

FOR IMMEDIATE RELEASE

30 September 2021

SENIORS STRONGLY URGED TO STAY AT HOME FOR THE NEXT FOUR WEEKS TO PROTECT THEMSELVES

All seniors aged 60 and above, and those living with them, are strongly urged to continue staying at home as the COVID-19 situation stabilises in Singapore, especially if they are unvaccinated. Seniors are at a higher risk of developing serious health complications if they are infected with COVID-19 and should take added precautions to protect themselves. The Agency for Integrated Care (AIC) strongly encourages all seniors to do so by staying at home as much as possible to reduce their chances of being infected.

2. The recent rise in COVID-19 cases has seen more seniors experiencing severe symptoms if infected. More than a quarter of the local cases in the past two weeks were aged 60 years and above. From May 2021, there were 257 unvaccinated seniors who were severely affected by COVID-19 and were in ICU, needed oxygen supplementation or died.

3. Seniors are reminded to only go out for essential activities and avoid crowded places where possible. In the next four weeks, they should minimise group activities and social gatherings. They should minimise mask-off activities such as eating at hawker centres, and opt for take-away food instead. They should wear a surgical-grade mask properly at all times and maintain good hygiene practices such as frequent hand washing. Those who have not been vaccinated should do so soonest possible as the risk of an unvaccinated person getting severely ill is almost seven times higher. To minimise their exposure to other infections, we also urge seniors to visit hospitals

only if necessary. If infected with COVID-19, with mild or no symptoms, they need not rush to hospital but can self-isolate at home for their own well-being.

4. Booster shots for seniors have commenced since mid-September 2021 and seniors are encouraged to get them. Seniors will greatly benefit from this added protection to mitigate against waning immunity and help reduce likelihood of severe illness if infected. This will position them well for transition to endemic COVID-19. AIC's outreach arm, the Silver Generation Office (SGO), provides support to help seniors get their vaccination jabs. Since February 2021, SGO has reached out to more than 670,000 seniors to share information about the vaccination and explain its benefits. Our staff and volunteers also 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. During this period, SGO continues to reach out to vulnerable seniors to ensure they get the additional support they need.

5. Seniors who need support in getting vaccinated can contact the AIC Hotline at 1800-650-6060 or their [nearest SGO office](#).

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Connecting You
to Community Care

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.