

03/20

EAST ST. LOUIS COVID-19 RESOURCE GUIDE

CITY OF EAST ST. LOUIS

Mayor Robert Eastern III

301 RIVER PARK DRIVE EAST ST. LOUIS, IL 62203

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EAST ST. LOUIS - RESOURCE GUIDE SUMMARY

This document is created as a resource and guide for the East St., Louis Region. Please share widely and use it as a tool to share resources with family, friends, and the community.

Another comprehensive St. Louis Resource Guide but focused more on Missouri
<https://bit.ly/33orhlW> National COVID-19 Resource Kit - <https://bit.ly/3a1VZ6U>

National COVID-19 Resource Kit - <https://bit.ly/3a1VZ6U>

LOCAL ADVOCACY SUPPORT REQUEST COVID-19

is an unique challenge that is impacting our vulnerable populations the most and as such communities will suffer greatly. Organizations have come together who are committed in justice and equity in the region to recommend policy and practice changes. As they shared, "If our region is to effectively combat the spread of this virus, and truly prioritize the health of all its people, we must today adopt an approach that centers the needs of those who are otherwise likely to be most impacted. For this reason, local and state policymakers should implement a comprehensive set of policies targeted at the following populations most at risk of contracting this disease, and the institutions and practices that pose the greatest threat. Our shared safety and health depends upon it."

To learn more and support these initiatives - sign the petition:

<https://www.ipetitions.com/petition/stlmocovid19response>

**WHERE ARE THE RESOURCES YOU NEED?
WHAT CAN YOU DO TO HELP?**

Disease Prevention



Wash your hands often with soap and water for at least 20 seconds

SOURCE: WORLD HEALTH ORGANIZATION

HEALTH: HOW YOU CAN HELP/ PREVENTION TIPS

HEALTH

CDC COVID-19 PREVENTION & TREATMENT

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?
CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-
ncov%2Fprotect%2Fprevent.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprotect%2Fprevent.html)

CDC HANDWASHING

<https://www.cdc.gov/handwashing/>

HARM REDUCTION

-Safer Drug Use During the COVID-19 Outbreak

- [https://drive.google.com/file/d/1L7BslaZtYHyd5aK_wpCkftEBrb2dmiN_/view?
fbclid=IwAR3wsJqMP318w3Yyyx9C-Gu4cmYrnvSj_A-x6a2K0XrpP44iReUa1_Tbgcg](https://drive.google.com/file/d/1L7BslaZtYHyd5aK_wpCkftEBrb2dmiN_/view?fbclid=IwAR3wsJqMP318w3Yyyx9C-Gu4cmYrnvSj_A-x6a2K0XrpP44iReUa1_Tbgcg)
-

COVID-19 GUIDANCE FOR PEOPLE WHO USE DRUGS AND HARM REDUCTION PROGRAMS

[https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-
harm-reduction-programs/?
fbclid=IwAR3JNmEOmjUkGwBSe8wUTt9_E3vZnP1zhMegnyb1p54LYX1svJLg_uo-zQ](https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/?fbclid=IwAR3JNmEOmjUkGwBSe8wUTt9_E3vZnP1zhMegnyb1p54LYX1svJLg_uo-zQ)

FOOD HANDLING DURING OUTBREAK

[https://docs.google.com/document/d/166WOC-scrbYYuObsls6zvrigWd3y5VxaQGhPEyikbRI/edit?
fbclid=IwAR3NVhHR54-p9cHa7o65IPDioD9pancEWNblxLEYuN1w1mla-6PqN9fUHEc](https://docs.google.com/document/d/166WOC-scrbYYuObsls6zvrigWd3y5VxaQGhPEyikbRI/edit?fbclid=IwAR3NVhHR54-p9cHa7o65IPDioD9pancEWNblxLEYuN1w1mla-6PqN9fUHEc)

COUNT OF KNOWN CORONAVIRUS CASES

National, St. Louis, and East St. Louis updates highlight general updates that may be most commonly asked questions.

For more LIVE updates from St. Louis Post Dispatch - <https://bit.ly/2x6btsg>

CDC KEY FACTS:

[https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html)

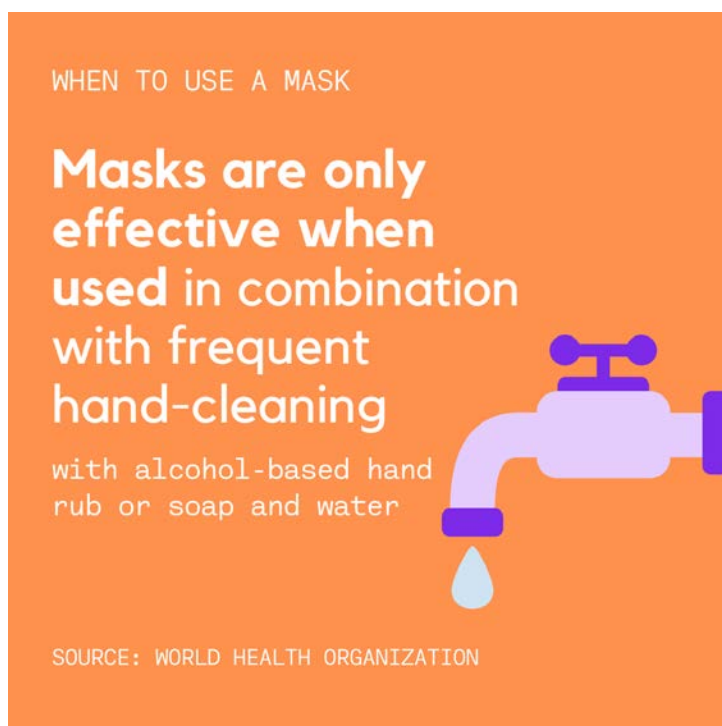
CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html

NATIONAL UPDATES

3/16/2020

White House urged the public to avoid gatherings no larger than 10 people. CDC recommends cancelling all events of 50 or more people for the next 8 weeks (March 15, 2020).

CDC Information - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



CONTACT INFORMATION FOR RESOURCES

ILLINOIS RESIDENTS

Illinois residents: For general questions about COVID-19 and Illinois' response, contact 1-800-889-3931 or visit dph.illinois.gov.

East Side Health District: For updated information visit www.eastsidehealthdistrict.org. Or <https://www.facebook.com/eastsidehealthdistrict>

St. Clair County: For updated information visit <https://www.facebook.com/stclaircoilema/> or additional information can be found at: <http://www.co.st-clair.il.us/publicNotices/Pages/default.aspx3>.

United Way 2-1-1:

The United Way 2-1-1 Navigation Center - The community response team is continuously monitoring local and national resources available and updating our resource database. You can find more information on available resources here or dial 2-1-1 for assistance



CONTACT INFORMATION FOR RESOURCES CONT.

WHERE CAN I GET TESTED FOR COVID-19?

Memorial

Hospital (Old Siteman Cancer Center)
4000 N. Illinois Street
Swansea, IL. 62226

Mercy Clinic

Mercy Virtual Care Center, 15740 S. Outer Forty Road in Chesterfield, Missouri.
<https://www.mercy.net/newsroom/2020-03-04/mercy-responds-to-novel-coronavirus-covid19/>

SSM Health

SSM Health opening 5 COVID-19 testing locations in the region

FUNDING SUPPORT

COVID-19 Regional Response Fund:

<https://stlgives.org/covid19/>

A coalition of philanthropic and chamber organizations brought together by the St. Louis Community Foundation have created the COVID-19 Regional Response Fund, foundation officials announced today. The fund will be used to direct resources to regional nonprofits that are working with local communities disproportionately affected by the coronavirus crisis and its economic fallout.

COVID-19 Mutual Aid Fund for LGBTQI+ BIPOC

<https://www.gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks>

RESOURCES BASED ON TYPE OF EMPLOYMENT

For resources for freelance artists, click [here!](#)

For resources for bartenders, click [here!](#)

For resources for service workers, click [here!](#)

Resources from banks to customers, <https://www.forbes.com/sites/advisor/2020/03/12/list-of-banks-offering-relief-to-customers-affected-by-coronavirus/#7e90318d3ee3>

Emergency Assistance Fund

We help corporations make emergency hardship grants for their employees when they face unexpected and unavoidable financial hardships or disasters.

<https://emergencyassistancefdn.org/>

CONTACT INFORMATION FOR RESOURCES: SCHOOL & FOOD

ESL School District 189

East St. Louis School District 189 - <https://bit.ly/2Qlifkx>

Grab and Go Student Meals

Grab and Go Student Meals will be provided during school closure. In order to limit large groups of people gathering, meals will be delivered in a new method. Details include:

Meals will be provided daily Monday through Friday, beginning March 16, 2020. Meals will not be provided March 30–April 3 (Spring Break).

Meals will only be available from 9:00am – 11:00am at schools and participating centers.

Meals will include one day of breakfast and lunch provided in one bag.

Meals will be available for pick-up and taken home to eat.

Meals can be picked up by students or their families. Parents/guardians may pick up to 4 meals at a time.

Meals will be delivered via school bus to a number of locations in the area, including all schools, some bus stops and some after-school community centers. Brief bus stops for Grab and Go Meals include:

Brief Bus Stop Locations Centers (serving 9–11am) include:

All 10 schools

- John DeShields Community Center: 1235 McCasland Avenue
- Orr Weathers Community Center: 1400 East Broadway, Building 12
- Griffin Center: 2630 Lincoln
- Forest Village: 4313 Forest Blvd
- Roosevelt Center: 1328 North 44th Street
- Sinai Family Life Center: 1200 St. Louis Avenue
- Mary Brown Center: 606 South 15th Street
- Lessie Bates Davis Neighborhood House: 1200 North 13th Street
- Christian Activity Center: 540 North 6th Street
- Jackie Joyner Kersee Center: 101 Jackie Joyner Kersee Circle

SCHOOL DISTRICT 189 STUDENT SUPPORT TEXT HELPLINE: 618-249-4443:

District 189 Student Support Staff are only a text away during these stressful times. If students have social-emotional needs, staff can be reached at 618-249-4443.

Operation Food Search

www.operationfoodsearch.org

This organization provides an automated list of food pantries by zip code. You'll be directed to put in your zip code, and they'll give a list of all of the pantries in your area.

Caour Hunger Hotline at 314-726-5355 to find food near you, or use our interactive MAP HERE. You can also TEXT your ZIP CODE to (785) 503-3310.

CONTACT INFORMATION FOR RESOURCES: PARENTS

COMPREHENSIVE - There are many national resources that are mobilizing to help.

Parents/Teachers:

Check out this comprehensive compilation of free educational resources as you move forward into uncharted territory.<http://www.amazingeducationalresources.com/?fbclid=IwAR199-AA8vk6a4qTuk6GsYihoq11TBNdW85Zg4-GSDezEXLSy76ORdDtrZ8>

Coronavirus quarantine resources for parents and caregivers

https://docs.google.com/document/d/1hOQrtB3ae-Vbc_roGNRiKUncXjViA61xWQKbWWev5Bk/mobilebasic?fbclid=IwAR22RZWLtn-ZZcjbB9J1p5Rb12IFpPO5xceNr9u_-hexal43qtikdPfjOKkAnti-

Personalizable schedule for each student family member. For example, you can input breakfast, lunch, dinner, outside time, online learning time, coloring time, workbook time etc... based on ages and assignments. Scholastic Learn at Home: day-by-day projects to keep kids reading, thinking, and growing.

General online learning tools -

<https://www.khanacademy.org/>
<https://ed.ted.com/>
<https://www.funbrain.com/>
<http://whyville.net/smmk/nice>
<https://kids.nationalgeographic.com/>
<https://code.org/learn>
<http://www.amazingeducationalresources.com/>

Tips for talking to your kids about coronavirus:

- [NPR Comic for Kids](#)
- <https://www.parkslopeparents.com/Newsflash/coping-coronavirus.html?ceid=8956466&emci=80a3c6d1-5d65-ea11-a94c-00155d03b5dd&emdi=b7529a39-6165-ea11-a94c-00155d03b5dd>
- [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

CONTACT INFORMATION FOR RESOURCES: LOW INCOME FAMILIES

INTERNET ACCESS FOR LOW-INCOME FAMILIES

Spectrum call 1-844-488-8398

More Information - <https://www.businessinsider.com/coronavirus-free-spectrum-internet-wifi-offer-student-households-promotion-2020-3>

Comcast/Xfinity call 1-800-934-6489

More Information - <https://corporate.comcast.com/covid-19>

Open-source document to track all the updated COVID19 offers made by Internet Service Providers across the nation.
bit.ly/digcltisp

RENT

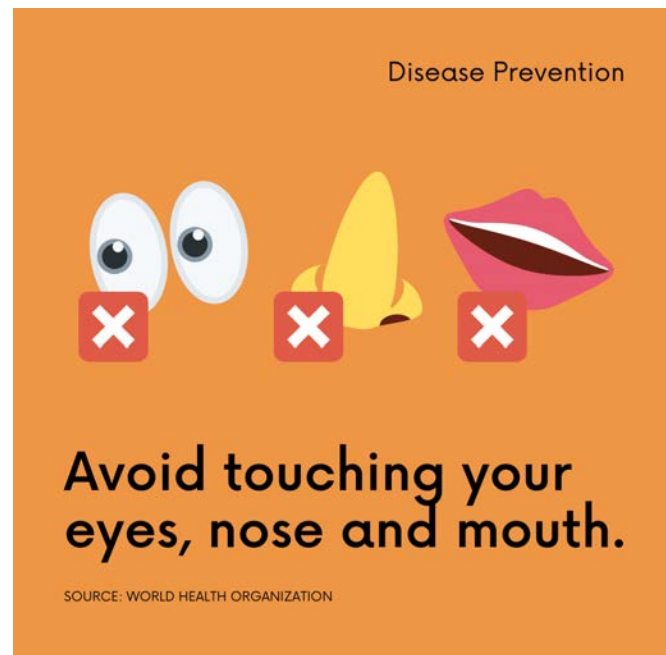
*assistance is not guaranteed.

UNITED WAY
2-1-1\

ST. CLAIR COUNTY DIVISION
10220 Lincoln
Fairview Heights, IL 62208
(618) 274-1150

SALVATION ARMY
Funds based on zip code
314-646-3000
<http://stlouis.satruck.org/>

ST. LOUIS COUNTY
8960 Jennings Station Rd.
Jennings, MO 63136
(314) 388-9840



ESL HOUSING AUTHORITY: EMERGENCY CHANGES FOR THE MANAGEMENT OFFICES

To protect the health and safety of residents, staff and the general public due to the recent concerns regarding the Coronavirus (COVID-19) at close of business March 16, 2020 until further notice, the Housing Authority of the City of East St. Louis (ESLHA) management offices will be closed to the public. Staff will be working but all contact should be by telephone and/or email.
Until further notice:

- **RENT PAYMENTS:** Place in the rent box located outside and/or the lobby of the management office where you reside. The rent receipts will be hand delivered and/or sent by first class mail to the resident. The resident may contact the office by telephone to confirm payment receipt. Late fees will be waived until further notice.
- **WORK ORDERS:** Residents shall continue to call in work orders as needed. Maintenance staff will continue to respond to emergency and routine work orders as needed. If a household member is experiencing any illness, please notify ESLHA at the time the work order is placed or as soon as the illness is detected. If a household member is ill, the work order will be scheduled at a later time. Staff will be wearing protective gear.
- **RE-EXAMS/INTERIMS:** Management will provide the re-examination/interim packets with instructions in writing to any impacted resident. You are required to return the packets with the required documentation to the rent box located outside and/or the lobby of the management office where the you reside. ESLHA Staff will confirm receipt in writing within 5 business days.
- **WEEKLY EXTERMINATION:** Weekly extermination will continue without interruption unless notified in writing by ESLHA Management or in the event a household member is experiencing any illness.
- **BUILDING MAINTENANCE:** WILL BE CLEANED/STERILIZED DAILY.
If a household member is experiencing influenza (flu) and/or respiratory symptoms, or any illness, please notify the management office immediately prior to making any direct contact with ESLHA Staff.

If you have any questions, please contact the Management office immediately.
Attached is a factsheet regarding the Coronavirus (COVID-19). ESLHA appreciates your patience and consideration during this time.

ESL CITY HALL

In the interest of health and safety, The East St. Louis Municipal Building will be closed to the general public beginning Wednesday, March 18, 2020 and continuing through April 6, 2020. Staff will continue to work during this time, but guests will not be allowed in the building.

“While we understand this may be an inconvenience to our citizens, we must take the necessary precautions to protect our residents as well as our staff. We are maintaining contact with our community partners to ensure we are adhering to the most up to date guidelines from the CDC. This situation is very fluid and we are encouraging our citizens not to panic,” stated Mayor Robert Eastern, III.

City officials made the decision to close to the general public in an attempt prevent the spread of the coronavirus after consulting with community partners and representatives from Governor Pritzker’s office. Public Safety officials will continue to respond to emergencies during this time.

EAST SIDE HEALTH DISTRICT MESSAGE

As we continue to feel the increased impact of the Coronavirus (COVID-19) on our community, East Side Health District feels that it is important to share with you steps that we are taking to help keep you, our clients, guests and employees, safe and healthy. Let me reassure you that we have protocols in place that align with our sister agency, St. Clair county Health Department (SCCHD), under guidance from the Illinois Department of Public Health (IDPH) and the Centers for Disease Control (CDC).

Your health and safety are our number one priority. We consider ourselves to be a part of this great Metro East Community. As such, we are continuing to investigate all possible exposures to COVID-19 in accordance to IDPH and CDC guidelines.

Due to the continued evolving Coronavirus (COVID-19) outbreak, East Side Health District clinics are restricting access to our buildings. No visitors are allowed without an appointment at any clinic, East St. Louis, Cahokia, or Fairmont City. If you are a new client for services, please call 618-874-4713 to set an appointment to be seen. For WIC, STI and Environmental Health clients please follow the attached service summary. If you need death or birth certificates, the Vital Records office is open as usual.

I know that these changes will cause a disruption of your regular way of doing things. It is not our intent to cause you more stress but to keep everyone as safe as possible. As things progress, we may implement additional preventative measures to ensure the well-being of our clients, guests and employees, which may include but not be limited to, staffing or service modifications.

We remain here to serve you to the best of our ability.

EAST SIDE HEALTH DISTRICT

ENVIRONMENTAL HEALTH DEPARTMENT

All Environmental Health matters will be handled on a case by case basis. There have not been any changes to the Vital Records hours of operation.

WIC POLICY CHANGES DURING THE COVID-19 PANDEMIC

All WIC offices are OPEN and will continue to provide services for Women, Infant and Children. The lobby is closed to visitors. Only clients with appointments will be seen.

For all Certifications and Recertifications we are waiving the physical presence requirements for new babies and children.

If your child has been to the doctor recently, please have them fax their health information to the WIC office (618-874-4737)

To make it easier we are offering curbside pick up for all follow-up and pick-up appointments.

Please stay in your car and call 618-874-4713 and we will bring your coupons to you.

STD SUSPENSION OF HOME VISIT POLICY

As of March 16, 2020, East Side Health District will restrict all work-related travel for all Ryan White, HIV Prevention and STD staff. All home visits are suspended until further notice unless approved in advance.

If a client must be seen in the clinic, precautions will be taken to protect everyone regarding the COVID-19 virus spread. For STD clinic clients if you present with respiratory symptoms, coughing, sneezing, etc., you will be presented a face mask and asked to wear it to receive services. If the client refuses to comply, they will not receive services and be asked to leave the premises.

By calling and setting an appointment supportive services can be rendered by a curb side option which includes:

1. Eligibility Assessment
2. Treatment only and health education
3. Dispensing of Ryan White Vouchers

SCHOOL BASE HEALTH CENTERS - Closed until further notice!