

## Staying Physically and Emotionally Healthy During COVID-19 Outbreak

We are truly living in unprecedented times: the Coronavirus outbreak has stolen our basic freedoms, shaken our sense of safety, and affected virtually every aspect of life. Just recently, Governor Gavin Newsom issued a statewide ‘Stay at Home Ordinance,’ dictating that all Californians stay inside their homes unless completing necessary tasks or work. As this situation is rapidly evolving, I would like to remind everyone of basic tips that can help protect our physical and emotional wellbeing.

Each of us must find our own appropriate level of caution and awareness. California, and residents like myself who are over 60, face major consequences if we do not take this crisis seriously. Luckily, there are simple, effective steps that we can all take to keep ourselves healthy:

- Avoid touching your eyes, nose, and mouth with unclean hands.
- Practice social distancing by leaving your home only for essential tasks (grocery shopping, picking up medication, etc.) and standing at least 6-feet away from others at all times.
- Limit close contact, like kissing and sharing cups and utensils, with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Face masks are not always necessary and are more appropriately used by health care workers and those caring for people who are sick
- Get a flu shot if you have not done so this season.
- If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider or local public health department first before seeking medical care so that appropriate precautions can be taken.

The ‘Stay at Home Ordinance’ and social distancing, however, does not mean that we are no longer connected to our community. In fact, it is more important now than ever that we regularly check in with our neighbors, friends, and families by reaching out and giving them a phone call. The Institute on Aging has also created a 24-hour toll free Friendship Line, where people can call to receive emotional support, well-being checks, and grief support and reassurance. The number for the hotline is 1 (800) 971-0016.

Our government and members our community will continue to ensure that basic and necessary services are available for seniors as they deal with this crisis:

### **Home Delivered Meals**

- Congregate meals, which take place at senior centers throughout Orange County, will be converted to take-home meals during this crisis. Seniors age 60 and older can pick-up take-home meals from their local senior center. Please check with the below listed organizations for the most up to date information on locations near you.

- If seniors are current clients of a senior centers congregate lunch program and need their food delivered to them, they can request this through the same organizations listed below
  - MEALS ON WHEELS ORANGE COUNTY  
714-220-0224 [www.mealsonwheelsoc.org](http://www.mealsonwheelsoc.org)
  - Office of Aging Orange County  
800-510-2020 and/or 714-480-6450  
<http://www.officeonaging.ocgov.com/services/hdm>
  - OC Food Bank  
Helpline toll free: (855) 233-3362  
<https://www.feedoc.org/get-help/get-food-2/>
  - HOME ALONE CONNECTION  
24881 Alicia Parkway #181 Laguna Hills, CA 92653 Orange County  
949-627-6622 Local and /or 888-560-2262 800-Line  
<http://homealoneconnection.com>

### **Friendly Visitor Programs**

The Friendly Visitor Programs prevents and alleviates the physical and mental health risks linked to isolation. This program benefits isolated older and disabled adults by addressing their basic, social, emotional, and environmental needs. Due to CO-VID 19, programs are now over the phone.

- The Council on Aging—Orange County  
2 Executive Circle Suite 175 Irvine, CA 92614  
(714) 479-0107 ; <https://www.coasc.org>
- Friends at Home  
Agency: Friendship Circle  
949-721-9800

As your state senator, my team and I have been working around the clock to connect our community with the resources and information we need in order to make it through this crisis. If you have questions about any governmental service or how our state is responding to this emergency, please call my district office at (714) 558-3785. We are all in this together.

*Senator Thomas J. Umberg represents the 34<sup>th</sup> Senate District, which includes the cities of Anaheim, Fountain Valley, Huntington Beach, Garden Grove, Long Beach, Los Alamitos, Midway City, Orange, Santa Ana, Seal Beach, and Westminster. Umberg is a retired US Army*

*Colonel, former federal prosecutor, and small businessman. He and his wife, Brigadier General Robin Umberg, USA (ret.), live in Orange County.*