

Information & Resources While Socially Isolating During COVID-19

Older adults (65+) and those with underlying health conditions such as heart disease, lung disease, diabetes and individuals with compromised immune systems are at greater risk for serious illness due to COVID-19. Extra precautions should be taken for individuals with these risk factors.

Take steps to protect yourself & others

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick.
- Put at least 6 ft. of distance between yourself and other people.

Cover coughs and sneezes

- Cover your mouth & nose with tissue when you cough or sneeze or use the inside of your elbow. Be sure to throw used tissues in the trash & wash hands.

COVID-19 Resources

Information by TEXT: Text "COVID19" to 211-211 for Coronavirus Information. Follow up by putting in your zip code for links to local information.

If you are feeling sick: Call your doctor if you feel sick with fever, cough, or difficulty breathing. Your doctor will work with the local public health department to determine if you need to be tested for COVID-19. If you don't have a doctor, call Santa Cruz County Health Services Agency Clinics at 831 454-4100 (Santa Cruz) or 831 763-8400 (Watsonville).

Food Distribution at Community Connection

Weekly & Monthly Food Distribution at Community Connection Sites:

Volunteer Center, Community Connection & County Mental Health participants will be able to pick up pre-assembled grocery bags of food every **Wed from 11am to 1 pm**. Additionally, large bags of food are available to these same individuals & ANY low-income individuals or families every **4th Monday of each month** (March 23rd, April 27th, May 25th, ect.) from **9am to 2pm**. Distribution will happen in the parking lots, adhering to social distancing guidelines, at these two locations:

Community Connection
300 Harvey West Blvd.
Santa Cruz, CA

Mariposa Wellness Center
10 Carr St.
Watsonville, CA

Isolated and Need Food Delivered?

- **If you are a participant in one of our programs:** staff will connect with you via phone regularly and you can request food delivery if needed.
- If you are having trouble connecting to staff, contact us through the **Community Connection Support Call Line and Email:** (831) 205-0160
support@ccsantacruz.org
- **If you are not connected to one of our programs but are connected to Santa Cruz County Mental Health Services:** Speak to your coordinator at the county and ask for assistance connecting with our food distribution services or reach out to us directly via the Community Connection Support Call Line and Email above.

Mental Health Resources

Mental Health Crisis:

- If you or someone you know is in crisis and are at risk of harm to themselves or others and needs immediate help **Call 911.**

If you are thinking about harming yourself or attempting suicide, tell someone who can help right away:

- Call 911 for emergency services.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)** to be connected to a trained counselor at a suicide crisis center nearest you.

If you are not in imminent danger but need immediate crisis support call: (800) 952-2335 24-hours a day for Santa Cruz County residents to assess for hospitalization in a psychiatric crisis.

If you are feeling stressed, overwhelmed, or need support, you can call:

- Community Connection Support Call Line: (831) 205-0160
- Anonymous crisis line available 24 hours, 7 days a week including holidays 1-800-704-0900 (Mental Health Services)
- SAMHSA's Disaster Distress Helpline 24 hours at 1-800-985-5990 or text TALKWITHUS to 66746 (Press 2 for Spanish).