

4.6.20: Village of Lombard COVID19 Update

We Stay at Work for You: Please Stay Home For Us

The Village of Lombard is placing signs around the community to remind residents to stay at home. The Governor's Stay at Home Order remains in place. Residents should avoid leaving their homes for non-essential reasons, to wash your hands thoroughly and often, and avoid touching your face. If you must leave your home, always maintain social distancing.



Stress and Coping

The outbreak of COVID-19 may be stressful. Coping with stress will make you, the people you care about, and your community stronger. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Grocery Shopping Safety

Grocery stores are one of the reasons residents may choose to leave their homes. While at the store, it is important to maintain social distancing. It is recommended that only one person go to the store, if possible. To help stay safe, follow these directions from the Illinois Department of Public Health.

Working from Home Safety Tips

Stop the spread of COVID-19 while working from home. Clean and then disinfect surfaces such as tables, desks, phones, tablets, and keyboards often. For electronic devices, follow manufacturer instructions or use alcohol-based sprays containing at least 70% of alcohol

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fdisinfecting-your-home.html

Senior Citizen Information and Resources

The Village of Lombard has compiled a list of resources for senior citizens, including senior shopping hours at grocery stores and pharmacies, details about foodbanks, and contact information for local organizations that are focused on providing senior assistance.

State of Illinois
Illinois Department of Public Health

COVID-19 Guidance for Grocery Shopping

Stay home if you are sick.
Consider food or meal delivery; have family or friends shop for you.

Go shopping at a time that's less busy.

Keep social distance while in the store
(6-feet or two arms-length from other shoppers and grocery store staff).

Use sanitizing wipes to clean and disinfect carts and shopping baskets.

Bring a germicide to wipe your hands before and after shopping.

Use tap and pay or credit/debit cards for purchases to reduce the risk of transmission through money.

Use self-checkout lanes where possible to limit contact with employees.

Use curbside pickup or grocery delivery services.

Don't use reusable bags.

When you return home, wash your hands after handling packages and when finished putting items away.

Questions about COVID-19?
Call 1-800-889-3931 or email dph.sick@illinois.gov
Illinois Department of Public Health - www.dph.illinois.gov
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If senior citizen information does not apply to you directly, we are hoping residents will share this information with senior citizens they know. With your help, we will all get through this together #LombardStrong.

DuPage County Health Department Map

The DuPage County Health Department's COVID-19 dashboard, shows the number of lab confirmed COVID-19 cases in each municipality. As of April 6, 2020, there are 44 lab confirmed cases of COVID-19 in Lombard. Please [see the map](#) for updates.

The best way you can protect yourself is to socially distance yourself from people outside of your home, and limit your potential exposure. Wash your hands regularly, for 20 seconds, using soap, and do not touch your face with unwashed hands.