



QUAD CITY
Health Initiative

QCHI E-Newsletter



Special thanks to our Be Healthy QC partners for sharing what they're doing now or continue to do to keep you safe and healthy.

Welcome to what we hope will be a useful resource for you, your family, and/or your organization during this unprecedented time! We know there's lots of great information out there-- this is far from an exhaustive list. But we looked to identify resources that align with the pillars of the Be Healthy QC Coalition. We also tried to showcase local sources that have a health focus. Please read on, stay safe, and continue to be connected (at a distance :).

FOOD ACCESS

Local school districts are continuing food distribution to students. Check your district's website or social media pages for details.

River Bend Foodbank continues to supply area food pantries and directly operates two at the local malls:

- NorthPark Mall (Davenport)- T 4-6:30 p.m. & Th 9-11 a.m.
- SouthPark Mall (Moline)- T 9-11 a.m. & W 4-6:30 p.m.

For more info see their [website](#).

Churches United of the Quad Cities Area oversees 25 food pantries. To find one near you or to learn about their other assistance programs call 563-332-5002.

NUTRITION

Local WIC offices have adjusted services for safety. Instead of in-person appointments participants now simply call for information and benefits:

- Illinois: 309-794-7070
- Iowa: 563-336-3000

COVID-19

Our two local county health departments are sharing the very latest on a daily basis (sometimes more often), including updated stats and audio / visual briefings:

Rock Island County Health Department

- [RICHD Facebook Page](#)

Scott County Health Department

- [SCHD Facebook Page](#)

Call 2-1-1 for COVID-19-related disaster, food, housing, utility, or health care resources. You will be connected to one of United Way's specialists who will help you wade through what's available.

Community Action of Eastern Iowa and Project NOW in Illinois are helping with emergency, short-term, basic needs.

- Iowa residents can apply [here](#) or call 563-324-3236
- Illinois residents can connect [online](#) or call 309-793-6391

The [University of Illinois Extension](#) has set up a [web page](#) chock full of COVID-related resources for families and community leaders-- everything from videos on how to communicate with your kids in a crisis, to blogs / webinars on how the pandemic may be impacting produce.

WORKPLACE WELLNESS

Quad Cities Chamber's [daily blog](#) (includes specifics on funding help, unemployment filing, and legal advice).

New Scott County Health Department [business site](#) (complete with handout materials).

PHYSICAL ACTIVITY

YMCA's, on both sides of the river, continue to offer live / replayed virtual workout classes on their social media pages.

- [Scott County Family Y](#)
- [Two Rivers YMCA](#)

Check out the [Family Museum's Facebook page](#) for movement classes, especially for the kiddos.

HOW CAN I HELP?

Several local organizations are stepping up to meet new and increased needs in our area. Here are a few serving large segments and cross-sectors of our population:

- Give to the [Quad Cities Disaster Recovery Fund](#)
- Donate Blood through the [Mississippi Valley Regional Blood Center](#)
- Drop off supplies for local health care workers / first responders (Salvation Army is collecting for the Quad Cities COVID-19 Coalition. Please call first: 563-324-4808)

QC Area Trails

Highlighting Regional Trails to Help Keep You / Your Family Active

Yes, keeping physical distance (even outdoors) is important. And while some parks / sites may be temporarily closed (please be mindful of posted signage) there are still hundreds of miles of open trails to check out in our region. Remember-- breathing in fresh air, getting your heart pumping, and surrounding yourself with new scenery are all great ways to keep your immune system up. Instead of highlighting one local trail, we thought it made more sense, right now, to remind you of the Bi-State resource in general-- [QCTrails.org](#). Find a trail near you and Move More!



Courtesy: QCTrails.org



Resource Corner

*Tools to create a healthier you -
a healthier community.*

For the latest from the CDC, White House, and Department of Health and Human Services on how to prepare and protect yourself from the Coronavirus (COVID-19), visit their one-stop website [here](#).

They explain symptoms, highest risk, and physical distancing. They also provide specific resources for:

- Travelers
- Households
- Pregnant Women & Children
- Schools
- Businesses
- Healthcare Professionals
- Health Departments

BOTTOM LINE:

We're regularly monitoring many of these local, regional, and national sources for you. Make sure you're following [our Facebook page](#) for applicable, interesting, and timely resources that impact you!

STAY CONNECTED

