

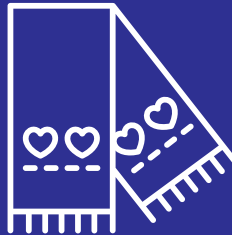
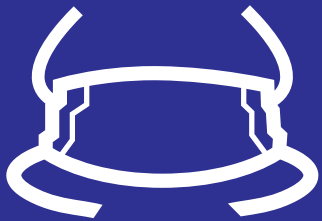
# STAY HOME, SAVE LIVES

The City of Alameda is currently under a County Health Order to Shelter In Place and a Statewide Stay At Home Order. Residents should only go out for essential activities.

## FACE COVERING + 6 FEET OF DISTANCE + WASH HANDS

A face covering is required when waiting in line or entering essential businesses, waiting for or riding public transit, and seeking healthcare.

Because it is not always possible to maintain at least 6 feet of distance, everyone should wear a face covering when others are nearby.



## SEEK HELP IF YOU EXPERIENCE SYMPTOMS

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19.

Learn about symptoms at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

Call your healthcare provider if you think you may have COVID-19 because of symptoms or exposure. Call 911 if you have a medical emergency and notify the operator that you have, or think you might have, COVID-19.

## IMPORTANT NUMBERS



Call **911** with an emergency

State COVID-19 hotline: **1-833-422-4255**  
(8am-8pm Mon-Fri, and 8am-5pm Sat-Sun)

Community services & support: **211** (24 hours a day)

For medical attention call your healthcare provider

Friendship line for older Californians: **1-888-670-1360**

Police non-emergency line: **510-337-8340**

24 hour crisis line: **866-292-9688**

National suicide prevention line: **800-273-8255**

National domestic violence hotline: **800-799-7233**

Mental health hotline: **855-845-7415**

Poison Control Center: **800-222-1222**

## STAY INFORMED

Subscribe to emergency text alerts at [www.acalert.org](http://www.acalert.org) or text your zip code to 888777

Visit [www.alamedastrong.org](http://www.alamedastrong.org) for daily updates on:

- Town Halls and other events
- Resources for residents, businesses
- Tenant resources
- Updated lists of what's open
- Resources to self-calm
- COVID-19 cases in Alameda

