

## FINANCIAL HEALTH

- **Don't give out your personal information, especially your social security number or financial information to people who call you out of the blue.** Scammers may use a technique which makes it appear that the call is coming from a legitimate organization or agency. Banks and government agencies will not call you to get this type of information for benefits or the COVID-19 stimulus payment. If you receive a phone call that you suspect to be a scam, hang up.
- **Be cautious of emails, social media, and online sellers.** Scammers are using fears surrounding the pandemic to try to take your money and get your personal information, by selling fake vaccines and treatments, offering "investment opportunities", even asking for donations to fake charities. If something sounds too good to be true or someone is trying to rush you into a decision, it's most likely a scam. If you suspect a scam, report it to the Michigan Attorney General at 877-765-8388.
- **Watch out for people you don't know who call or visit with an offer to help.** Call 2-1-1 for information on trusted local resources if you are in need of assistance or have questions.

## PHYSICAL/EMOTIONAL/MENTAL HEALTH

- **Be aware of emails claiming to be from the Centers for Disease Control and Prevention (CDC)** or other experts saying that they have information about the virus. For up-to-date information, visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or call 800-232-4636. For updates and information on Michigan's response to the Coronavirus, visit [www.michigan.gov/Coronavirus](http://www.michigan.gov/Coronavirus) or call 888-535-6136.
- **Stay home as much as possible.** The more people you interact with, the more closely you interact with them, and the longer the interaction, the higher your risk of getting and spreading COVID-19. If you decide to engage in public activities, protect yourself by practicing everyday preventive actions like physical distancing, wearing a mask, and keeping hand sanitizer handy. If possible, avoid others who are not wearing masks or ask others around you to wear masks.
- **Stay connected to family and friends** through phone and video calls. If you decide to visit in person, do so outdoors when possible. If indoors, make sure the room or space is well-ventilated (open windows or doors) and large enough to accommodate physical distancing. Try to avoid close contact - don't shake hands, elbow bump, or hug; wave and verbally greet them instead.
- **Seek help if you are feeling physically or mentally unwell.** Connect with your health care provider or call one of these community resources:
  - ✓ Michigan COVID-19 Hotline: 888-535-6136
  - ✓ Disaster Distress Helpline: 800-985-5990
  - ✓ HealthWest (Mental Health) Crisis Line: 231-722-HELP (4357)
  - ✓ Suicide Prevention Hotline: 800-273-TALK (8255)

The **SafeSeniors** community partners work together to identify, advocate, and seek justice for older adult victims of abuse, neglect, and financial exploitation in Muskegon, Oceana, and Ottawa Counties.

**If you suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.**