

California is working to keep you healthy. Californians are all in this together.



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.



IF YOU MUST LEAVE HOME, maintain six feet of distance from others, wash your hands with soap and warm 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.



ENGAGE 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.

<https://www.engageca.org/check-in>

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

IF YOU ARE EXPERIENCING:

ABUSE or NEGLECT, contact Adult Protective Services in your county (1-833-401-0832)

CONCERNS ABOUT FRAUD, call AARP Fraud Watch Network Helpline (1-877-908-3360)

Issues supporting a loved one with **ALZHEIMER'S or OTHER DEMENTIAS**, call Alzheimer's Association 24/7 Helpline (1-800-272-3900)

LOCAL RESOURCES:

Kings Tulare Area Agency on Aging
toll-free number
1-800-321-2462

CALL 211 or local information hotline

Central California Family Crisis Center
24-Hour Confidential Hotline
1-559-784-0192
<https://ccfamilycrisis.org>

STATEWIDE RESOURCES:

www.covid19.ca.gov
1-833-544-2374
(New State COVID-19 Information Line)

California Aging & Adults Information Line:
1-800-510-2020



IN AN EMERGENCY, CALL 911

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Senator Melissa Hurtado