

# 3

## 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](https://aarp.org/coronavirus) or [aarp.org/elcoronavirus](https://aarp.org/elcoronavirus).

**For more information, go to [www.covid19.ca.gov](https://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

CALIFORNIA  
**ALL**

Your Actions  
Save Lives  
[covid19.ca.gov](https://www.covid19.ca.gov)

**AARP**<sup>®</sup>

[aarp.org/coronavirus](https://aarp.org/coronavirus)

## RESOURCES

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

**Connection to Local Services**  
Call 211 or your county's  
local information hotline  
[www.211ca.org](https://www.211ca.org)

**California Department  
of Aging**  
State Aging & Adults  
Information Line:  
1-800-510-2020  
[www.aging.ca.gov](https://www.aging.ca.gov)