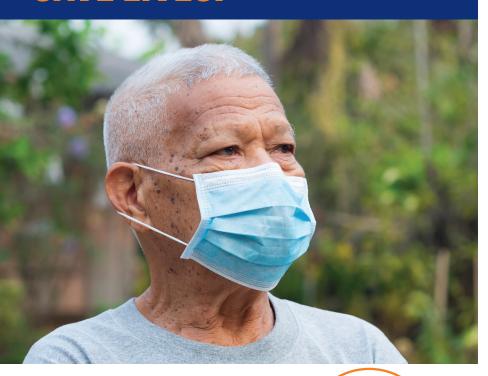
WEAR A MASK. PRACTICE PHYSICAL DISTANCING. WASH HANDS. MINIMIZE MIXING WITH THOSE OUTSIDE YOUR HOUSEHOLD. SAVE LIVES.







For additional resources and translations in **Español** (Spanish), 中文 (Chinese), **Hmoob** (Hmong), **Tiếng Việt** (Vietnamese), 한국어 (Korean) visit EngageCA.org

RESOURCE CARD

DO YOU OR SOMEONE YOU KNOW NEED:



GROCERIES OR MEALS, call 2-1-1 or visit 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.

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** and aarp.org/coronavirus or 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.