

# Home for the Holidays – Safety for Seniors During COVID and Beyond

---

RESOURCES FOR SENIORS AND THEIR LOVED ONES





# Home for the Holidays Means Something Different This Year

---

This year has brought so many challenges to older adults in our families and our communities:

- Shelter in place orders that isolate seniors out of necessity.
- Nursing and care homes restricting access to residents to protect their health.
- Families and friends modifying or cancelling their traditional holiday gatherings to ensure everyone's safety.

All of these factors have put vulnerable elders at higher risk than ever of being financially abused.



Vaccine

“Helpers”

Online  
Shopping

Monitor  
Accounts

Fake  
Charities

Avoid  
Holiday and  
COVID-19  
Scams



# Scam prevention for the Holidays & beyond.



DON'T answer the phone if you don't recognize the caller.



DON'T answer your door to someone you don't know.



DON'T open email from an address you don't recognize.



NEVER give out your social security number, date of birth, or bank account number over the phone or via email.



NEVER click on links in emails.



REMEMBER, if it seems too good to be true, it probably is!





Be sure to call elders often to engage them and check on them.



Consider having a holiday Zoom or other video conference celebration with seniors.



Isolation can create unintended emotional consequences for seniors.



If you see something, say something.

# Stay in Touch with Elders



Rely on  
trusted  
resources

**Adult Protective  
Services**

**1-800-675-8437 or  
www.smchealth.  
org/elderabuse**





Rely on  
trusted  
resources

### LIVE HEALTHY

[Health Alerts](#) ▾

[Coronavirus](#)

[Disease & Prevention](#) >

[Emergency Preparedness](#) >

[Healthy Environment](#) >

[Report a Problem](#) >

[Safe Waste Disposal](#) >

[Health Insurance](#)

### COVID-19 CALL CENTER

Call 2-1-1 with all non-emergency and non-medical inquiries

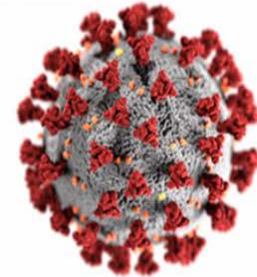
Available 24/7

Questions about sheltering in place or other county services impacted by COVID-19?

[See the County website >>](#)

## NOVEL CORONAVIRUS (COVID-19)

San Mateo County Health is working closely with the California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) to respond to novel coronavirus and its potential impacts on the Bay Area.



### SAN MATEO COUNTY COVID-19 AND OTHER HEALTH DATA

[Read more >](#)

### HEALTH OFFICER STATEMENTS AND ORDERS

[Read more >](#)

### LOCAL NEWS YOU NEED

[Read more >](#)

### RESOURCES

> [Centers for Disease Control and Prevention \(CDC\)](#)

24-hour call center:  
2-1-1



Rely on  
trusted  
resources

**The AARP**

**1-877-908-3360  
or [www.aarp.org](http://www.aarp.org)**





Rely on  
trusted  
resources

**The Consumer  
Financial  
Protection Bureau**

**[www.consumerfinance.gov](http://www.consumerfinance.gov)**



# Home for the Holidays – Safety for Seniors During COVID and Beyond

---

RESOURCES FOR SENIORS AND THEIR LOVED ONES

