



# NEIGHBOR CHECK-INS

## COVID-19

### Calling all Neighbors

Californians can safely help older adults and those with chronic health issues who are at higher risk from COVID-19. We can all safely do our part to make sure we stay healthy.



**Neighbor to Neighbor** - Remember, limiting in person contact is important, so call or text if you can. If you want to check on a neighbor and don't have their number, you can talk through the door. Drop off a treat, a book or just a nice note!



**Reach out to older adults who live alone** - Call, text, video chat! This is a good time to bring back letter writing! If you're an older adult reach out to your friends and family.



**Ask how you can help and don't hesitate to ask for help** - Older adults are being asked to stay home and may have trouble getting groceries, medication, and other necessities. Ask how you can help and don't hesitate to ask for help yourself.



**Find local services** - Find out if your community has 211 or call your county social services to get information on services offered.



**Be Safe!** - Most importantly, remember to follow the California Department of Public Health's guidelines. Visit [cdph.ca.gov/COVID19](https://cdph.ca.gov/COVID19) to make sure we are all safe.

Visit [serve.ca.gov](https://serve.ca.gov)

Help California **#MeetTheMoment**

