Protect yourself from all infectious diseases by using these precautions.

- Stay home when you are sick
- Avoid contact with people who are sick
- Get adequate sleep and eat well-balanced meals
- Wash hands often with soap and water for 20 seconds or longer and dry hands with a clean towel or air dry
- Wear a cloth face cover when going out in public
- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Clean and disinfect “high touch” surfaces often
- Call before visiting your doctor

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables and bedside tables. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
Need Help Buying Food for Your School Age Children?
Apply for P-EBT SNAP Benefits. This is a special benefit that can help you buy food for your school age children 3 to 17 years old and 18 to 22 years old (in high school), who would receive National School Lunch Program free or reduced-priced meals when schools are in session.

Already Receiving SNAP?
If you currently receive SNAP benefits, you DO NOT need to apply for P-EBT benefits. You are automatically eligible to receive these benefits. Your additional P-EBT benefits will be loaded into your Illinois LINK EBT account along with your regular SNAP benefits.

How Much Will My Family Receive?
The benefit amount is a daily meal cost for the number of school days in the month for each eligible child in your home. For March, there were 10 school closure days. For April, there were 22 school closure days. March and April P-EBT benefits will be combined into one issuance for a total of $182.40 per eligible child in your home. Benefits WILL BE ISSUED through the end of the school year.

But My Family is Not Receiving SNAP Benefits
Is This Benefit Based on Household Income/Resources/Citizenship?
No, the only eligibility factor is that your child(ren) attend a school that participates in the National School Lunch Program and are eligible to receive free or reduced-priced meals when they are in school. For many schools, individual students qualify for free or reduced-price eligible meals. For other schools that participate in the in the Community Eligibility Provision (CEP), all enrolled students will qualify as meals are provided at no cost to the students. If you recently applied for free or reduced-price meals, P-EBT benefits will begin the month you become eligible. The head of the household of these students currently not receiving SNAP benefits will need to apply and be approved for P-EBT benefits.

How Do I Apply for P-EBT?
These instructions are for you to follow if you are not already receiving regular SNAP benefits.

- The most efficient way to apply is online at ABE.illinois.gov. If you apply online and include your Social Security Number (if you have one), it may help expedite the processing of your application for benefits; OR
- You can also complete a paper application by going to the IDHS website at dhs.state.il.us and email to DHS.FCS.PEBT@illinois.gov; OR
- Mail a completed paper application to:
  Central Scan Unit
  P.O. Box 19138
  Springfield, IL 62763-9138

How Do I Get My P-EBT Benefits?
You will receive a P-EBT LINK card in the mail with instructions on how to set up a PIN and use the card. Your benefits will already be available on the card for you to make food purchases at most grocery stores.
Sometimes we all need a little help.
AAHAA is here with resources and services that can help you through this difficult time.

Our Network Nurse can help with solutions for:
- Groceries
- Shopping Assistance
- Prescriptions
- Rent/Utilities
- Coronavirus Info
- Health Insurance
- Referrals to Physicians
- Dentists, Counselors

Our Certified Application Specialist can assist with:
- Medicaid Applications
- ACA Applications
- SNAP Applications
- Medical Transportation

Improving the health of our community one neighbor at a time.

GRANT TOWNSHIP FOOD PANTRY
If you or someone you know needs food, please call Grant Township at 847-740-2233.
Drive through distribution of food is available at the lower level by appointment only.

26725 W. Molidor Rd. Ingleside, Il.
- Monday, Tuesday, & Thursday 8:30 am - 2pm
- Friday 8:30am to noon.

GRANT TOWNSHIP TRANSIT
As of 6/10/2020 Grant Township Transportation services will be providing rides for medical appointments.
PASSengers MUST WEAR MASKS.

Fares: Monday, Wednesday, and Friday
$2.00 within 10 miles, one way
$4.00 10 - 20 miles, one way

For Senior, Disabled and Low-Income
Call 847-546-7433, for information, signup, reservations, or cancellations.

Emergency Rental & Mortgage Assistance

- Catholic Charities
  (847) 782-4000

- Mothers Trust Foundation
  (847) 482-9189
  Monday – Thursday, 9 am to 4 pm

- Community Action Partnership
  (847) 740-2115
TO OUR FRIENDS AND NEIGHBORS
AAHAA will be distributing this weekly resource guide to inform you and help you find assistance during our current national health crisis. If you would like to offer assistance or know of someone who can offer help, please send your information to info@aahaa4health.org. Information we receive by Friday of each week will go out in the following week’s Constant Contact emails and Facebook posts.

WEEKLY RESOURCE GUIDE

HOTLINES & MORE INFORMATION

*Antioch Area Healthcare Accessibility Alliance (847) 395-2809
*Advocate Health COVID-19 Hotline (866) 443-2584
*Illinois COVID–19 Hotline (800) 889-3931
*Lake County Health Department (847) 377-8800
*Northshore Community Health Hotline (847) 432-5849
*United Way of Lake County 211

*COVID-19 & Unemployment Benefits (800) 244-5631
Unemployment benefits available to individuals whose unemployment is attributable to COVID-19. ides.illinois.gov

*Representative Joyce Mason’s Office (847) 485-9986
For individuals who are having difficulty accessing unemployment benefits.
MENTAL HEALTH SUPPORT

Domestic Abuse Support
*A Safe Place – Lake County (800) 600-7233
*Illinois Statewide Domestic Hotline (877) 863-6338
*National Domestic Abuse Hotline (800) 799-7233

Counseling Services
*Lake County Crisis Line (you can place an anonymous call) (847) 377-8088
*Blending Families (Antioch) (847) 838-9904
*Antioch Community Counseling Services (847) 454-3111
  (sliding scale fee)
*CYN Counseling Center (847) 548-6000 X 010
  CYN After-Hours Crisis Line (847) 587-3100
*Family Service of Lake County Counseling (Phone/Video sessions) (847) 432-4981
  No out of pocket costs for seniors
*Nicasa HUGS Line (847) 546-6450
  Covid emotional help & recovery support
*Lake Behavioral Hospital (855) 990-1900 (toll free)
  Adolescents, Adults, & Seniors (Works with Medicaid/Medicare)

TEXT Support Services
*CALL4CALM (Covid-19 support) Text “Talk” to 552020
*Disaster Distress Coronavirus Hotline Text “TalkWithUs” to 66746
*Text-A-Tip (Support for middle-school & high school youth) Text “LAKECO” to (884) 823-5323

HERE TO HELP

*Antioch Township Senior Task Force (847) 460-2791
  Task Force Coordinator-Courtney Kotloski ckotloski@antiochtownshipil.gov
  Personal shoppers for groceries, prescriptions, and errands.

*Grant Township Residents (847) 651-7417
  Township Supervisor-Kay Starostovic kstarostovic@granttownshipcenter.org
  If Kay does not answer, leave a message – someone will return your call.
  Phone messages are checked more often than email.
LOCAL FOOD PANTRIES

*Open Arms Food Pantry (Antioch)  
1548 Main Street, Antioch on Rt. 83  
Tuesday, Wednesday & Thursdays 4:30pm-6:30pm  
Food Distribution directly to cars to ensure safety to everyone - drive-up

*Northern Illinois Helping Hands Food Pantry (Spring Grove)  
2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot  
Tuesdays & Thursdays from 3pm-6:30pm  
Food Distribution directly to cars - drive-up

PHARMACY NEEDS

*CVS (Antioch) 8am-8pm & Pharmacy Hours 9am-8pm  
983 Illinois Rte. 59, Antioch  
Shopping for vulnerable guests & their caregivers: Wednesdays 9am-10am  
Free delivery of prescriptions and essential needs

*ALL WALGREENS PROVIDE  
Free Delivery of Prescriptions &  
Drive-thru shopping for essential needs

Antioch - Weekdays 9am-9pm  
283 W. IL-173, Antioch  
Senior Shopping Hours: Tuesdays 8am-9am

Fox Lake - Weekdays 9am-9pm  
61 S, US-12, Fox Lake  
Senior Shopping Hours: Tuesdays 8am-9am

Lakemoor - Weekdays 9am-9pm  
28895 W IL Route 120, Lakemoor  
Senior Shopping Hours: Tuesdays 8am-9am
*Aldi (Antioch) Monday - Friday 9am-7pm  
1390 Deep Lake Road, Antioch  
Seniors: Tuesday & Thursdays 8:30am-9:30am  
(855) 955-2534  
aldi.us

*Dollar General (Fox Lake) 8am-8pm  
488 Orchard Street  
Hours for all general public  
(224) 259-2818  
dollargeneral.com

*Dollar General (Fox Lake) 8am-8pm  
71 E Grand Avenue  
Hours for all general public  
(224) 337-3320  
dollargeneral.com

*Jewel/Osco (Antioch) 6am-Midnight & Pharmacy Hours 8am-10pm  
966 Rte. 59, Antioch  
Delivery and pickup available, may be delayed  
(847) 395-7363  
jewelosco.com

*Jewel/Osco (Fox Lake) 6am-Midnight Pharmacy Hours 8am-10pm  
1350 US-12, Fox Lake, IL 60020  
Delivery and pickup available, may be delayed  
(847) 973-9075  
jewelosco.com

*Lovin’ Oven Cakery (Antioch & Round Lake Locations)  
455 Lake Street, Antioch IL 60002  
2207 N. IL 83, Round Lake IL 60073  
Tuesday-Saturday 7am-6pm, Sunday 8am-1pm  
Walk-in or curbside pickup, online ordering  
Antioch - (224) 788-9558  
Round Lake Beach - (847) 231-4700  
lovinovencakery.com

*Old Mill Creek Country Store (Antioch)  
19588 W. IL Route 173, Antioch  
Monday-Saturday 8am-7pm & Sunday 10am-6pm  
Organic meat, produce, dairy, deli, grocery & frozen foods  
(224) 788-8085  
oldmillcreekcountrystore.com

*Piggly Wiggly (Antioch) 7am-9pm  
460 Orchard Street, Antioch  
Seniors encouraged to shop daily from 7am-9am  
(847) 395-7842  
shopthepig.com

*Val’s Fresh Market (Fox Lake)  
17 Towne Centre Lane, Fox Lake  
Monday-Saturday 8am-8pm, Sunday 8am-7pm  
Hours for all general public  
(847) 587-0940  
shopvals.com

*Walmart Supercenter (Antioch) 7am-8:30pm  
475 East, IL-173, Antioch  
60 & older can shop the store & pharmacy one hour before opening  
Limited number of customers in store at one time  
(847) 838-2148  
walmart.com

*Woodman’s (Lakemoor) 7am-10pm  
27555 IL Route 120, Lakemoor  
Senior Shopping Hours: Tuesdays & Wednesdays 6am-8am  
(779) 704-4220  
shopwoodmans.com
*Antioch Animal Hospital, Monday - Friday 7:30am-5pm & Saturday 8am-4pm
40949 N. IL-83, Antioch
Please call the office in advance.
A staff person will come out to your car to take your pet inside,
administer treatment and return them to you in your car.

*Lakes Animal Clinic (Antioch)
222 IL-173, Antioch
Please call the office in advance.
Monday-Friday 8am-5pm (closed from 12-1pm) & Saturday 8am-2pm

*Fox Lake Animal Hospital, Monday- Friday 9am-6pm & Saturday 8am-2pm
161 US-12, Fox Lake
Please call the office in advance.
A staff person will come out to your car to take your pet inside,
administer treatment and return them to you in your car.
EMERGENCY FOOD SERVICES

IMMEDIATE ASSISTANCE AND BENEFITS SCREENING
Provide assistance to persons in need, including public benefits screenings, information and referrals, financial assistance, clothing, short-term case management, and more.

LAKE COUNTY
St. Joseph
114 Lincoln Ave. • Round Lake, IL 60073
PHONE: (847) 546-3610

Cardinal Bernardin Center *
671 S. Lewis Ave. • Waukegan, IL 60085
PHONE: (847) 782-4100

* Also a Food Pantry location

FOOD PANTRIES
Provide food and additional assistance to persons in need, including public benefits screenings, information and referrals, short-term case management, and more.

LAKE COUNTY
Cardinal Bernardin Center
671 S. Lewis Ave. • Waukegan, IL 60085
PHONE: (847) 782-4100

EVENING SUPPERS
Sit-down dinners providing free, nutritious meals to people in need and serving as an entry point for other Catholic Charities services.

LAKE COUNTY
St. Joseph
116 N. Lincoln Ave. • Round Lake, IL 60073
PHONE: (847) 782-4117
DAYS: 2nd Wednesday of the month

St. James
140 North Ave. • Highwood, IL 60040
PHONE: (847) 782-4117
DAYS: 1st and 2nd Thursday of the month
SENIOR HOME DELIVERED MEALS/MEALS ON WHEELS
Lunch-time meals, prepared and usually delivered by volunteers, for those who are homebound and unable to prepare their own food due to physical or mental difficulties. In some programs an evening sack meal may be included.

LAKE COUNTY

Antioch/Lake Villa Township
1625 Deep Lake Rd. • Lake Villa, IL 60046
PHONE: (847) 838-6415

Round Lake Home Delivered Meals
116 N. Lincoln Ave. • Round Lake, IL 60073
PHONE: (847) 662-0085

Park Place
414 S. Lewis Ave. • Waukegan, IL 60085
PHONE: (847) 622-0085
Do you need HOUSING?

Our programs offer a continuum of housing options, including temporary/interim housing for homeless individuals and families, longer-term transitional housing, and permanent, affordable housing for seniors, veterans, and persons with disabilities. Each of our clients receives an assessment in order to find the best fit for their needs.

All of our programs have different eligibility requirements; please check with each program about eligibility. Programs with multiple locations are listed by zip code in ascending order.

EMERGENCY HOUSING SERVICES

IMMEDIATE ASSISTANCE AND BENEFITS SCREENING

Provide assistance to persons in need, including public benefits screenings, information and referrals, financial assistance, clothing, short-term case management, and more.

LAKE COUNTY

St. Joseph
114 Lincoln Ave. • Round Lake, IL 60073
PHONE: (847) 546-3610

Cardinal Bernardin Center
671 S. Lewis Ave. • Waukegan, IL 60085
PHONE: (847) 782-4100
THE COVID HOUSING RELIEF PROGRAM

Do You Need Help Paying Your Rent or Utility Bills?

Have you lost your job because of COVID-19, or do you have large medical bills? If you answered yes and live in Lake County, you can apply for the COVID Housing Relief Program (CHRP). If you qualify and are a renter, you can get help paying your rent, gas and electric bills for up to three months. If you own your own home, you can get help for utility bills only.

Who is Eligible?

In order to qualify for help:

» You must be a Lake County resident.

» You must have recently lost income due to COVID-19, because of a job loss or other reasons, such as because you have to miss work to care for your school-age children. You can also qualify if you have a large unexpected medical cost related to COVID-19.

» You must have limited savings.

» Your household must have a current annual household income below the following amounts:

<table>
<thead>
<tr>
<th>Size of household</th>
<th>1 Person</th>
<th>2 Person</th>
<th>3 Person</th>
<th>4 Person</th>
<th>5 Person</th>
<th>6 Person</th>
<th>7 Person</th>
<th>8 Person</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$51,000</td>
<td>$58,250</td>
<td>$65,550</td>
<td>$72,800</td>
<td>$78,650</td>
<td>$84,450</td>
<td>$90,300</td>
<td>$96,100</td>
</tr>
</tbody>
</table>

Who Can I Contact to Apply?

If you believe you are eligible, please call 211 or text your zip code to 898211 for more information and to get help.

You will need to fill out an application and provide evidence of your income and expenses. If you are approved, the money will be sent to your landlord or utility company.

Additional Information for Landlords:

Landlords, if your tenant may benefit from this program, please forward this flyer or let them know they can call 211 or text their zip code to 898211. If your tenant qualifies, a CHRP provider will contact you and ask you to complete some verification information. Once approved, the CHRP provider will pay you directly.
# Emergency Shelter Site Locations

*Overnight Shelter, Food & Hospitality for Individuals and Families with Children Experiencing Homelessness*

**October 1, 2019 through April 30, 2020**

Bus service provided to sites from PADS Day Resource Center – 1800 Grand Ave, Waukegan

<table>
<thead>
<tr>
<th>Day</th>
<th>Sites</th>
<th>Short Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU</td>
<td>Zion Christian Assembly</td>
<td>2929 Bethel Blvd, Zion MEN ONLY NO WALK INS</td>
</tr>
<tr>
<td></td>
<td>Chain of Lakes Community Bible</td>
<td>43 W Grass Lake Rd., Lake Villa MEN ONLY NO WALK INS</td>
</tr>
<tr>
<td>M</td>
<td>Chain of Lakes Community Bible</td>
<td>43 W Grass Lake Rd., Lake Villa MEN ONLY NO WALK INS</td>
</tr>
<tr>
<td></td>
<td>Shepherd of the Lakes Lutheran</td>
<td>285 E Washington, Grayslake</td>
</tr>
<tr>
<td>TU</td>
<td>Wildwood Presbyterian Church</td>
<td>18630 W Old Gages Lake Rd, Grayslake NO WALK INS / NO FAMILIES</td>
</tr>
<tr>
<td>W</td>
<td>North Point Church</td>
<td>900 Lewis Ave., Winthrop Harbor NO WALK INS MEN ONLY</td>
</tr>
<tr>
<td></td>
<td>Shiloh Baptist Church</td>
<td>800 S. Genesee, Waukegan NO SMOKING / NO FAMILIES</td>
</tr>
<tr>
<td></td>
<td>St. Mary of Vernon</td>
<td>236-A US Hwy 45, Indian Creek</td>
</tr>
<tr>
<td>TH</td>
<td>St. Mary’s – Fremont Center</td>
<td>22333 W Erhart, Mundelein NO SMOKING</td>
</tr>
<tr>
<td>F</td>
<td>Chapel of Libertyville</td>
<td>1200 American Way, Libertyville MEN ONLY NO WALK INS</td>
</tr>
<tr>
<td></td>
<td>United Protestant Church</td>
<td>54 South Whitney, Grayslake MEN ONLY</td>
</tr>
<tr>
<td>SA</td>
<td>United Methodist Libertyville</td>
<td>429 Brainerd, Libertyville</td>
</tr>
<tr>
<td></td>
<td>Messiah Evangelical Lutheran</td>
<td>25225 W Ivanhoe, Wauconda MEN ONLY</td>
</tr>
</tbody>
</table>

Revised 9/10/19

- Showers Available
- Handicap Accessible

*After 10pm a police escort is required to gain entrance to the shelters*
Need Help? Call 211.

AN EXPERT NAVIGATOR WILL GUIDE YOU TO THE HELP YOU NEED:

- Housing  |  Utilities  |  Food  |  Crisis Help  |  Mental Health & Addiction  |  Health Care
- Financial Support  |  Personal, Child & Family Support  |  Education  |  Transportation
- Employment  |  Legal & Immigration  |  Government  |  Volunteering  |  Disaster Information

WHY 211?

- **IT’S FREE** - Just call or text to reach a real person who will connect you to real answers.
- **IT’S FAST** - You’ll be quickly connected with available resources you need.
- **IT’S COMPREHENSIVE** - 211 is a central access point to the health and human services in Lake County...so you get the help you need.
- **IT’S CONFIDENTIAL** - You never have to provide your name...just your zip code.

CALL 211 OR

TEXT YOUR ZIP CODE TO 898211

TO GET CONNECTED

211LakeCounty.org

United Way of Lake County
ComEd is here to help.

BILL PAYMENT ASSISTANCE FOR INCOME ELIGIBLE CUSTOMERS
As the economy reopens, ComEd recognizes you may be experiencing financial hardship, so we are offering additional bill assistance to help you pay your energy bill.

PROGRAM DETAILS
The ComEd Bill Payment Assistance Program helps income eligible customers who are past-due on their energy bills.

- Eligible customers can receive a one-time bill assistance credit of up to $500 for past-due balances, up to the amount of the balance.
- Available only for a limited time! The Bill Payment Assistance Program expires on 12/31/2020 or until funds are exhausted, whichever comes first.
- Funds are available on a first-come, first-serve basis.

ELIGIBILITY
Residential customers who are eligible to receive Low Income Home Energy Assistance Program (LIHEAP) benefits:

- must have received a LIHEAP grant after October 1, 2019; and
- must currently have a past-due balance on their ComEd account.

OR

Residential customers who are income eligible but not LIHEAP approved:

- must complete an application form, which includes verification that they are income qualified (household income of 200% or less of Federal Poverty Level (FPL)); and
- must currently have a past-due balance on their ComEd account.

APPLY NOW!
To learn more about eligibility requirements and apply for a Bill Payment Assistance Program credit:

Call 1-800-EDISON-1 (1-800-334-7661)
or visit ComEd.com/BillAssistance
Helping You Manage Your Energy Bills

Your wellbeing is central to every decision we make at Nicor Gas. As the impacts of the coronavirus (COVID-19) continue to unfold, we are assessing the needs of our customers and communities to make sure we’re providing all the support we can. If you’re facing financial hardship due to COVID-19, we’re here to help by connecting you to energy assistance, offering extended payment options and providing energy-saving measures.

**LIHEAP Energy Assistance Funding (CARES Act)**

The federal Low Income Home Energy Assistance Program (LIHEAP) helps those in need pay their heating expenses. The federally funded assistance helps manage costs associated with home energy bills, weatherization and more. Open enrollment for the 2020-2021 Low Income Energy Assistance Program (LIHEAP) year begins July 27 for all eligible customers. Additional funds may be available through the CARES Act.

For updates and additional information, call 877.411.9276 or visit liheapillionois.com.

**Extended Payment Arrangements**

To further assist our customers through the current effects of the COVID-19 pandemic, Nicor Gas is offering extended payment plan options up to 24 months for customers in need with no down payments.

These measures are designed to help customers avoid service disconnections and lower monthly payments by spreading out costs over time. Visit nicorgas.com to establish a payment arrangement online.

**Energy Aide Program**

The Nicor Gas Energy Aide program is administered by select local agencies. Eligible residential customers can receive an Energy Aide Grant up to $250 toward their past due balance. This grant does not need to be paid back.

**COVID-19 Special Assistance**

A special program component is available for customers who were impacted by the COVID-19 pandemic. This program will run until December 31, 2020. If eligible, customer can receive a grant up to $300 toward their past due balance.

To find an office near you, please visit nicorgas.com/energyassistance for a list of agencies.

**Energy Assistance Resources**

**Sharing Program**

Nicor Gas and our customers donate funding each year for the Nicor Gas Sharing Program, which is administered by the Salvation Army and offers bill payment assistance to residential customers in need.

Since the crisis began, Nicor Gas has worked with the Salvation Army to modify the eligibility criteria in order to assist more customers who may be experiencing economic hardship during this time.

Eligible customers can receive a Sharing Grant up to $350 or $400, based on the account balance. To apply, contact a Salvation Army listed at nicorgas.com/energyassistance or call 773.205.3520.

**211 Illinois**

211 Illinois helps to connect customers to energy assistance resources in their local area to help them pay their bills. Contact 211 Illinois (dial 2-1-1) for a list of local resources and funding available for emergency assistance. Help is available 24/7. Visit Illinois211.org.

**Free Weatherization**

Income-qualified households can receive weatherization assistance to save energy and money. Nicor Gas partners with Community Action Agencies and Community-Based Organizations to help income-qualified customers access affordable energy services and increase comfort in their homes. Free measures and upgrades may include:

- Air sealing
- Attic and wall insulation
- Furnace repair and replacement

Call 877.886.4239 or visit nicorgas.com/freeweatherization for more information.

**Credit Counseling Assistance**

If you or someone you know is having trouble paying bills, reach out to ClearPoint, a national, nonprofit credit counseling agency at 800.251.2227 (866.559.8198 for Spanish) or visit credability.org. (Usted puede visitar la versión del español Idioma del sitio haciendo clic aquí) nicorgas.com/energyassistance
Save Energy. Save Money.

With the family spending more time at home these days, you’re probably using more energy than normal. Now is the time to take control of your energy bills by taking these simple, convenient steps to maximize your savings without sacrificing comfort, style or convenience.

Tips for a More Energy-Efficient Home:

1. In the Kitchen
   - Install a faucet aerator to conserve water
   - Use the short wash cycle on your dishwasher, and wait to wash until you have a full load
   - Keep the oven door closed while baking, and put lids on pans when cooking
   - Use cold water with the garbage disposal. You’ll save the energy used to heat the water, and it will keep grease and fats in solid form so they move more easily through the system

2. In the Attic and Basement
   - Check the insulation levels in your attic. Consider adding more if you have less than 14 inches of insulation
   - Clean or replace air filters for your furnace regularly
   - Insulate your ducts and pipes with low cost fireproof insulation
   - Install a water heater jacket to reduce up to 15% off of the costs of heating water by preventing energy loss
   - Most families can safely lower the water heater temperature to 120 degrees Fahrenheit

3. In the Bathroom
   - Use a low flow showerhead or get a shower timer to minimize your shower time to 4-5 minutes
   - Take showers instead of baths
   - Fix leaky faucets
   - Install faucet aerators to conserve water

4. In the Laundry Room
   - Wash clothes in cold water as much as possible
   - Avoid overloading your dryer, or hang your clothes outside to dry
   - Clean the lint filter after each use

5. Outside
   - Consider a natural gas grill for convenience; there’s no mess and no tank exchange
   - Grill outside to reduce the heat in the kitchen
   - Cover your pool and spa when not in use

6. Other Areas Throughout Your Home
   - Install a smart or programmable thermostat to help regulate your home’s temperature throughout the day
   - Keep shades on the sunny side of the house open during the winter and closed during the summer
   - Use weatherstripping around windows and doors to prevent air leaks
   - Have appliances professionally installed and serviced according to the manufacturer’s maintenance schedule

Free home assessments and energy-saving kits!

Our free home assessment includes installation of energy-saving products and a comprehensive report of efficiency recommendations tailored to your home. You can also order free water-saving and weatherization kits to be delivered to your door so that you can see even more savings.

For more ways to save, visit nicorgas.com/waystosave
Identity Theft Scam Alert

Did you receive a debit card from the Illinois Department of Employment Security (IDES) in the mail, but you did not file for IDES benefits? It’s very likely a scam!

The Fox Lake Police Department and the surrounding communities have recently taken several reports of Identity Theft regarding individuals who did not apply for unemployment through the state, but received benefit claim information.

If you receive a letter and/or debit card from IDES without filing, residents are encouraged to:

- DO NOT use the card or call the number and provide personal information.

- Monitor your credit.

- Report to IDES under Reporting Unemployment Insurance. More information: https://www2.illinois.gov/ides/Pages/Reporting_Unemployment_Insurance_Fraud.aspx

- File a police report if your identity has been stolen.

Due to COVID-19 Equifax, Experian, and TransUnion are now offering free weekly online reports through www.annualcreditreport.com until April 30, 2021.

Make sure you review your credit report carefully for anything unusual or credit cards you did not apply for. If you find you are a victim of identity theft, make sure you file a police report with your local police.
A contact tracer from your state health department might call if you’ve been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here’s how you can spot the scam.

<table>
<thead>
<tr>
<th>5 things to know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Real contact tracers won’t ask you for money.</td>
</tr>
<tr>
<td>Only scammers insist on payment by gift card, money transfer, or cryptocurrency.</td>
</tr>
<tr>
<td>Contact tracing doesn’t require your bank account or credit card number.</td>
</tr>
<tr>
<td>Never share account information with anybody who contacts you asking for it.</td>
</tr>
<tr>
<td>Legitimate contact tracers will never ask for your Social Security number.</td>
</tr>
<tr>
<td>Never give any part of your Social Security number to anyone who contacts you.</td>
</tr>
<tr>
<td>Your immigration status doesn’t matter for contact tracing, so real tracers won’t ask.</td>
</tr>
<tr>
<td>If they do, you can bet it’s a scam.</td>
</tr>
<tr>
<td>Do not click on a link in a text or email.</td>
</tr>
<tr>
<td>Doing so can download malware onto your device.</td>
</tr>
</tbody>
</table>

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at ftc.gov/complaint.
Here are **5 things** you can do to avoid a Coronavirus scam:

| Ignore offers for vaccinations and home test kits. |
| Scammers are selling products to treat or prevent COVID-19 without proof that they work. |

| Hang up on robocalls. |
| Scammers use illegal sales call to get your money and your personal information. |

| Watch out for phishing emails and text messages. |
| Don’t click on links in emails or texts you didn’t expect. |

| Research before you donate. |
| Don’t let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](http://ftc.gov/charity). |

| Stay in the know. |
| Go to [ftc.gov/coronavirus/scams](http://ftc.gov/coronavirus/scams) for the latest information on scams. Sign up to get FTC’s alerts at [ftc.gov/subscribe](http://ftc.gov/subscribe). |

If you see a scam, report it to [ftc.gov/complaint](http://ftc.gov/complaint).
Avoid Coronavirus Relief Payment Scams

**4 things** you can do to avoid a Coronavirus relief payment scam

- Don’t respond to calls, texts, or emails about money from the government—or anyone asking for your personal or bank account information.
  - Government agencies like the IRS will not call, text, or email you about your relief payment.

- Don’t pay anyone to get your relief payment.
  - There are no fees to get your money.

- Don’t respond to anyone who says your payment was too high, and tells you to repay the money by sending cash, a gift card, or a money transfer.
  - That’s always a scam.

- Never click on links in emails, texts, or on social media about your relief payment.
  - Always start at [irs.gov/coronavirus](https://irs.gov/coronavirus) to check your eligibility, payment status, enter direct deposit information, or find out what to do to get your payment.