Tips to Stay Calm and Healthy during Coronavirus

Resources may be changing daily
Here are some resources to help you, your family and neighbors. Call locations before visiting. Everyone has something important to contribute to take care of our community.

School Lunch & Food Pantry Resources

ANY child attending any school- CPS, Charter, Private, Catholic or others can pickup meals at any school location:

**CARDENAS** | 2345 S Millard Ave | 773-534-1465
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**CORKERY** | 2510 S Kildare Ave | 773-534-1650
**GARY** | 3740 W 31st St | 773-534-1455
**HAMMOND** | 2819 W 21st Pl | 773-535-4580
**KANOOON** | 2233 S Kedzie Ave | 773-534-1736
**LITTLE VILLAGE** | 2620 S Lawndale Ave | 773-534-1880
**MADERO** | 3202 W 28th St | 773-535-4466
**MCCORMICK** | 2712 S Sawyer Ave | 773-535-7252
**ORTIZ DE DOMINGUEZ** | 3000 S Lawndale Ave | 773-534-1600
**SAUCEDO** | 2850 W 24th Blvd | 773-534-1770
**SPRY ES & HS** | 2400 S Marshall Blvd | 773-534-1700
**TELPOCHCALLI** | 2832 W 24th Blvd | 773-534-1402
**WHITNEY** | 2815 S Komensky Ave | 773-534-1560
**ZAPATA** | 2728 S Kostner Ave | 773-534-1390
**FARRAGUT HS** | 2345 S Christiana Ave | 773-534-1300
**LV LAWNDALE HS** | 3120 S Kostner Ave | 773-535-4200

This is a list of food pantries in Little Village. It is important to call first before going in person.

- Amor de Dios: 2356 S. Sawyer Ave., 773-972-3143; Thursdays, 3pm-7pm
- Salvation Army: 3621 W. 24th St., 773-257-0700; Wednesdays, 10am-12pm
- Harmony Community Church: 1908 S. Millard, 872-2LOVE32, Wed., 11am-1pm
- New Life Community Church: 2657 S Lawndale Ave., 773-762-0270; Delivery only
- Our Lady of Tepeyac: 3047 W. Cermak Rd., 773-521-8400 x114; Fridays, 12pm-2pm
- Proyecto de Educación Comunitaria Telpochcalli (Tcep): 708-642-8108

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How to Stay Healthy

If you or your child has a temperature of 103°F/39.4°C or higher that will not go down with Motrin or Tylenol, if you can not stop coughing, or if you are short of breath, go to one of these Emergency Rooms:

Rush University Medical Center
1620 W. Harrison St.  (888) 352-RUSH (7874)

John H. Stroger Hospital of Cook County
1969 W. Ogden Avenue  (312) 864-6000

University of Illinois Hospital
1740 W Taylor Street  (866) 600-2273

All emergency rooms must take care of all patients

wash your hands
wash them often with soap and water.

don’t touch your face
this is the easiest way for the virus to get into your body.

keep sanitizer close
Keep sanitizer in your jacket and car; use it when there is no soap and water.

laugh
laughing can help boost your immune system.

stay home
everywhere you go, stay six feet away from anyone you do not live with, including on the street, outside or inside any store pharmacy or bank; stay home for a full 24 hours after your fever.

exercise daily
it boosts your resistance and speeds recovery from illness.

eat right
eat fruit and vegetables daily to keep up your resistance.

Please Join Us

Mi Villita
(312) 772-5284
mi.villita.org@gmail.com
facebook.com/mi.villita.90
2856 S. Millard Ave.
Chicago, IL (basement)

UNETE
Community Development Committee of Little Village

Únete
La Villita
facebook.com/UneteLaVillita

LVSN
Little Village Solidarity Network
facebook.com/LaVillitaSolidaridad