

CALIFORNIA VOLUNTEERS

Office of the Governor

Dear Fellow Californians,

Today, Governor Gavin Newsom announced the 'Stay Home. Save Lives. Check In.' campaign urging all Californians to check in on vulnerable neighbors with a call, text or physically distanced door knock. The campaign includes a new hotline to help Californians who have questions or who need assistance during this crisis.

[833-544-2374 One-Stop Support Hotline](tel:833-544-2374)

California needs you—help #MeetTheMoment and combat social isolation by reaching out in a safe way to make sure your older neighbors have someone to talk to and enough food to eat during these difficult times.



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.

- 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.
- Utilize state and local services** - Encourage neighbors in need to call 833-544-2374, a one-stop hotline to help Californians who have questions or who need assistance during this crisis. You can also utilize your local 211 assistance line.
- Be Safe!** - Most importantly, remember to follow the California Department of Public Health's guidelines. Visit cdph.ca.gov/COVID19 to make sure we are all safe.

Visit serve.ca.gov #CANeedsYou

CALIFORNIA ALL Your Actions Save Lives covid19.ca.gov CALIFORNIA VOLUNTEERS Office of the Governor CALIFORNIA DEPARTMENT OF AGING

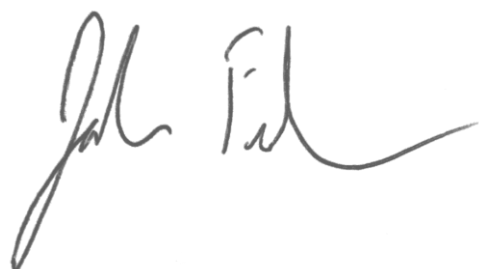
[Download Our Flyer](#)

Self-isolation is inspiring a new level of service across California. Share your story, email us at info@cv.ca.gov.

Find more ways for every healthy Californian to make a difference during these difficult times at: serve.ca.gov.

Follow [California Volunteers](#) on socials and stay up to date on ways you can help us meet the moment.

For more information on the state's response to COVID-19, please visit: covid19.ca.gov



Josh Fryday
Chief Service Officer
California Volunteers, Office of the Governor