

Issue 5: COVID-19 eNews & Resources

brought to you by the Council on Aging - Southern California

This is a special edition eNewsletter connecting you to information and resources during the COVID-19 pandemic.

COVID-19 HEALTH UPDATES

[OC Healthcare Agency](#)

833-426-6411

[San Bernardino Public Health](#)

909-387-3911

[Riverside Public Health](#)

800-945-6171

[California COVID-19 Updates](#)

833-544-2374

STAYING CONNECTED

[Friendship Line California](#)

888-670-1360

[IOA's National Friendship Line](#)

800-971-0016

[Orange County Warm Line](#)

714-991-6412

877-910-WARM

FOOD RESOURCES

[Community Action Partnership](#)

714-667-0717

[Orange County](#)

2-1-1

[Office on Aging OC](#)

714-480-6450

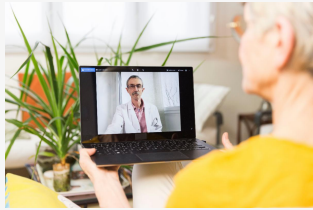
800-510-2020

[Riverside](#)

800-510-2020

[San Bernardino](#)

909-388-5650



Health Care's New Normal with COVID-19

The medical community is quickly changing in the age of COVID-19. There is an urgency to expand the use of technology to help people who need routine care, while keeping vulnerable individuals with mild symptoms in their homes while maintaining access to the care they need.

Telehealth — or telemedicine, as it's also known — refers to the exchange of medical information from one site to another through electronic communication to improve a patient's health. It covers a broad range of services via video, telephone or email.

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Stay Home. Save Lives. Check In.



Cyber Criminals and COVID-19

In the fast changing landscape of Coronavirus, we are becoming more dependent on technology. Our lifeline to the outside world has also become the lifeline of the criminal element.

Imposters have seized upon the opportunity to “phish” for our personal information and reel in our money.

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The Benefits of Pets During COVID-19

Throughout the country, animal shelters are reporting upswings in the numbers of animals they've been able to adopt out or place in foster homes.

According to Kitty Block, president and CEO of the [Humane Society of the United States](#), “the rates of fostering, in particular, have increased by 90 percent in some cities.”

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Family Fun - Virtual Outings

BOWERS MUSEUM

[Bowers Offers Digital Exhibition Access, Virtual Learning, and Community Resources](#)



[Social Media Series showcasing past Pageant re-creations](#)



[Top Ten Dance Movies before 1965](#)

Visit our [ANSWERS Resource Guide](#) for more ideas

[Donate to our COVID-19 Response Fund](#)



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Southern California