



Lassen Senior Center

Phone: 530-257-2113

1700 Sunkist Drive

Lassen Senior Services is delivering meals to their clients and the dining room is open for to go lunches

Mon, Tuesday, Thursday, and Friday.

The Lassen Senior Center at 1700 Sunkist Drive will be open with limited staff available. These services are for clients 60 years or older.

If clients are in need of grocery shopping, they have ways to fulfill that need rather than the clients being exposed to the community at large.

Salvation Army

Senior/At Risk Food Delivery: Senior citizens or those at-risk can call the office and request a food box delivery. This is a temporary program in response to the COVID-19 crisis.

Please call the office to schedule as service or for more information on any of our programs. Follow us on Facebook for any changes in the schedule.

Salvation Army will be open

Monday-Friday 9:00 AM - 12:00 PM

Phone: (530) 257-5004

Address: 1560 Main Street, Susanville

Senior and At-Risk Shopping Hours

Walgreens Every Tuesday at 8:00 am to 9:00 am

Safeway Tuesday and Thursday at 6:00 am to 9:00 am

Walmart Tuesday at 6:00 am to 7:00 am

Eskaton Telephone Reassurance

To participate in this free service please call:

916-334-1072

Lassen County Public Health

530-251-8375

Lassen County COVID-19 Call Center

530-251-8100

Online Local Resources

<https://www.susanvillestuff.com/>

<https://lassencares.org/senior-services>

Susanville Supermarket IGA



Online Shopping powered by Rosie

<https://www.susanvillesupermarket.com/online-shopping/>
Super Fast Curbside Pickup

Shop online with Susanville Supermarket Super Fast Curbside Pickup Powered by Rosie and have all the groceries you know and love from Susanville Supermarket Market available for convenient store pickup! Each order is carefully hand-picked by our personal shoppers, and we offer a 100% happiness guarantee. Use your computer, tablet, or phone to shop from the comfort of your home or on the go, and pick them up at a convenient time of your choosing. Leave everything in the middle up to us!

How it works:

Susanville Supermarket Super Fast Curbside Pickup is Powered by Rosie, our online shopping partner. To get started click [here](#) to create a free account on Rosie, then start shopping our complete inventory for all your favorite items. At checkout, choose from available days and times for convenient store pickup.

You can also download the Rosie app right to your iOS or Android device!

Quick Facts:

Store pickup is just \$5 and free if you spend \$125 or more! Choose whichever time between 10 AM and 8 PM Monday through Saturday is most convenient for you to pick up your groceries.

DIAL-A-RIDE Susanville

252-7433

A Dial-a-ride driver will pick up your groceries from IGA and deliver them to you for a fee of the cost of a ride – around \$1.75

Would you like a friendly phone call?

**Eskaton Telephone Reassurance
is HERE for YOU.**

**Socialization, Security,
Comfort of hearing a friendly voice...**

are all part of Eskaton's Telephone Reassurance Program. Compassionate volunteers, college students and staff are making phone calls daily to over 500 seniors in the greater Sacramento region, and we are ready to grow. During this time of social distancing and isolation, we aim to connect with you from the safety of home. You are not alone. We are here!



**To participate in
this free service,
please call
916-334-1072**

Eskaton Support Center
5105 Manzanita Avenue
Carmichael, CA 95608
916-643-5054

ESKATON[®]
Transforming the Aging Experience
eskaton.org



**Now Offering FREE Reverse Service
For at Risk Individuals**

NEED FOOD? NEED PRESCRIPTIONS?

Order Online & Lassen Rural Bus Will Go
Get Them & Bring Them To You

FOR FREE



Service is Available Within
City of Susanville &
Within 3/4 of a Mile of any
County Route

FOR MORE INFORMATION CALL

530-252-7433

Starting April 3, 2020 Lassen Rural Bus will offer a Reverse Service to the At-Risk Population in our community. This is a FREE delivery service for PREPAID groceries and prescriptions for those who are not able to leave their house for risk of their health. Please call with questions or concerns. We look forward to providing this service to our community.



Staying Safe at Home During the Coronavirus Crisis

To avoid being exposed to the coronavirus, it's important for everyone to stay at home. This is particularly true for older adults and people with some chronic conditions, who have a higher risk for complications from COVID-19—the illness caused by the coronavirus. The Eldercare Locator and the Alliance for Aging Research have teamed up to bring you the facts—so you can keep yourself and loved ones safe and healthy during this public health emergency.

Why Older Adults and People with Chronic Conditions are at Higher Risk

Our immune systems weaken as we age, making it harder to fight off infectious diseases. Cancer treatment, immune deficiencies, smoking and prolonged use of medications that weaken the immune system can also make it harder for the body to fight off the virus. People with certain chronic health conditions—including heart disease, lung diseases, obesity, diabetes or liver disease—also have a harder time fighting the virus.

Protecting Yourself

There is currently no vaccine available to prevent COVID-19 and no medication to treat it, so the best way to prevent illness is to avoid being exposed to the virus. COVID-19 is thought to spread primarily through respiratory droplets from coughs or sneezes. It may also be transmitted after you have

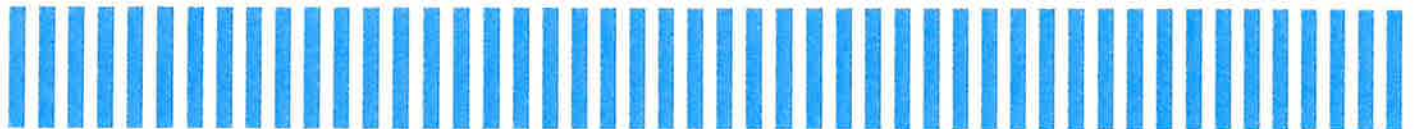
touched a surface or object with the virus on it and then touch your mouth, nose or eyes. The Centers for Disease Control and Prevention (CDC) advises older adults to:

- Stay home
- If you do need to go out in public, stay at least 6 feet apart from others and wear a simple cloth face covering to help prevent the spread of the disease to others
- Avoid high-touch surfaces like elevator buttons, door handles and counters. If you must touch these surfaces, use a tissue or disposable wipe to touch them
- Don't touch your face, nose, eyes or mouth
- Wash your hands with soap and water often; hand sanitizers are ok to use if they contain at least 60% alcohol

Symptoms of COVID-19

Not everyone with COVID-19 will experience symptoms, or the symptoms may be mild enough that you don't realize you are infected, even though you are contagious. Symptoms of COVID-19 typically appear 2 to 14 days after exposure and may include:

- Fever
- Cough (usually a dry or unproductive cough)
- Difficulty breathing or shortness of breath
- Fatigue
- Loss of smell and taste
- Body aches
- Nausea, diarrhea, stomach aches or vomiting



What to Do if You Get Sick

Call your health care provider if you think you may have been exposed to someone with COVID-19 and begin to develop symptoms. They can advise you on whether to get tested for the virus. **In most cases, it's best to stay at home to avoid infecting others—or becoming infected yourself.**

Most people who become infected with COVID-19 can recover at home. For some people, however, the virus can be serious or fatal. Call 911 and seek immediate medical care if you experience:

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion not experienced previously
- Bluish lips or face
- Any other severe symptoms

Protecting Yourself from Scams

Unfortunately, there are scammers trying to take advantage of this crisis by pretending to sell you tests or medicines. According to the Consumer Financial Protection Bureau (www.consumerfinance.gov), the best defense is to say NO to anyone you don't know who contacts you (by phone, in person, by text message or email) and asks for your Social Security Number, bank account number, credit card information, Medicare ID number, driver's license number or any other personally identifiable information.



Need Support to Stay Safe at Home?

Every community has resources to help older adults age well at home—for example, programs that provide home-delivered meals, transportation to medical appointments, in-home services, resources for caregivers and other supports that can help older adults live independently and safely at home. While some activities are paused during this crisis, especially those that bring people together in group settings, local Area Agencies on Aging are adapting programs to meet the increasing need for social engagement.

Older adults and caregivers can always contact their local Area Agency on Aging to find out what help may be available locally. To learn what's available in your area, contact the Eldercare Locator at (800) 677-1116 or eldercare.acl.gov. You can also get answers to commonly asked questions about the pandemic at www.coronavirus.gov.



Connecting You to Community Services



advocacy | action | answers on aging



This fact sheet was developed by the Alliance for Aging Research and the Eldercare Locator, which is administered by the National Association of Area Agencies on Aging (n4a) and funded by the U.S. Administration for Community Living.

April 2020 / Updated versions may be found at eldercare.acl.gov or www.agingresearch.org/COVID19safety.

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