



HEALTHY
CHICAGO

NEWSLETTER

Chicago Department of Public Health

Healthy Chicago



SUN, FUN, AND MORE: Enjoy a safe Chicago summer!

Get free nutrition support from WIC

Finding the time and money for extra meals can be a strain on any parent's summer. The Women Infant Children (WIC) program offers families nutritional support throughout the summer — and all year long.

Who can participate:

- Pregnant and postpartum women, infants, and young children up to their fifth birthday
- Participants must be low-income (learn more: [English](#) | [Spanish](#)) and at nutritional risk
 - Participants do not have to be U.S. citizens

What's included:

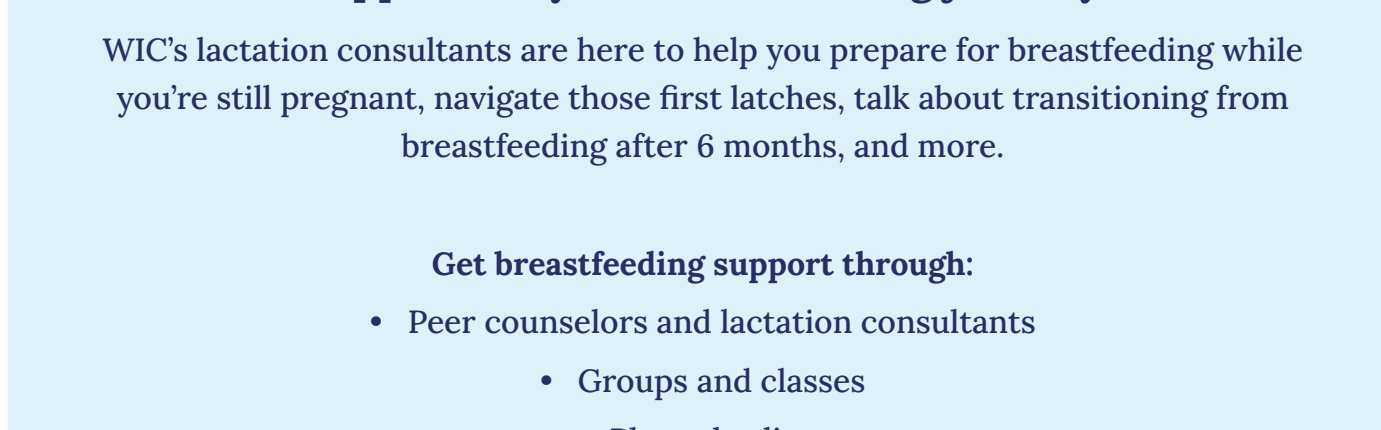
- Nutritious foods specifically chosen to support nutritional needs of each family
 - Infants receive **infant formula**, baby food, and cereal as they get older
- Health screenings, nutritional education, and referrals to healthcare providers
- Breastfeeding support for pregnant people or those who have recently given birth

LEARN MORE + APPLY FOR WIC

EXPLORE YEAR-ROUND + SUMMER NUTRITION PROGRAMS

“Do not hesitate to apply! Even if you are not sure that you qualify, WIC is here to support all families. There is no harm in asking questions or learning more. We also help connect clients with other resources outside of WIC, so it is super beneficial to reach out.”

—KIARA JOSEPH, PUBLIC HEALTH NUTRITIONIST III AT WIC



Support for your breastfeeding journey

WIC's lactation consultants are here to help you prepare for breastfeeding while you're still pregnant, navigate those first latches, talk about transitioning from breastfeeding after 6 months, and more.

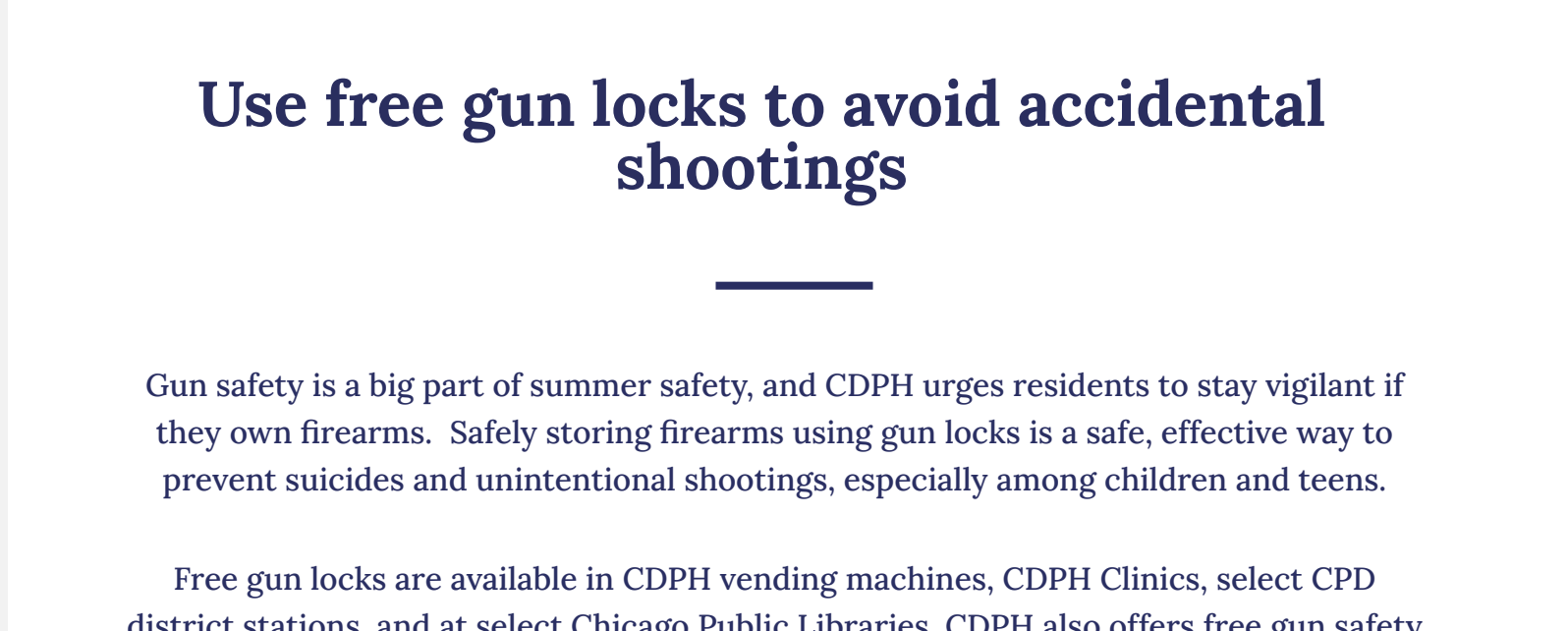
Get breastfeeding support through:

- Peer counselors and lactation consultants
 - Groups and classes
 - Phone hotlines

Remember: Nothing is wrong with you or your baby if breastfeeding doesn't work for you. What's most important is keeping your baby fed and healthy!

LEARN MORE ABOUT WIC'S BREASTFEEDING PROGRAM

COMMUNITY SAFETY



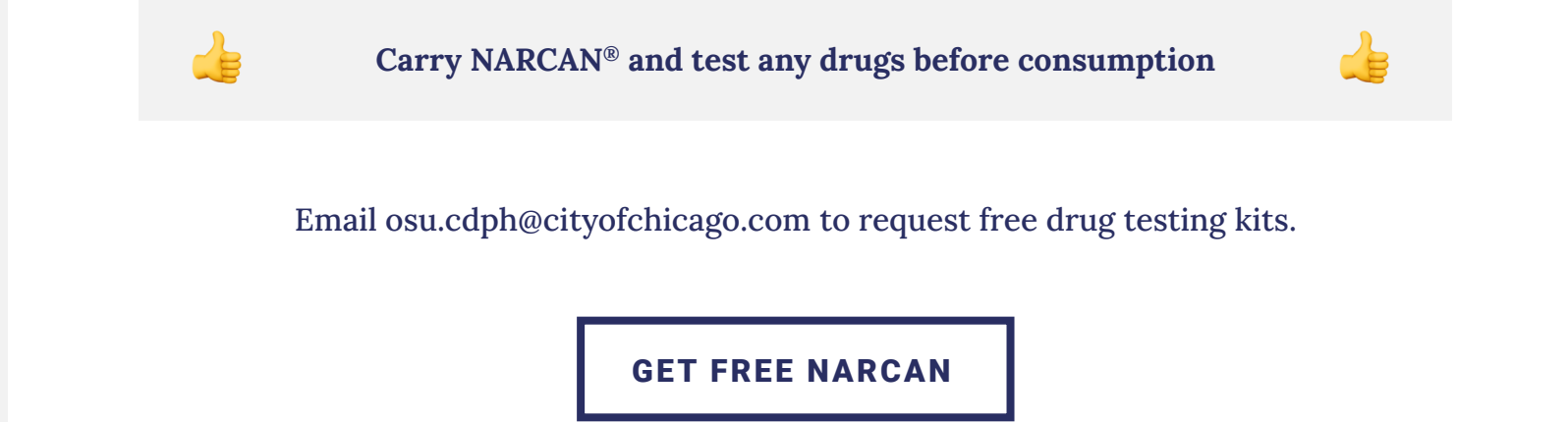
Use free gun locks to avoid accidental shootings

Gun safety is a big part of summer safety, and CDPH urges residents to stay vigilant if they own firearms. Safely storing firearms using gun locks is a safe, effective way to prevent suicides and unintentional shootings, especially among children and teens.

Free gun locks are available in CDPH vending machines, CDPH Clinics, select CPD district stations, and at select Chicago Public Libraries. CDPH also offers free gun safety classes through August.

FIND GUN LOCK DISTRIBUTION SITES + GUN SAFETY CLASSES

LEARN MORE ABOUT SAFELY LOCKING + STORING YOUR GUN



Tips for staying safe at Chicago festivals

Stay hydrated

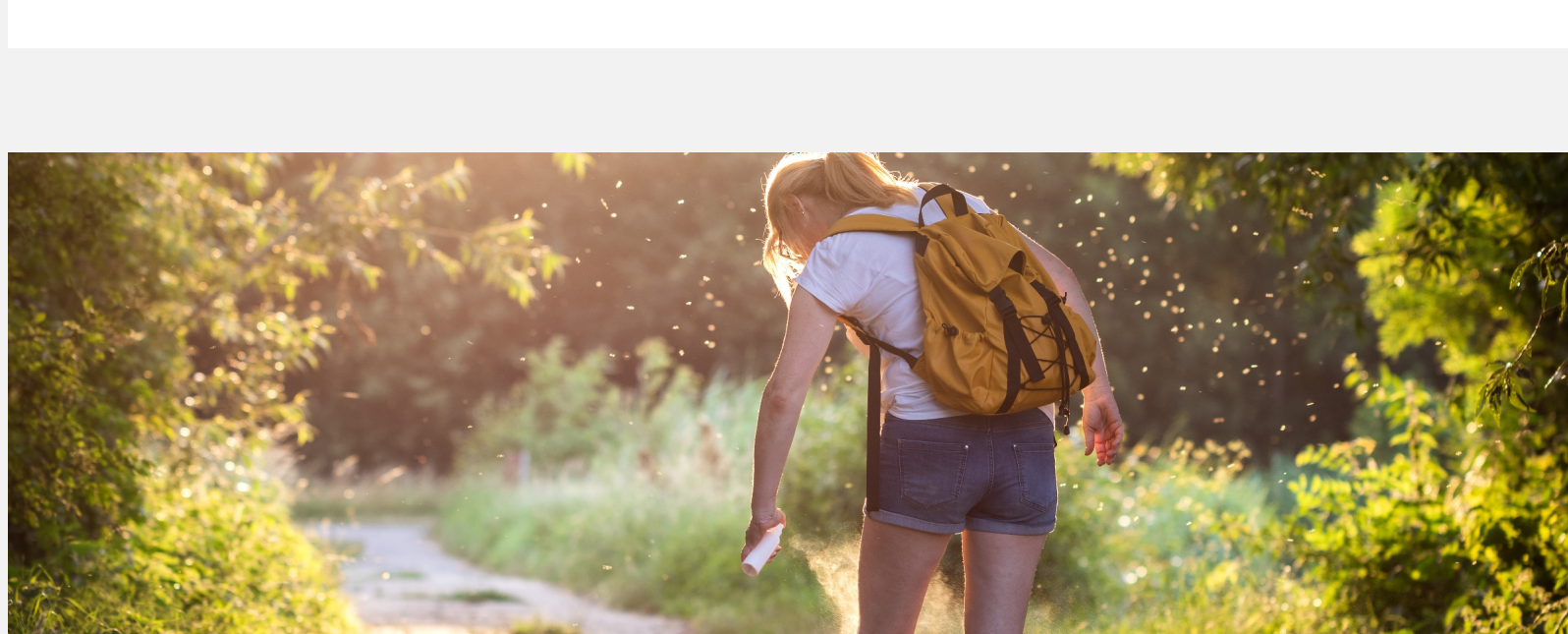
Know the signs of heat stroke: Confusion, slurred speech, fainting, seizures, hot/dry skin or excessive sweating, and a rapid pulse

Carry NARCAN® and test any drugs before consumption

Email osu.cdph@cityofchicago.com to request free drug testing kits.

GET FREE NARCAN

COMMUNITY HEALTH



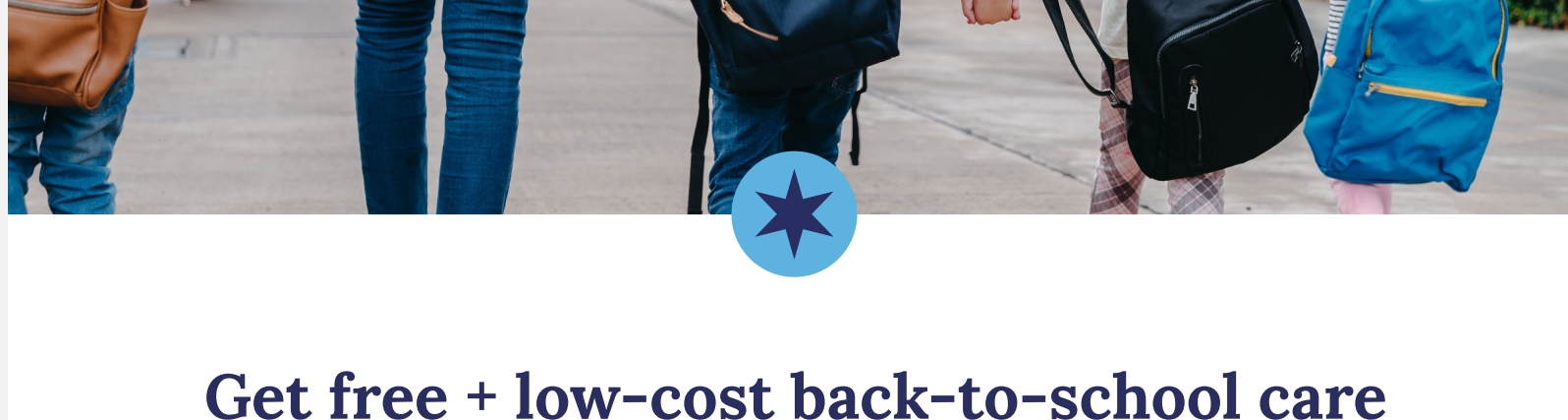
Find care beyond the Health Benefits for Immigrant Adults (HBIA) Program

This program, which provided Medicaid-like coverage for individuals aged 42-64, ended July 1. Get connected to the services you need, including mental health services.

For Chicago and Suburban Cook County residents: Call Metro Chicago at 2-1-1 (or text your zip code to 898-211) to get connected to health and social services.

For those with documented noncitizen status: Call the Illinois Coalition for Immigrant and Refugee Rights (ICIRR) Family Support hotline at 855-435-7693. You may be eligible for coverage through the Affordable Care Act (ACA) Health Insurance Marketplace at getcovered.illinois.gov.

For mental health support: CDPH [mental health clinics](#) offer a wide range of free services, regardless of your immigration or insurance status.



Protect yourself from West Nile Virus

CDPH monitors for West Nile-positive mosquitoes throughout the summer and works to reduce the population. Mosquitoes can't be eliminated completely, so it's important to protect yourself from bites:

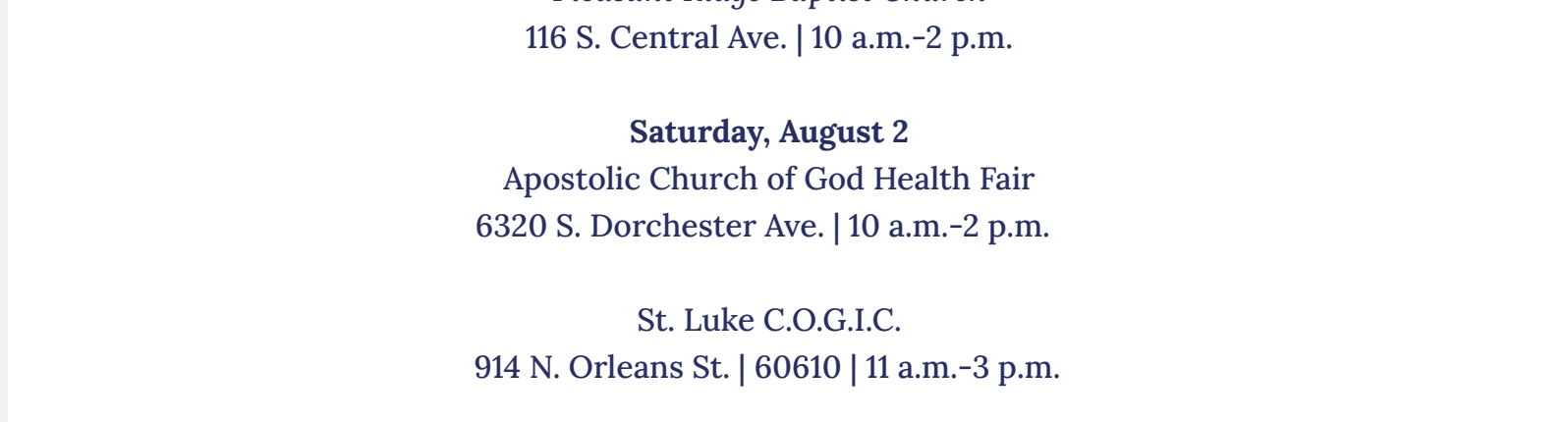
Wear long-sleeved shirts and long pants from dusk until dawn

Use an EPA-registered insect repellent

Regularly drain standing water inside and outside your home where mosquitoes can lay eggs, such as birdbaths or pet bowls

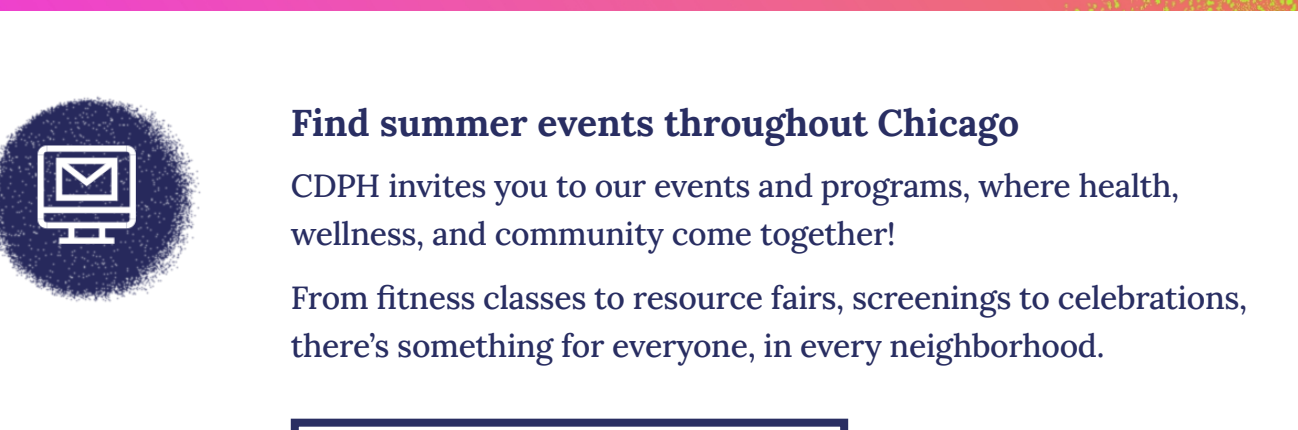
Use air conditioners and tight-fitting window and door screens so mosquitoes can't get in your home

LEARN MORE ABOUT PREVENTING MOSQUITO-BORNE ILLNESSES



Get free + low-cost back-to-school care

Back to School season is just around the corner, and it's the perfect time to prioritize kids' health. CDPH offers a variety of free and low-cost options for your family.

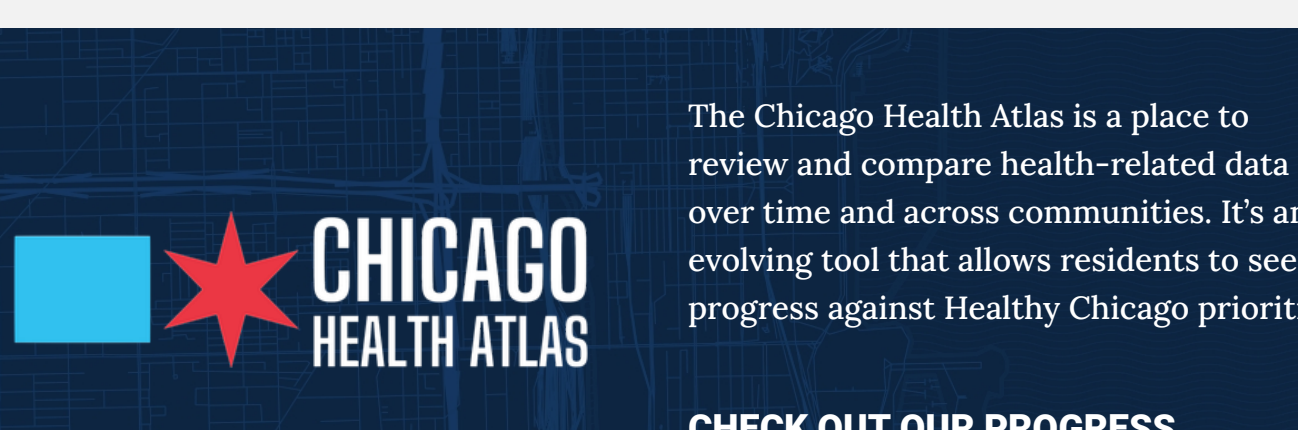


Glasses, eye exams + dental exams

CDPH's school-based Vision Health Program provides free vision exams, prescription eyeglasses, and dental exams to K-12 Chicago Public School students who are unable to pay. CDPH also works closely with schools to educate communities, refer students to follow-up care, and improve kids' overall vision health.

CPS VISION SERVICES

CPS DENTAL SERVICES



Vaccination events

Physical exams and vaccines are an important part of back-to-school. CDPH is bringing COVID-19 vaccinations (free for Chicagoans who are unable to pay) and select pediatric vaccinations to 77 neighborhoods across the city this summer. Bilingual staff will be on-site to assist, and walk-ins are welcome. Pediatric vaccinations require an insurance card, and children must be 7 or older to be vaccinated.

Saturday, July 26

Salem Baptist Church of Chicago

ADM. BLDG. 10909 S. Cottage Grove Ave. | 11 a.m.-3 p.m.

Pleasant Ridge Baptist Church

116 S. Central Ave. | 10 a.m.-2 p.m.

Saturday, August 2

Apostolic Church of God Health Fair

6320 S. Dorchester Ave. | 10 a.m.-2 p.m.

St. Luke C.O.G.I.C.

914 N. Orleans St. | 60610 | 11 a.m.-3 p.m.

Providence MB Church

8401 S. Ashland Ave. | 60620 | 11AM-3PM

St. James AME Church

9256 S. Lafayette Ave. | 60620 | 11 a.m.-3 p.m.

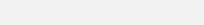
Saturday, August 9

New Vision Community Church

2552 W. 21st St. | 10 a.m.-2 p.m.

FIND A CLINIC NEAR YOU

COMMUNITY RESOURCES



Find summer events throughout Chicago

CDPH invites you to our events and programs, where health, wellness, and community come together!

From fitness classes to resource fairs, screenings to celebrations, there's something for everyone, in every neighborhood.

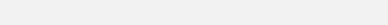
EXPLORE THE CALENDAR

Love Healthy Chicago?

Good health is a great thing to share! Forward this email to a colleague, friend or family member.

Find the Healthy Chicago Podcast on your favorite podcast platforms.

LISTEN TO THE CURRENT EPISODE



CHICAGO
HEALTH
ATLAS

The Chicago Health Atlas is a place to review and compare health-related data over time and across communities. It's an evolving tool that allows residents to see progress against Healthy Chicago priorities.

CHECK OUT OUR PROGRESS

CDPH
Chicago Department of Public Health

Want to get involved in Healthy Chicago?
Visit healthychicago.org

