

## Links to Factual Information

- [City of Chicago Latest Data](#)
- [Cook County Public Health COVID-19 resources](#)
- [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#)
- [What To Do if You Are Sick](#)
- [Caring for someone at Home](#)
- [Caring for Yourself at Home](#)
- [Frequently Asked Questions](#)
- [Discontinuation of Home Isolation for Persons with COVID-19 \(Interim Guidance\)](#)
- [Grocery Shopping Guidelines](#)
- [Governor's Office daily Q&A 3/30](#)
- [Lupus Research Alliance](#)
- [American College of Rheumatology](#)
- [HSS Rheumatic diseases/COVID-19](#)
- [Dispensary of Hope Medication Program](#)
- [CDC - Cook County Fact Sheet \(11 languages\)](#)
- [Kendall County PSA](#)
- [When and How to Wash Your Hands \(CDC\)](#)
- [Oak Street Health General Information](#)
- [Bright Star Community Outreach Trauma Counseling](#)
- [Illinois Dept of Public Health Social Distancing Guidelines](#)
- [What to do if you have/suspect COVID-19](#)
- [What to do if you have symptoms but have not been exposed to COVID-19](#)
- [Instructions for close contact with confirmed COVID-19 patients](#)
- [Information on releasing isolation/quarantine for individuals exposed to COVID-19](#)
- [Who should I call about COVID-19?](#)

- [COVID-19 Whole of America Response Daily Notes 4.4.20](#)
- [ACR letter to Governor's LSI sign on](#)
- [LSI Advice to Obtain Medication](#)
- [Government Stimulus Guide](#)
- [Guiding Principles from the ACR for Scarce Resource Allocation During the COVID-19 Pandemic: The Case of HCQ](#)

### **Spanish Language Resources**

- PANLAR [Lupus En Ninos Y Adolescentes \(facebook\)](#)
- [PANLAR COVID-19 Informacao\(facebook\)](#)

### **Social Distancing Opportunities**

- [Things to do while social distancing](#)