

**WEAR A MASK. PRACTICE PHYSICAL DISTANCING. WASH HANDS. MINIMIZE MIXING WITH THOSE OUTSIDE YOUR HOUSEHOLD. SAVE LIVES.**










**AARP**<sup>®</sup>  
California



For additional resources and translations in **Español** (Spanish), **中文** (Chinese), **Hmoob** (Hmong), **Tiếng Việt** (Vietnamese), **한국어** (Korean) visit [EngageCA.org](https://www.engageca.org)

## RESOURCE CARD

### DO YOU OR SOMEONE YOU KNOW NEED:

-  **GROCERIES OR MEALS**, call **2-1-1** or visit [www.211ca.org](https://www.211ca.org) to connect to local food assistance and more.
-  **MEDICINE OR MEDICAL ATTENTION**, call your health plan or doctor's office for help. **In an emergency call 911.**
-  **COMMUNITY CONNECTIONS**, reach out to 5 people for regular check-in calls, or call Friendship Line CA at **1-888-670-1360** for someone to listen 24/7.
-  **PROTECTION FROM ABUSE AND NEGLECT:**
  - Call **1-800-231-4024**, if you are living in a care facility for the Long-Term Care Ombudsman CRISIS Line.
  - Call **1-833-401-0832**, if you are living at home to talk to Adult Protective Services.
-  **PROTECTION FROM FRAUD**, call **1-877-908-3360**, for AARP's Fraud Watch Network Helpline.
-  **SUPPORT WITH ALZHEIMER'S OR OTHER DEMENTIAS**, call **1-800-272-3900** for the Alzheimer's Association® 24/7 Helpline.
-  **GENERAL COVID-19 INFORMATION**, call the COVID Information Line at **1-833-422-4255 (4CA4all)** or visit [www.covid19.ca.gov](https://www.covid19.ca.gov).

THANK YOU FOR WEARING A MASK, PRACTICING PHYSICAL DISTANCING, WASHING YOUR HANDS, AND MINIMIZING MIXING WITH THOSE OUTSIDE YOUR HOUSEHOLD.

**YOUR ACTIONS SAVE LIVES.**



For More Resources, visit [EngageCA.org](https://www.engageca.org) and [aarp.org/coronavirus](https://www.aarp.org/coronavirus) or [aarp.org/elcoronavirus](https://www.aarp.org/elcoronavirus).

For Information For All Older Adults Services, call California Aging & Adult Information Line **1-800-510-2020** or go to [www.aging.ca.gov](https://www.aging.ca.gov).