



## Communication Update:

### 20 Tips Working From Home

The outbreak of the coronavirus has most people working from home. If you're new to working remotely, these tips from a home-office pro can help you stay productive and maintain balance.

By [Jill Duffy](#) March 27, 2020

1. Maintain Regular Hours
2. Create a Morning Routine
3. Set Ground Rules With the People in Your Space
4. Schedule Breaks
5. Take Breaks in Their Entirety
6. Leave Home
7. Don't Hesitate to Ask for What You Need [Read entire article](#)

### Health Department Coronavirus Update 0414

Lake County Illinois sent this bulletin at 04/14/2020 04:49 PM CDT



**For Immediate Release**

Date: April 14, 2020

News/Media Email: [COVIDmedia@lakecountyl.gov](mailto:COVIDmedia@lakecountyl.gov)

Media Phone: 847-377-2001

General Inquiries: [COVID19@lakecountyl.gov](mailto:COVID19@lakecountyl.gov)

### Health Department Coronavirus Update

**Lake County, Ill.** — The Lake County Health Department is reporting 116 additional cases of Coronavirus Disease 2019 (COVID-19) and six new deaths in Lake County since yesterday. This brings the total number of Lake County COVID-19 cases to 1,641, including 56 deaths (as of April 14, 2020, at 1:00 p.m.).

The six new deaths reported all had underlying medical conditions, a risk factor for severe illness from COVID-19, and include:

- One man in his 50s
- One man and one woman in their 70s
- Two men and one woman in their 80s

The Health Department is investigating 23 long-term care facilities in the county that have two or more positive cases. These 23 facilities have a combined total of 288 confirmed COVID-19 cases. The Health Department continues to work closely with these long-term health facilities to assure that necessary infection control measures are taken.

"During this time when staying home is so critical, don't forget to check in with your neighbors, family members, and friends to ask about any stress and anxiety they may be feeling. Though we are physically apart, we can still support one another and stay connected through the phone or via video chat," said Lake County Health Department Executive Director Mark Pfister. "Also, keep in mind that staying active can improve your physical and emotional well-being. Take a walk or go for a bike ride, just remember to stay at least 6 feet away from others when doing so."

New Cases (since last update)	New Deaths (since last update)	Total Cases	Total Deaths
116	6	1,641	56

**ADDITIONAL INFORMATION:**

Please visit [Lake County's Coronavirus Page](#) for more information, including:

- How to protect yourself
- What to do if you are sick
- Testing availability
- Coronavirus data hub
- Sign up for the Health Department's COVID-19 newsletter
- How to get help
- How to help others

Please visit [Lake County Health Department Modification Page](#) for information on Health Department Service Modifications.

For a list of government closures, visit [Lake County's Closure Page](#).

If you have general questions, please email [COVID19@lakecountyl.gov](mailto:COVID19@lakecountyl.gov). Public health officials will answer the top questions weekly. Please note, the Health Department will not provide personal medical advice through this email address.

**Additional resources**

On Friday, March 20, Governor Pritzker issued Executive Order 2020-10 requiring all Illinoisans to stay in their homes through April 30, 2020, to prevent the further spread of COVID-19. For more information, please visit <https://coronavirus.illinois.gov/s/stay-at-home-fags>.

Anyone needing assistance finding food, shelter, rent or utility assistance, or other essential services, CALL 211 or TEXT your zip code to 898211 to speak with someone who can help 24/7. To receive general COVID-19 information via text message, text "COVID19" to 211211. For more information, visit [www.211lakecounty.org](http://www.211lakecounty.org).

For general state and national information, please call the Illinois State Hotline at 1-800-899-3931, or visit the Illinois Department of Public Health website at [dph.illinois.gov](http://dph.illinois.gov), or the U.S. Centers for Disease Control and Prevention (CDC) website at [coronavirus.gov](http://coronavirus.gov).

###

Lake County Health Department  
3010 Grand Avenue

Help Community Action Partnership of Lake County continue helping families in need of the valued resources. Please consider making a donation today.  
We truly appreciate your support at this time!

Donations will support low income Lake County, Illinois residents.

**DONATE GENEROUSLY TODAY**



**About Community Action Partnership of Lake County**  
Community Action Partnership of Lake County is one of 1,100 agencies across the United States established under the Economic Opportunity Act of 1964 to fight America's War on poverty. Community Action Partnership of Lake is one of the largest social service organizations in Lake County serving 24,000 individuals and families annually. Services are in program areas: Pre-K education through Head Start and other early childhood education programs that focus on kindergarten readiness; Youth and Family Services that include emergency assistance, self-sufficiency case management, employment and training, post-secondary scholarships, and a food pantry; affordable housing for low-income individuals, families, and honorably discharged homeless military veterans; home heating bill payment assistance; home weatherization; small business incubators and volunteer programs. For more information, visit <https://caplakecounty.org/>.

[Announcements/Events](#)   [Join Our Team](#)   [Volunteer Opportunities](#)



**THE PROMISE OF COMMUNITY ACTION**

Community Action changes people's lives,  
embodies the spirit of hope,  
improves communities, and makes  
America a better place to live.  
We care about the entire community,  
and we are dedicated to helping people  
help themselves and each other.



Copyright © 2020 Community Action Partnership of Lake County. All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

