

Keep yourself and your family protected from COVID-19 this season.

Get your free BOOSTER SHOT

Available to you regardless of immigration or insurance status.

Free transportation and in-home appointments available!

Visit myturn.ca.gov or call 833-422-4255

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.
- ✓ INFORMATION ABOUT MEDICARE, call 1-800-434-0222 for the Health Insurance Counseling and Advocacy Program.
- ✓ COMMUNITY CONNECTIONS—You are not alone. 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 long-term care facility, to reach 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 or visit www.covid19.ca.gov.

For Information for all older adults services, call California Aging & Adult
Information Line 1-800-510-2020

California Department of Aging