

# TIPS FOR MAINTAINING FINANCIAL HEALTH IN A CRISIS

## • Prepare & Protect

- communicate with your family.
- get the household on the same page and set realistic goals and expectations.
- major financial decisions should not be made during stressful or emotional situations.
- protect your family from financial fraud by taking extra caution when giving out personal information.

## • Budget & Save

- create an emergency budget eliminating non-essentials.
- temporarily put memberships/ongoing payments on hold if you are not using the services.
- small spending cuts can quickly add up to a household emergency fund.
- use free online budgeting tools to help you create your budget.

## • Ask for Help

- if you are unable to pay your lenders/landlord, communicate with them to negotiate your options.
- consider consulting with housing and/or credit counselors about your financial situation.
- apply for unemployment and other assistance if you lose your job. in response to COVID-19, the state of Illinois has expanded eligibility requirements for a variety of programs.



[kanehealth.com](http://kanehealth.com)

for more information visit:

[www.consumerfinance.gov](http://www.consumerfinance.gov)

[www.dhs.state.il.us](http://www.dhs.state.il.us)

[coronavirus.illinois.gov/s/](http://coronavirus.illinois.gov/s/)

