

# COVID-19

## LIFE KIT

*We Keep Us Safe!*

*Community Care & Mutual Aid*

**eat.**

EQUITY AND TRANSFORMATION

# Illinois COVID-19

## Helpful Numbers and Websites

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Coronavirus Hotline.....	800-889 3931
	<a href="http://www.dph.illinois.gov">www.dph.illinois.gov</a>
	<i>Email: DPHSSICK@Illinois.gov</i>
Chicago Dept. of Health.....	312-746-4835
	<a href="mailto:www.coronavirus@chicago.gov">www.coronavirus@chicago.gov</a>
Centers for Disease Control and Prevention.....	800-232-4636
	<a href="http://www.cdc.gov">www.cdc.gov</a>
Stroger Hospital of Cook County.....	312-864-6000
	<a href="http://www.cookcountyhhs.org">www.cookcountyhhs.org</a>
Greater Chicago Food Depository.....	773-247-3663
	<a href="http://www.chicagosfoodbank.org">www.chicagosfoodbank.org</a>
Emergency.....	911
Non Emergency.....	311

We know that this is a confusing time for everyone and there is information from everywhere. What's really important? What should we believe, or not? Part of the confusion comes from the general public not knowing much about the COVID-19 virus. We believe it's our duty to the people and communities we serve by passing along any resources and information we can. Equity and Transformation along with the support from other community groups and individuals have designed this "Life Kit" as a way to offer what we can to help anyone that maybe struggling right now as well as providing them with useful information and resources in order to stay healthy. We must rely on each other to take care of US! This pamphlet includes the necessary information to help you get through COVID-19. We will continue to stand by and support Chicagos Black Community during this pandemic and long after. Stay Blessed and Healthy, Much Love.

## **WHAT IS COVID-19?**

COVID-19 is a type of coronavirus that causes flu like respiratory symptoms. The severity can range from mild to severe. Severe cases lead to potentially fatal pneumonia while other mild cases can feel like the flu. In some cases those infected will not experience any symptoms. The virus is spread from person to person contact.

## **SYMPTOMS**

- Sore Throat
- Shortness of Breathe
- Fever
- Cough
- Fatigue
- Nausea
- Diarrhea

*Other symptoms may include, a dry cough with no runny nose, nasal congestion that can feel like you are drowning and chest pain.*

*Incubation period can be anywhere from 2-14 days.*

# Easy steps to prevent the spread of COVID-19



**Avoid contact with people that are sick or places with large crowds.** The virus will remain airborne for 10ft until it drops to the ground.



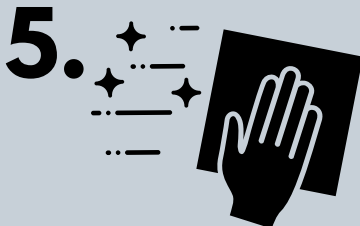
**Wash hands with soap and water for at least 20 sec.** If soap and water are not available use hand sanitizer.



**Cover your cough or sneeze with a tissue.** Throw the tissue immediately in the garbage when you are done.



**Avoid touching your eyes, nose and mouth.**



**Clean surfaces frequently** with disinfecting spray and wipes. When cleaning surfaces, leave them wet with lather instead of drying.



**Stay home if you are feeling sick.**

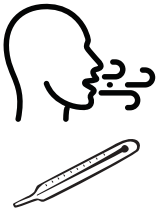
# GENERAL WELLNESS TIPS

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## Drink Water

Keep hydrated, make sure your mouth and throat stay moist. Take a few sips of water every 15 min. The virus can be contracted when it gets into the mouth. This will not prevent the virus however, by not drinking water it can make it easier for the virus to enter the windpipe and then the lungs. Warm water is preferred, try not to use ice.



## Self Check

Every morning take a deep breathe and hold it for 10 seconds or more. While holding your breathe see if you need to cough , or feel any discomfort, stiffness and/or tightness. Another self check is to take your temperature, 99.5F and over is a fever, which is a symptom



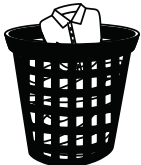
## Gargle

Gargling daily with warm water combined with 1tsp of salt is an effective method to ease sore throats and any upper respiratory infections.



## Check On Your People

A phone call can go along way. Make sure to check in on loved ones and make sure they are not having any symptoms discribed as being associated with COVID-19.



## Don't Shake Dirty Laundry

When doing laundry for someone with symptoms, don't shake it before you put it in the machine. Regular laundry soap is fine.

**REMEMBER: During this time it is ok not to accept handshakes or hugs from people who do not live with you**

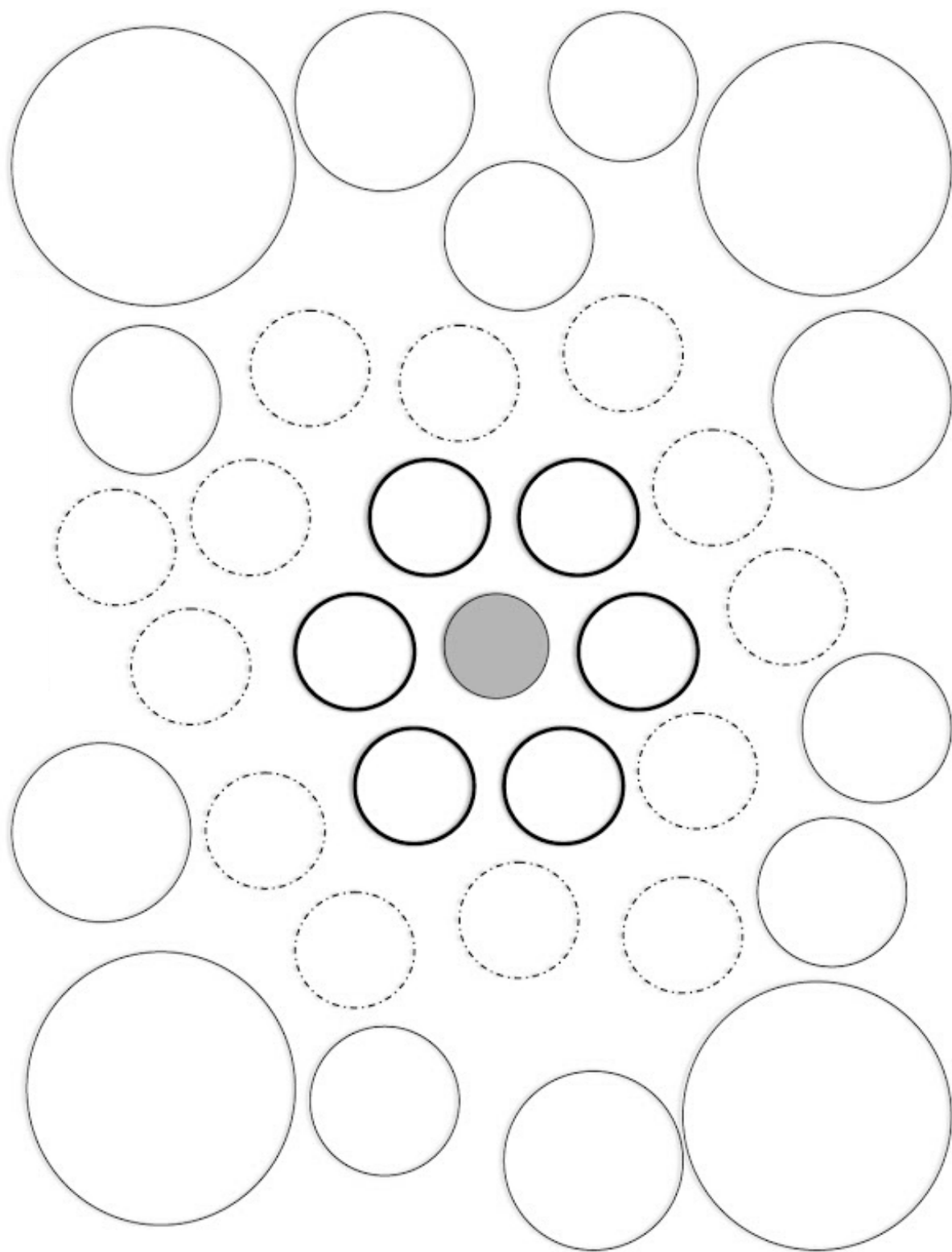
# WHO'S IN YOUR POD?

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At this time communities of color must band together and look out for each other through mutual aid.

At Equity and Transformation we feel that it can be helpful to identify those in your family, friends and community you can lean on for support and in turn they can lean on you. A way we can do this is through Pod Mapping. Pod Mapping is a tool that was designed to be used to deal with harm in our communities. However, it can also be used in times like this to organize support for ourselves and family. Included on the next page is a Pod Mapping worksheet you can fill out.

- First, write your name in the center circle.
- The dark circles will represent your pod. write specific names as well as the support they can provide. (Is it someone who can drop off groceries, provide transportation or childcare....?)
- Then ask these people what they may need from you or let them know how you can help.
- The dotted lined circles are people that are moveable. This means they can potentially become part of your pod as you build a relationship.
- Finally, the darker circles on the outside are community groups and organizations that can be a resource for you.
- Use this tool in anyway that works for you.



# HOUSEHOLD SUPPLIES AND GROCERY LIST

Source: Shanon Morris, Registered Dietician

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We have been told to stock up with specific supplies and groceries during this pandemic. Most non-perishable items are filled with sodium and preservatives. While its fine to get some of these items just incase, we want to make sure you are getting everything you need as well. This grocery list contains household nessesities during this time and includes supplements and foods to keep us all healthy.

## Household Supplies

- Soap
- Hand Sanitizer
- Anti Bacterial Wipes
- Garbage Bags
- Tissue
- Toilet Paper

## Supplements

- Vitamin C
- Vitamin D
- Zinc

## First Aid

- Digital Thermometer
- Gloves
- Bandages
- Over The Counter Medication  
*(Tylenol, Ibuprofen, Cough Medicine. Make sure to check the label, you do not want to take too much Tylenol.)*
- Cough Drops
- Humidifier
- Distilled Water
- Pedialyte
- Mint Tea (For Nausea)

*\*If you are on any prescription medication make sure you have at least a 30 day supply*



## Immunity Boosting Food

- Ginger
- Lemon
- Garlic
- Turmeric
- Onion

## Fruit

- Fresh Fruits-Apples, Oranges  
*(these tend to last longest)*
- Canned Fruits in Their Own Juices
- 100% Juice
- Frozen Fruit
- Dried Fruit
- Applesauce

## Vegetables

- Potatoes (sweet/ white), Onions, Carrots, Garlic, Cabbage, Collard Greens *(cook and freeze, these tend to last long)*
- Canned and Frozen Vegetables
- Pasta Sauce, Crushed Tomatoes or Paste
- Salsa
- Soup
- Vegetable Broth

## Dairy

- Cheese
- Low fat milk (milk subs- almond milk/ soy)
- Low fat yogurt or cottage cheese.

## Protein

- Eggs
- Beans- Canned or Dried
- Peanut Butter
- Nuts
- Lean Protein: Chicken, Fish, Turkey
- Canned: Tuna, Chicken, Salmon, Sardines
- Hummus
- Frozen Bean Patties/ Veggie Patties
- Lunch meat
- Tofu
- Chicken Stock/Broth

## Grains

- Oatmeal
- Brown rice
- Whole Grain Crackers
- Whole Grain Bread
- Pancake Mix
- Quinoa
- Grits
- Pretzels
- Pasta
- Whole Grain- Low Sugar Cereal

**Other:** Fruit Spread/ Jelly, Jell-O, Canola/ Olive Oil, Vinegar, Seasoning, Hot Sauce, Low Sodium BBQ sauce \*Don't forget that you can freeze cooked dishes and perishable items so they last longer.

# RECIPES

## *Grandma's Beans and Rice*

*By: Transforming Re-Entry Services (MWIPM)*

### *Ingredients*

Smoked Meat or Bacon

Onions & Garlic

Salt & Pepper

1lb of Beans

Vegetable/Canola Oil

*\*If you usebacon you don't need to add oil*

### *Quick Soak Method*

Rinse and sort beans in a large pot

Add 6-8 cups hot water to 1 lb of beans (about 2 cups). Bring to rapid boil. (boil for 2 minutes) Remove from heat, cover and let stand 1 hour. Drain soak water and rinse beans.

1. Add oil to pan, once oil is hot add your smoked meat, stir frequently/ Cook bacon
2. Take your meat out, leave oil in pan and add onions and garlic to sauté for 5 minutes. Add salt and pepper
3. Add soaked beans, let cook for 1 and ½ hour or until tender.
4. For every 1 cup of rice add 2 cups of water, 1 tsp of salt.
5. Bring to boil, cover pot, reduce heat and let simmer for 15 minutes.

## *Tropical Smoothie*

### *Ingredients*

1 cup of water

1 cup of coconut milk,  
(you can also use milk or vanilla yogurt)

1/2 Banana

1/2 cup frozen mango

1/2 cup frozen pineapple

Juice from 1/2 lemon

1/2 tsp of fresh ginger

1/4 tsp turmeric

*optional: 1 serving of protein powder of choice*

Combine all ingredients in a blender and blend

## *Pasta Primavera*

### *Ingredients*

Pasta (cooked according to box directions)

Clove of Garlic

Frozen Vegetables (Carrots, Broccoli and/or cauliflower)

1/3 Cup Olive Oil

1. Saute garlic in olive oil on medium heat until garlic turns light brown
2. Remove cooked garlic
3. Add the cooked vegetable to olive oil and saute
4. Season with salt and pepper
5. Add cooked and drained pasta
6. On low flame mix pasta with vegetables
7. When finished you can use parmesan cheese and crushed red pepper flakes for garnish

## *Chicken Vegetable Soup*

### *Ingredients*

Whole Cut up Chicken (skinless)

2 potatoes

1 onion chopped

1-2 Carrots

1 Stalk of celery

1-2 cloves garlic minced

Juice from 1 lime

optional 1 zucchini or chayote squash

optional 3/4 -1 cup chopped cabbage

1 tsp Adobo or season salt

1 tsp oregano

6-8 cups chicken or vegetable broth

Parsley or cilantro to taste

1. Boil Chicken, garlic and onions in chicken broth until cooked
2. While the chicken is boiling, cut up remaining vegetables to your preference
3. Once chicken is cooked remove from broth and shred the chicken
4. Add the chicken back to the broth as well as the cut up vegetables
5. Let that cook until vegetables become soft then add oregano, Adobo/season salt, pepper, parsley/cilantro and lime juice. Let cook for another 5-10 min and remove from heat
6. This soup can be served with cooked brown or white rice

*Thank You to all the following Organizations who  
contributed resources and support in planning this Life Kit*

