

## **FOR IMMEDIATE RELEASE**

15 September 2021

### **SENIORS URGED TO PROTECT THEMSELVES BY MINIMISING SOCIAL INTERACTIONS AND GETTING COVID-19 VACCINATIONS**

With the surge in COVID-19 community cases in the last two weeks, all seniors aged 60 and above, and those living with them, are urged to take added precautions to protect themselves against COVID-19. Seniors are at a higher risk of developing serious health complications if they are infected with COVID-19 and they should minimise social interactions in the next two weeks for their own well-being.

2. The Agency for Integrated Care (AIC) strongly encourages all seniors to do so by staying at home as much as possible and avoid crowded places to reduce their chances of being infected. Should they need to go out for essential activities, they should wear a mask properly at all times and maintain good hygiene practices such as frequent hand washing. We strongly urge all seniors who have not been vaccinated to do so soonest possible as the risk of getting severe outcomes if unvaccinated is six times higher.

#### **Help for seniors to minimise social interactions**

3. We also encourage family members to help with buying essential items, such as food and basic necessities for their seniors at home. Those living alone should only go out for essential activities such as seeing a doctor and return home as soon as possible.

4. To stay engaged at home, AIC has developed activity booklets for seniors. The booklets contain arts-based activities that can be downloaded and printed as activity sheets for them to do with the assistance of caregivers and loved ones. Each booklet is designed thematically to bring about nostalgia which seniors can reminisce about, such as familiar food and places. These booklets are available for download on the AIC website at [www.aic.buzz/activity-booklets](http://www.aic.buzz/activity-booklets). Seniors can also stay physically active by joining virtual fitness programmes using the *Healthy365* app or signing up at [www.myactivesg.com](http://www.myactivesg.com).

### **Vaccinate today**

5. AIC is providing support and resources to help unvaccinated seniors get their vaccination jabs. Our staff and volunteers are helping to inform unvaccinated seniors that they can walk into any vaccination centre, polyclinic and participating Public Health Preparedness Clinics (PHPCs) to receive their vaccination without an appointment.

6. AIC's outreach arm, Silver Generation Office (SGO), will double its efforts to reach out to more seniors in getting vaccinated. Aside from sharing information about the vaccination and explaining its benefits, Silver Generation Ambassadors stand ready to help seniors make online bookings for appointments. For seniors with mobility issues, SGO makes arrangements to escort them to vaccination centres. For homebound seniors requesting for home vaccination, AIC works with the relevant agencies to arrange for the eligible senior to be vaccinated at home.

7. AIC also urges all seniors aged 60 years and above, who have received their SMS for booster shots to do so.

## **Ensure personal hygiene**

8. Maintaining good personal hygiene is one way for everyone to do their part in slowing down the transmission. Seniors can do so by ensuring that they wear their masks properly and not pull it down when chatting. Masks should be changed or washed regularly. In addition, they should also wash their hands regularly and avoid touching their faces. Seniors who experience any respiratory symptoms such as fever, cough or runny nose should see a doctor immediately to get checked.

## **For assistance**

9. A summary of how seniors can protect themselves is found in Annex A. Seniors who need assistance at home, or support in getting vaccinated can contact the AIC Hotline at 1800-650-6060.

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## **Media contact and queries**

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## **About the Agency for Integrated Care**

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need. For more about us, please visit [www.aic.sg](http://www.aic.sg).

## Annex A

Guide for seniors to protect themselves (available in vernacular languages)



People's Association



**VACCINATION<sup>SG</sup>**

# SENIORS, PROTECT YOURSELF AGAINST COVID-19



### Stay home as much as possible

- Get family members to help with buying essential items.
- Minimise social interaction.



### Ensure personal hygiene

- Wear your mask properly, do not pull it down to chat.
- Change or wash your masks regularly.
- Wash your hands regularly and avoid touching your face.



### Vaccinate today

For unvaccinated seniors, walk into any vaccination centre, **polyclinic** and **selected GPs** or approach the mobile vaccination team.