March 18, 2020

Dear Upland Senior Citizens Community,

As a senior citizen you have probably heard by now that you are part of the population that is at higher risk of becoming ill from the Corona Virus (COVID-19). Please be sure to listen to the advice of medical professionals, which might mean staying home and limiting the family or guests you invite into your home. Even though social distancing is requested, it doesn’t have to mean isolation. Call your family and friends often to check in on them. It is so important that we remain connected.

Many of you are probably in need of supplies or will be in the coming days. Rather than fight the crowds and risk exposure at the grocery store or drug store, please consider the following alternatives:

- Ask your family or neighbors to shop for you and leave it on your porch.
- If you use the internet, you can grocery shop online and have the groceries delivered to your door.
- Some grocery stores have announced special hours for seniors. This would be the best time to go if you have to no other option.
- If you aren’t feeling well, please call your doctor or urgent care BEFORE going to the office.
- Some churches and other community groups are organizing volunteers to shop or pick up supplies for seniors. If you belong to or know of one, please call to see what is available.
- If you are experiencing financial hardship because you or someone who supports you isn’t working right now, please call the United Way at 2-1-1 to see what resources may be available.
- If you feel fever or tiredness, call your doctor for assistance. If you experience difficulty breathing or severe symptoms call 9-1-1. The San Bernardino County Fire website has more information www.sbcfire.org

We want to make sure you’re healthy and don’t feel isolated during this time. Remember, stay in touch with your family and friends. Don’t be afraid to ask for help. Make sure you stay up to date on the most recent information of the Corona Virus. The City of Upland and San Bernardino County are updating information frequently on their websites. Please visit www.UplandCa.gov/emergency-Preparedness for more information.

Be safe and know that we are here to help.

Debbie Stone
Upland Mayor