Please consider going to **redcrossblood.org** to set up an appointment to give blood.



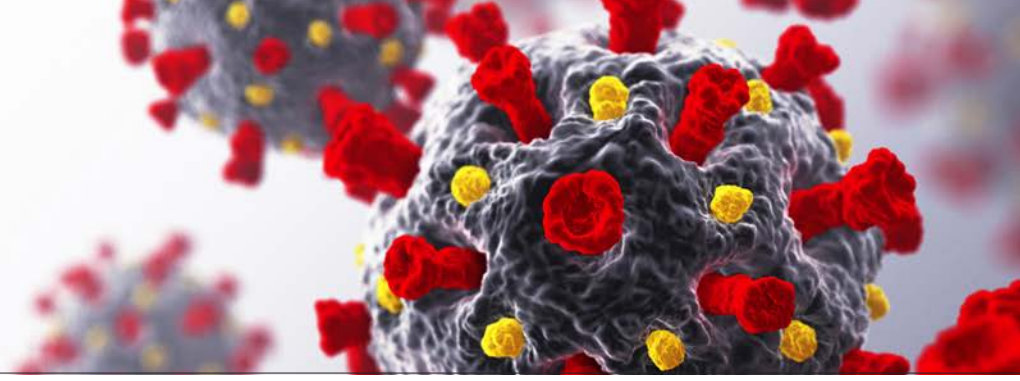
DONATIONS – Illinois is looking for donations of the following items to protect our doctors, nurses and first responders, but only if they are in the manufacturers' original packaging and unopened: Masks (N-95, Earloop, Surgical), Gowns (Isolation, Non-Descript), Gloves (Nitrile, Sterile, Surgical), Eye Protection (Face Shields, Goggles). Please email ppe.donations@illinois.gov if you can donate any of these items.

WE ARE HERE TO HELP

My district office staff is currently working from home, but we are regularly checking the office voicemail and email accounts to maintain the same exceptional level of service that we have provided since I took office.

Please do not hesitate to contact us at 847-478-9909 or info@repdidech.com if you would like to discuss legislation, need help navigating a state agency, or need help being connected to a social service agency.

What is coronavirus?



According to the World Health Organization, coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and do not touch your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into your elbow). At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

Coronavirus SYMPTOMS

The COVID-19 virus affects people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:

- Fever
- Tiredness
- Dry cough

Other symptoms include:

- Shortness of breath
- Aches and pains
- Sore throat
- Diarrhea, nausea or a runny nose in some cases

People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral. People with fever, cough or difficulty breathing should call their doctor and seek medical advice.

Coronavirus PREVENTION

To prevent infection and to slow transmission of COVID-19, do the following:

- **Stay at home as much as possible.** If you can avoid contact with others in the community you will have a much better chance of avoiding infection.
- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 6ft distance between you and people coughing or sneezing if you must go out for essentials.

<https://directorsblog.nih.gov/2020/03/19/to-beat-covid-19-social-distancing-is-a-must/>

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).

Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
 - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers) AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

Community Resources

The Job Center of Lake County – remote contact only, elocke@lakecountyil.gov, 847-377-3450

Illinois Department of Employment Security (IDES) – offices closed; for information call 800-244-5631. To file online - <https://www2.illinois.gov/ides/Pages/default.aspx>

Illinois Department of Human Services (DHS) – Family and Community Resource Centers are closed temporarily; The Division of Rehabilitation Services (DRS) are also closed. Food relief (SNAP), cash assistance (TANF) and medical (Medicaid eligibility) applications are available online – <https://abe.illinois.gov/abe/access/> or by calling the ABE Call Center at 800-843-6154

Social Security Administration – Social Security benefits will continue to be paid by Direct Deposit or by mail, to sign up for direct deposit, please visit: <https://www.ssa.gov/coronavirus/>

A Safe Place – If you or anyone you know are a victim of domestic violence or human trafficking, please call 847-249-4450

NICASA Behavior Health – NICASA is open to attend to those with behavioral, social and addiction needs. Please call 847-546-6450 for treatment options

OMNI Youth Services – It is natural to feel stress, anxiety, grief and worry during this time. For remote counseling options call 847-353-1500

United Way of Lake County – If you need help finding food, housing, rental or public services call 211 to speak to someone that can help 24/7

Catholic Charities – Senior and adult day cares are suspended at this time. Meals on Wheels and food programs continue, please call 312-655-7700

PADS Lake County – Should someone require outreach for homeless services at this time, please call 847-689-4357

Lake County – Coronavirus Updates can be found at <https://www.lakecountyil.gov/161/County-Clerk> The Clerk's office is limiting building services and access.



Public Safety Phone Numbers

NON-EMERGENCY/POLICE

Lake County Sheriff's Police.....(847) 549-5200
 Buffalo Grove Police Department(847) 459-2560
 Lake Forest Police Department(847) 234-2601
 Lincolnshire Police Department(847) 883-9900
 Riverwoods Police Department.....(847) 945-1130
 Vernon Hills Police Department(847) 362-4449

FOR ROAD CONDITIONS

IDOT(800) 452-4368
 Tollways.....(800) 865-5394

NON-EMERGENCY/FIRE

Buffalo Grove Fire Department(847) 537-0995
 Countryside Fire Protection District(847) 367-5511
 Lake Forest Fire Department.....(847) 234-2601
 Long Grove Fire Protection District.....(847) 634-3143
 Lincolnshire / Riverwoods Fire Protection ... (847) 634-2512

OTHER NUMBERS

Illinois Poison Center.....(800) 222-1222
 Commonwealth Edison.....(800) 334-7661
 NICOR.....(888) 642-6748
 Peoples Energy(847) 336-7400