









GET VACCINATED. GET BOOSTED. GET PROTECTED.

Free transportation and in-home appointments available!
Visit [VaccinateLACounty.com](https://www.vaccinatelacounty.com) or call 833-540-0473



DO YOU OR SOMEONE YOU KNOW NEED:

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

-  **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**.