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Ways to Save Lives and Slow the Spread of COVID-19

There are simple ways to minimize your exposure to coronavirus and keep yourself and your community safe, healthy and connected.

We're all in this together.



STAY HOME

DON'T leave home unless you absolutely must.

DO try grocery or restaurant delivery, mail order prescriptions, virtual medical appointments and telework.

DO ask friends, family or neighbors to safely deliver essential items to your door.



STAY HEALTHY

DO wear a cloth face covering and keep about 6 feet between yourself and others if you go out.

DO wash your hands with soap and water for 20 seconds, and disinfect all touched surfaces when you return home.

DON'T go to the hospital with mild symptoms; call your health care provider. Call 911 if you are in distress.



STAY CONNECTED

DO check in regularly with friends and family by calling, texting, emailing, video chatting or writing letters.

DO keep your mind and body active by walking, gardening, cycling, playing games or learning something new.

DO volunteer to help your neighbors through the new AARP Community Connections website.

Information and resources to help you with...

• Social Isolation

Call AARP Community Connections to hear a friendly voice toll-free in English **1-888-281-0145** or in Spanish **1-888-497-4108**.

• Fraud and Scams

Call AARP Fraud Watch Network Helpline toll-free **1-877-908-3360**.

• Family Caregiving

Call AARP Caregiving Resource Center for a free *Prepare to Care Guide* **1-877-333-5885**.

AARP has more resources and information at aarp.org/coronavirus and aarp.org/elcoronavirus

The State of New Jersey and AARP New Jersey want you to stay safe and stay at home.

New Jersey's Coronavirus (COVID-19) Response

- > Call **2-1-1** for general questions (24/7)
- > Call **1-800-962-1253** for medical questions (24/7)
- > Text NJCOVID to 898-211 to receive alerts
- > www.covid19.nj.gov

New Jersey Department of Human Services

- > Division of Aging Services: **1-800-792-8820**
- > Aging services in your county: **1-877-222-3737**

Other New Jersey Resources

- > NJ Mental Health Cares Helpline: **1-866-202-HELP** (4357)
- > Care2Caregivers Hotline: **1-800-424-2494**

Register to receive AARP emails at aarp.org/yes2emailNJ.



AARP Real Possibilities
New Jersey