

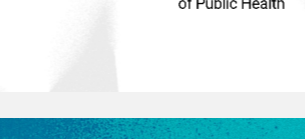
Hello {first name},

Thank you for your continued interest and support for CDPH and Healthy Chicago. We are committed to making Chicago a place where all people, in all communities, have an equal opportunity to live full, healthy lives. In this newsletter, we're sharing a few ways we're working to make that vision a reality in partnership with active community members like you.

—The Chicago Department of Public Health Team

[OUR HEALTHY CHICAGO INITIATIVE](#)

[CHECK OUT CDPH SERVICES](#)



WHAT'S NEW AT CDPH



Apply to be a PlayStreets Partner by Feb. 25

PlayStreets in Chicago creates safe, accessible residential play areas for all Chicago kids. CDPH is accepting applications from 501 (c) (3) nonprofit organizations to help develop PlayStreets in targeted community areas. Applications are due Sunday, Feb. 25.



Organizations in the West Region can [apply here](#)
Organizations in the South Region can [apply here](#)

Email Miguel.lopez2@cityofchicago.org with any questions, and visit [PlayStreets Chicago](#) to see which neighborhoods qualify in each region.

[LEARN MORE ABOUT PLAYSTREETS](#)



New Program Offers Free COVID-19 and Flu Care

The U.S. Department of Health and Human Services has launched a free Home Test to Treat program for COVID-19 and flu. The program is available for both insured and uninsured people.

- Those who are **uninsured** or enrolled in **Medicare, Medicaid, or VA healthcare** can sign up to receive free at-home COVID/flu tests. If you test positive, you can receive free telehealth care and medication for COVID-19 and/or flu, if prescribed.
- Those who are **privately insured** or have **employer-sponsored healthcare** are not currently eligible to receive free at-home tests. However, if you test positive for COVID-19 or flu, you are eligible for free telehealth care and medication for COVID-19 and/or flu, if prescribed.

[LEARN MORE AND ENROLL](#)

COMMUNITY HEALTH



Get Treatment for Long COVID Symptoms

It's been four years since the virus that causes COVID-19 first arrived in Chicago, but the disease continues to infect thousands of Chicagoans. Some infected people can experience long-term effects in a condition known as Long COVID.

What is Long COVID?
Long COVID is broadly defined as signs, symptoms and conditions that continue or develop after acute COVID-19 infection. For some, Long COVID can last weeks, months or years, and can result in disability or new health conditions such as diabetes, heart conditions, blood clots or neurological conditions.

How can I reduce my risk of Long COVID?
Stay up to date on your COVID-19 vaccines and take precautions to prevent COVID infection, like masking and avoiding people who test positive. Research suggests vaccinated people who get a COVID-19 infection are less likely to report Long COVID, compared to people who are unvaccinated.

[FIND A COVID VACCINE](#)

How can I get help for Long COVID?
Several Chicago-area hospitals offer specialized clinics for Long COVID treatment.

[UI Health](#) [UChicago Medicine](#) [Northwestern Medicine](#)



Help Chicago's asylum seekers get healthcare

CDPH is fully committed to helping ensure migrants arriving in Chicago are connected to healthcare and receiving the attention and treatment they need after long, difficult journeys. The primary pathway for medical services for new arrivals is Cook County Health (CH). CDPH is also partnering with community health providers and federally qualified health centers who are providing care, including vaccinations, at shelters and clinics.

Here's how you can help:

As a medical volunteer. The Chicago Medical Reserve Corps is looking for residents with skills in a healthcare setting.

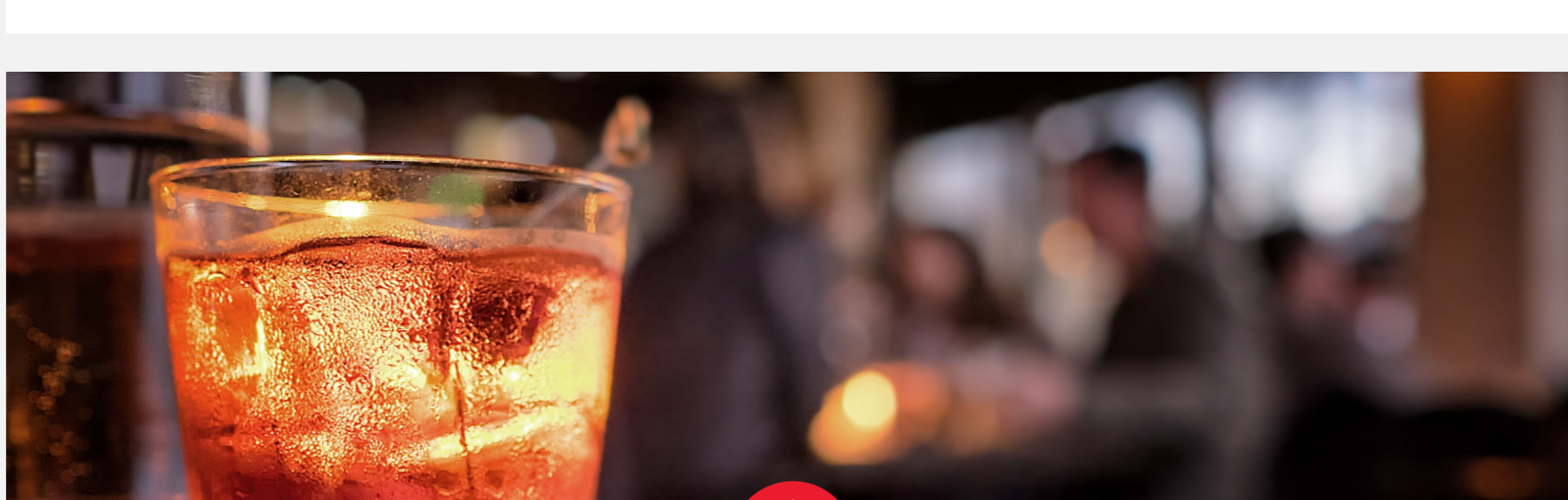
[SIGN UP](#)

As a nonmedical volunteer. The Chicago Refugee Coalition is seeking all interested residents to help support refugees.

[LEARN MORE](#)

With an organization. CDPH is looking for healthcare provider groups to provide clinical services. Fill out the survey below to provide more details about your organization.

[COMPLETE THE SURVEY](#)



Manage your alcohol intake beyond Dry January

Did you know there are medications to help reduce alcohol intake and cravings year-round? CDPH recently expanded its MAR (Medicated Assisted Recovery) NOW program to offer same-day referral and treatment for Alcohol Use Disorder. Services are free to all Illinois residents; the helpline is available 24/7 at 833-234-6343.

Three medications are currently FDA-approved to help people stop or reduce their drinking and prevent a return to drinking: naltrexone, acamprosate, and disulfiram. These medications are nonaddictive and may be used alone or combined with behavioral treatments or mutual-support groups.

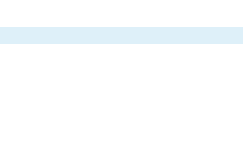
[CONNECT TO CARE](#)

COMMUNITY RESOURCES



Take Advantage of CDPH Resources to Renew Your Medicaid Coverage

[FAQS ABOUT MEDICAID RENEWALS](#)



New CDPH Commissioner Dr. Olusimbo Ige joins our Healthy Chicago podcast to talk about her life, career and vision for CDPH.

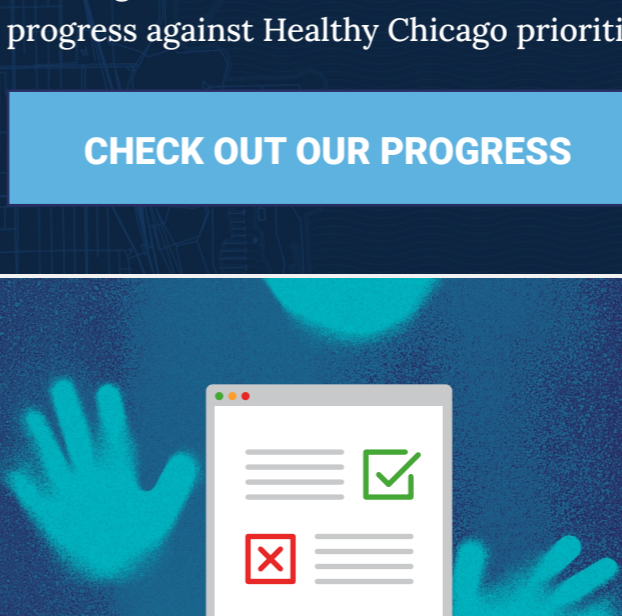
[LISTEN TO THE CURRENT EPISODE](#)



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.

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