



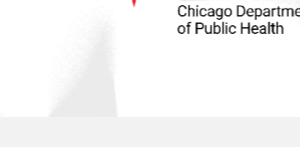
Hello {first name},

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](#)



BEHAVIORAL HEALTH



Chicago Expands Mental Health Services

CDPH and Mayor Brandon Johnson are enhancing mental health services across the city, including new mental health clinics.

- In October, CDPH will add mental health services to its existing Pilsen South Ashland Clinic (1713 S. Ashland Ave.)
- The improved Roseland Mental Health Center (200 E. 115th St.) is scheduled to reopen by the end of 2024
- New mental health services are also available at Legler Regional Library (115 S. Pulaski Rd.)

These initiatives are part of the city's important work to improve access to mental health care for all Chicagoans, no matter where they live.

[GET SUPPORT FOR YOUR MENTAL HEALTH](#)



City Removes Police and Fire Depts. From Mental Health Emergency Response

Chicago's [Crisis Assistance Response and Engagement \(CARE\) program](#), which provides emergency response to people experiencing a mental health crisis, is transitioning to a staffing model of all public health employees.

Under the new model, CDPH behavioral health clinicians and EMTs employed by CDPH will solely respond to 911 calls identified by dispatchers as having a mental health component. Previously, paramedics from the Chicago Fire Department and crisis-trained Chicago Police Department officers were part of the response.

"This program is a critical component of our work to ensure all Chicagoans can access the behavioral health care they need," says CDPH Commissioner Olusimbo 'Simbo' Ige, MD, MPH.

[LEARN MORE ABOUT CARE](#)



Get Your Updated COVID-19 + Flu Vaccines

The CDC and CDPH recommend everyone 6 months of age and older get the new 2024-25 COVID-19 vaccine. An annual flu shot is also recommended for everyone 6 months and older.

- CDPH walk-in immunization clinics provide **free COVID vaccines** for uninsured and underinsured Chicagoans, as well as Medicaid-insured children and those covered by the Children's Health Insurance Program. **No-cost flu vaccines** are available to everyone, regardless of insurance status or other considerations. [Find a vaccine here.](#)
- The Chicago CareVan travels to schools, child care centers, shelters, public housing sites, community events, and other locations with vaccines. [Find the current schedule here.](#)
- Free City Colleges of Chicago and CDPH Aldermanic vaccination clinics: No insurance is required for COVID-19 or flu vaccinations at various locations across the city. Use CDPH's [Vaccines Clinic Calendar](#) to [schedule a convenient appointment.](#)
- **Private health insurance, Medicaid or Medicare:** Get no-cost vaccines at your local in-network pharmacy or doctor's office. If you aren't sure which pharmacies or clinics are in-network, contact your insurer.

[FIND A VACCINE NEAR YOU](#)

Tests and Treatments

The Federal government has reinstated its free COVID test program. All households are eligible to order four free at-home tests. Shipping to your home is free.

[ORDER TESTS](#)

Paxlovid is an effective treatment for people who test positive for COVID-19. The federal Paxcess Program provides free Paxlovid to people who test positive for COVID-19 and are either uninsured or covered by Medicare or Medicaid.

[GET FREE PAXLOVID](#)

MATERNAL, INFANT, CHILD, AND ADOLESCENT HEALTH



Learn How You Can Prevent Lead Poisoning in Your Home

Oct. 20-26 is National Lead Poisoning Prevention Week. Lead poisoning occurs when lead enters the bloodstream and reaches toxic levels. The most common source of exposure is from lead-based paint, which was often used in homes built before 1978.

Families are encouraged to:

- Get informed about lead hazards
- Get your child tested for lead exposure through a blood test
- Get your home tested if it was built before 1978

[REQUEST A LEAD HOME INSPECTION](#)



Help Your Baby Sleep Safely

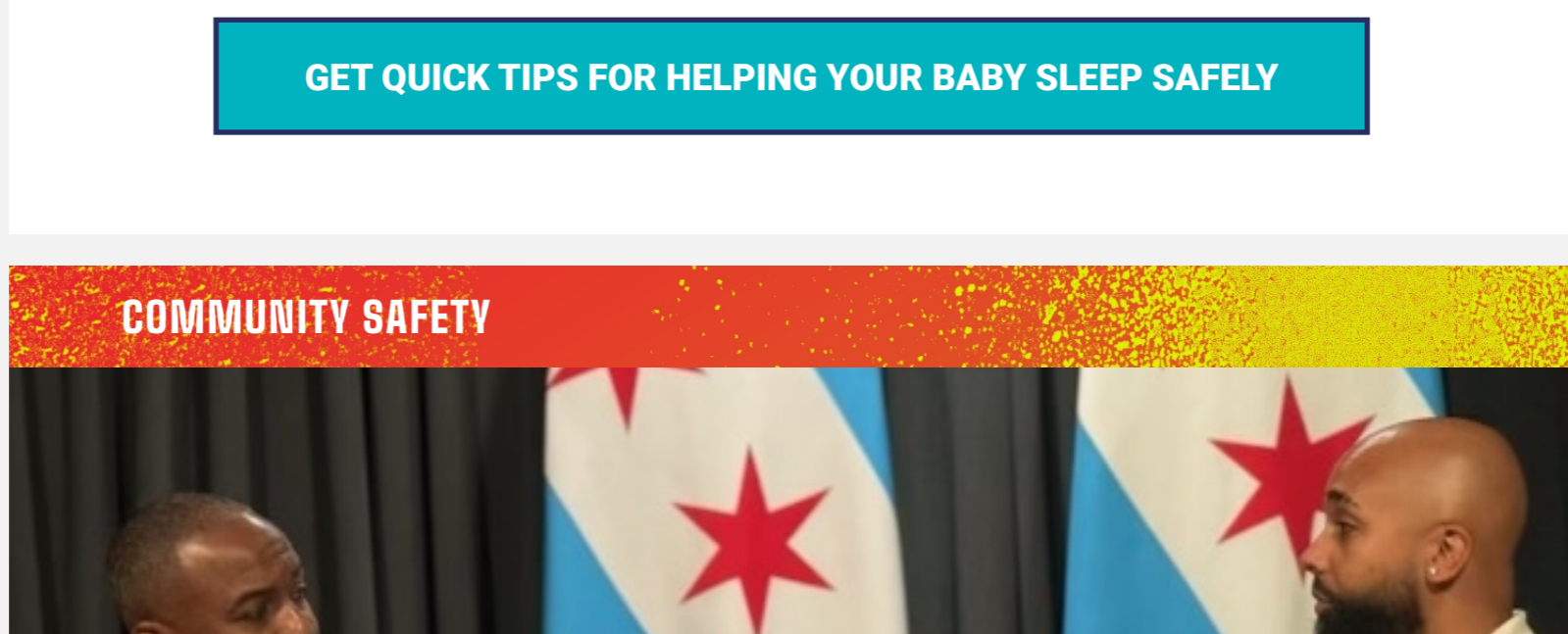
October is also Safe Sleep Awareness Month, focused on preventing sleep-related infant deaths. CDPH's Safe Sleep program provides important guidance for helping babies sleep safely. This month, CDPH and partners are hosting safe sleep events throughout Chicago.

• **We Can Bearly Wait Baby Shower:** 11 a.m. Saturday Oct. 19 at the 7th District Police Department (1438 W 63rd St.). Pregnant women and new parents receive safe sleep education, free baby items, health information, and other resources.

• **Sinai Community Institute's Clear the Crib Challenge:** 10 a.m. to 1 p.m. Friday, Oct. 25 at Marillac St. Vincent Family Services (212 S. Francisco Ave.). Pregnant women and new parents receive safe sleep education, free safe sleep kits, health information, and other resources.

[GET QUICK TIPS FOR HELPING YOUR BABY SLEEP SAFELY](#)

COMMUNITY SAFETY



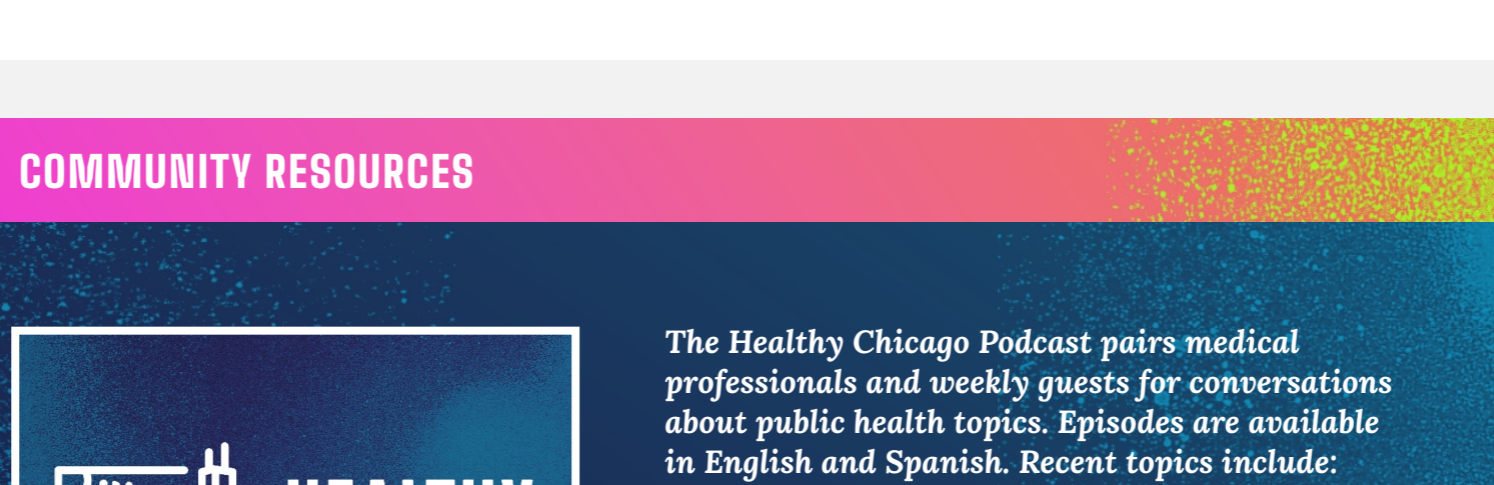
"We're making your communities better, but we cannot do it without you."

— Greg Matthews (left), community engagement manager for Garfield Park

Matthews spoke with CDPH's Healthy Chicago Podcast about the city's [Cycle Breakers](#) campaign and the collaborative efforts behind community safety.

[LISTEN TO THE FULL EPISODE](#)

COMMUNITY RESOURCES



The Healthy Chicago Podcast pairs medical professionals and weekly guests for conversations about public health topics. Episodes are available in English and Spanish. Recent topics include:

- Preventing, detecting, and addressing lead and other home health and safety hazards, with CDPH's Lead Poisoning Prevention and Healthy Homes Program team
- The journey toward zero new HIV infections, with Dr. Jorge Cestou of CDPH's Systemic Infectious Disease Bureau
- Maternal health, including the Black women's maternal health crisis, with Lieutenant Governor, Juliana Stratton
- Infant safe sleep tips and guidance from Latonya Smith, CDPH public health nurse, and Toyo Mbande, co-owner of Chicago Birthworks Collective

[LISTEN ON SPOTIFY](#)

[LISTEN ON APPLE MUSIC](#)

[WATCH EPISODES ON YOUTUBE](#)



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](#)



Want to get involved in Healthy Chicago? Visit [healthychicago.org](https://healthychicago.org)



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