

# HELLO! ARE YOU A SENIOR WHO IS SELF-ISOLATING DUE TO COVID-19? WE CAN HELP.

**Call 2-1-1 or go to [www.bc211.ca](http://www.bc211.ca) now.**



You'll be connected with a volunteer who can help with:

- phone and/or virtual check-ins
- meal preparation and delivery
- grocery shopping and delivery
- prescription pick up and drop off

**This free service is available to anyone over 65.**

Volunteers are screened and assessed according to current Government of British Columbia guidelines.

*Frequency dependent on service requested and volunteer availability.*

---

## Safe Seniors, Strong Communities partners



# SAFE SENIORS, STRONG COMMUNITIES

Keeping yourself safe during COVID-19 is critically important. As an active, connected and engaged senior living independently with the help of family and friends, this can be a challenging time.

United Way's Better at Home program, bc211 and the Province of British Columbia have created Safe Seniors, Strong Communities to make sure you have the support you need by working with your local community to provide essential non-medical home supports at this time.

## Feeling unwell?

**Call 8-1-1** toll-free in B.C., or for the deaf and hard of hearing, call **7-1-1**.

## Take every precaution to ensure you are staying safe.

Avoid physical contact (*2 metres distance*).

Wash your hands regularly.



**United Way**