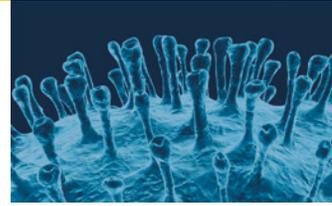


RESOURCES FOR SENIOR CITIZENS ARE YOU A SENIOR WITH NO INTERNET ACCESS, OR DO YOU HAVE TRANSPORTATION LIMITATIONS?



Thank you for adhering to the stay-at-home Health Orders and for practicing social distancing. Your efforts are making a difference in keeping people healthy and saving lives.

We want to provide you with a list of resources that could be useful to you during this time. Please note that all of this information and more can be found at the city's coronavirus webpage at CityofRanchoCordova.org/Coronavirus.

United Sikhs Emergency Response Team of Northern California

An emergency hotline for urgent assistance has been established to respond to needs in Northern California, including:

- Grocery aid and delivery
- Cooked meals and delivery
- Grocery deliveries

Contact: 1.855.878.6333 or <https://unitedsikhs.org/united-sikhs-urges-those-in-need-to-use-hotline-during-covid-19-crisis/>

Khalsa Aid Coronavirus Emergency Outreach

An emergency outreach program for senior citizens and immune-compromised/vulnerable individuals, including:

- Groceries - mostly breads, grains, dairy and vegetables
- Accept donations, but payment is not required
- Response time within 24 hours (cannot guarantee deliveries)

To sign up to request groceries please fill out the form at: <http://tinyurl.com/KA-Covid19>

Rancho Delivers

Rancho Delivers provides free grocery delivery to residents living in the City of Rancho Cordova. The city created the program to support residents as we work together to stop the spread of coronavirus. The city also wanted to ensure that residents who are feeling ill, caring for a family member or have an underlying health condition can shop and have groceries delivered free.

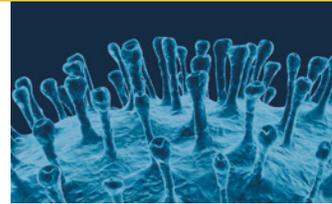
How can I use Rancho Delivers?

Rancho Delivers allows you to shop online for groceries and place a free delivery through Raley's website or mobile app.

- Start by creating or logging in to your Something Extra account and shopping online at Shop.Raleys.com or through the Raley's mobile app available for download from the app store.
- You can shop by category or search by item in the search bar at the top of the page.
- Add all items to your cart and then click "checkout."
- Be sure to click the button "allow substitutions," which will allow your personal shopper to shop for like items when a specific item is out of stock, as well as select "delivery" and your "timeslot."
- Enter the promo code "RanchoDelivers" at checkout to receive free delivery!

For more food resources, see the Food Pantry list on our coronavirus webpage at CityofRanchoCordova.org/Coronavirus.

HELP STOP THE SPREAD OF COVID-19/CORONAVIRUS



DO THESE THREE THINGS TO HELP STOP THE SPREAD:

1 FOLLOW THE GOVERNOR'S AND COUNTY'S STAY-AT-HOME PUBLIC HEALTH ORDERS, which require that you stay at your place of residence except when you need necessities, such as food or medical supplies. You may go outside to care for pets, go on a walk, exercise, and enjoy the outdoors, as long as you do not gather in a group, and there is at least six feet between you and other people.

2 DO THE FIVE:

- **HANDS**

Wash them often with soap and water for at least 20 seconds or use hand sanitizer.

- **ELBOW**

Cough or sneeze into it, or into a tissue that is immediately thrown away.

- **FACE**

Don't touch it, especially your nose, mouth and eyes.

- **SPACE**

Keep a safe distance from others (at least 6 feet).

- **HOME**

Stay at home, especially if you are sick.

3 THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RECOMMENDATIONS

- Wear cloth face coverings when in public
- Frequently clean and disinfect surfaces and objects that are touched and used regularly

*Working together means protecting you,
your family and the community.*