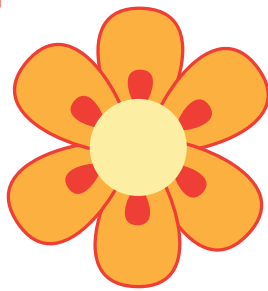


Staying Connected At a Distance

Protecting Yourself, Your Loved Ones
and Your Entire Community!

Spread Joy



(Not Germs)



#ContraCostaConnected

The COVID-19 Pandemic sometimes separates us further away than 6 feet. Now more than ever, we need to rely on each other to stay safe, and to stay connected. Some people may be feeling even more isolated, including people who live alone and older adults.

The good news is that there is help if you need it.

If you need help getting food or other life necessities, are feeling isolated and don't know where to turn, you can call 211 or text "HOPE" to 20121. It is a safe, private and free resource.

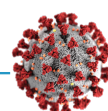


211 also can link you to resources for social and emotional support if you're feeling lonely and depressed.

No need to do it all alone.

RESPONSE
Coronavirus (COVID-19)

CONTRA COSTA
HEALTH SERVICES



It's important to take steps to care for yourself and others during this challenging time. For ways to support yourself, please use this self-care checklist:

- ☐ What am I grateful for today?
- ☐ Who am I connecting with today?
- ☐ How am I getting fresh air today?
- ☐ How am I moving today?

It's important we continue to use all our tools to stop the spread of COVID-19. Keep you and your loved one's safe by using this safety checklist:

- ☐ Get vaccinated
- ☐ Wear a face covering
- ☐ Bring hand sanitizer
- ☐ Stay 6 ft from others and avoid crowds/gatherings
- ☐ Stay outdoors, if possible
- ☐ If feeling sick, stay home

For more information on COVID-19 vaccines and testing, call 1-833-829-2626 or visit cchealth.org/coronavirus



Well Connected
A COVIA COMMUNITY SERVICE

