

**As of March 16, 2020 all senior centers and social adult day care centers are closed for in-person programming in order to protect older New Yorkers and help prevent the spread of COVID-19.**

**There is widespread community transmission of COVID-19 (coronavirus disease 2019) happening in New York City. Community transmission means that COVID-19 is circulating in NYC and that we should act as if we are all exposed. If you are sick, you must stay home. People who are sick and who need to leave home, such as to get urgent medical care, should always wear a [face covering](#).**

**As of April 17, people in New York must wear face coverings in public places, particularly where they cannot keep six feet away from others, in accordance with the Governor's Executive Order 202.17. A face covering is any well-secured paper or cloth (like a bandana or scarf) that covers your nose and mouth. It is essential that everyone continue to practice physical distancing and healthy hand hygiene even when wearing a face covering — including keeping 6 feet of distance between yourself and others whenever possible. For more information, visit [www.nyc.gov/health/coronavirus](http://www.nyc.gov/health/coronavirus) and look for "[FAQ About Face Coverings](#)."**

**All New Yorkers must monitor their health carefully at this time. If you have mild to moderate symptoms of COVID-19, you do not need to call 911 and should isolate yourself at home immediately. If you still feel sick after three to four days, contact your health care provider. Even if you are not sick, stay home as much as you can: work from home and avoid all unnecessary interactions and events.**

**If you have any of the following symptoms, go to an emergency room or call 911:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to stay awake
- Blue lips or face

**People 50 years of age or older and people who have other health conditions, including chronic lung disease, moderate to severe asthma, heart disease, a weakened immune system, obesity, diabetes, kidney disease, liver disease, or cancer are most at risk for severe COVID-19 illness.**

Consult with a doctor if you are experiencing symptoms *and* you are an older adult or if you have any of the chronic health conditions listed above. Use telephone, text, telemedicine or a patient portal to reach out to your healthcare provider rather than visiting your provider in person. If you need help finding a healthcare provider, call [311](#).

New Yorkers who are at high-risk because of age, pre-existing conditions, and symptoms, can also call NYC Health + Hospitals at 1-844-NYC-4NYC (1-844-692-4692) for more information. NYC Health + Hospitals provides care to all New Yorkers, regardless of immigration status, insurance status, or ability to pay.

For the most up to date guidance about COVID-19, please visit the New York City Department of Health and Mental Hygiene's [website at www.nyc.gov/health/coronavirus](http://www.nyc.gov/health/coronavirus). For real-time updates, text "COVID" to 692-692. Message and data rates may apply.

Starting the week of March 30th, all senior centers fully transitioned from providing grab-and-go meals to relying on the centralized delivery system. Congregate meals are now being directly delivered to the homes of senior center members through a centralized delivery system. Meals must be delivered. Grab-and-go meals are no longer permitted at senior centers.

Older adults who want to sign up to receive directly delivered meals should call 311 and ask for "meal delivery assistance" to see if they are eligible. They can also go on the website [nyc.gov/GetFood](http://nyc.gov/GetFood) to learn more about COVID-19 Food Assistance Resources.

For more information about the Department for the Aging's resources, call 311 or access the following links:

- If you would like to know how to help your older friends and neighbors, please see [Guidance for Communities](#).
- If you are a social adult day care provider, please see [Guidance for SADCs](#).
- If you are over the age of 50, please see [Guidance for older New Yorkers](#).
- If you are a senior center operator, please see [Guidance for Senior Centers](#).