

3 Ways to Save Lives and Prevent the Spread of COVID-19

There are some simple things the State of California and AARP are asking all Californians to do to minimize exposure and to protect others.

**We're working to keep you healthy.
We're all in this together.**

[#StayHomeSaveLives](#)



STAY HOME

Don't leave home unless you absolutely have to.

Try grocery or restaurant delivery, mail order prescriptions, phone appointments with your doctor, and telework.

Contact friends, family, or neighbors who can help safely deliver essential items.



SAVE LIVES

If you must leave home, maintain six feet of distance from others, wash your hands with soap and water for 20 seconds, use alcohol-based sanitizer, and disinfect all touched surfaces when you return home.

If you have mild symptoms (difficulty breathing or a rapidly worsening fever and cough), call your healthcare provider. **If more severe, call 911.**



CHECK-IN

Check-in regularly with neighbors, friends, and family by calling, texting, emailing, video chatting, or even writing letters.

Walking, gardening, digital books, games and online religious services are **great ways to stay active** and spiritually connected.

AARP has valuable resources for family caregivers, and tools to find or start a local mutual aid group, at aarp.org/coronavirus or aarp.org/elcoronavirus.

For more information, go to www.covid19.ca.gov or call 1-833-544-2374

PAID FOR BY AARP

IF YOU ARE EXPERIENCING...

- **Concerns about fraud**, call AARP Fraud Watch Network Helpline (1-877-908-3360)
- **Abuse or neglect**, contact Adult Protective Services in your county (1-833-401-0832)
- Issues supporting a loved one with **Alzheimer's or other dementias**, call Alzheimer's Association 24/7 Helpline (1-800-272-3900)

IN AN EMERGENCY, CALL 911



RESOURCES

California Coronavirus (COVID-19) Response
COVID Information Line:
1-833-544-2374
www.covid19.ca.gov

Connection to Local Services
Call 211 or your county's local information hotline
www.211ca.org

California Department of Aging
State Aging & Adults Information Line:
1-800-510-2020
www.aging.ca.gov