

Coronavirus Update

Frequently Asked Questions for Seniors

How can I help protect myself?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Stay at home

What do I do if I get sick?

- Call your health care provider before seeking care. Contacting them in advance will ensure that you get the care you need without putting others at risk.
- If you don't get an immediate response and you're experiencing severe symptoms, go to your local urgent care/ER or call 9-1-1

Where can I get food and/or basic essentials?

- Mary Phillips Senior Center Meals for Curbside Pick-up every Friday from 11:30am-12:30pm
o 951-694-6464
- Riverside County Office on Aging Home Delivered Meal Program and Pantry Box
o 1-800-510-2020
- Temecula Noon Rotary Food Box Delivery
o 951-445-7204
- Community Mission of Hope Weekday Drive-Thru Food Service
o 951-444-1404
- Synergy Homecare Medication Delivery and Basic Essentials
o 951-296-2214
- California Statewide Hotline for assistance during the crisis
o 833-544-2374

Where can I call for support services?

- The Riverside County Office on Aging is charged with developing a system of care that offers safety net services for vulnerable older persons and adults with disabilities. Trained Community Resource Specialists providing immediate services including options counseling, dependent adult/elder abuse education and prevention training, and limited utility assistance. Services may be requested by calling 1-800-510-2020.

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I am feeling lonely during this crisis. Is there someone I can talk to?

- Telephonic Counseling Services are available by calling **1-800-510-2020**
- Mary Phillips Senior Center, **951-694-6464** is available to speak with you between, Monday – Friday, 8:00-5:00 PM.

Where can I find updates on COVID-19?

- Information about COVID-19 in Riverside County, including a city-by-city breakdown of positive cases, is available at **www.rivcoph.org/coronavirus**. For state updates, visit **www.cdph.ca.gov**, and for national updates, visit **www.cdc.gov**.

What resources are available in Temecula? How do I stay updated?

- For updates, please visit our City website **<https://temeculaca.gov>**
- You can also stay up to date by following us on social media
 - Instagram: **[@cityoftemecula](https://www.instagram.com/cityoftemecula)**
 - Facebook: **<https://www.facebook.com/cityoftemecula/>**
- For more information or further questions, call us at the Mary Phillips Senior Center at **951-694-6464**.