

**As of March 16th, all senior centers and social adult day care centers are closed in order to protect older New Yorkers and to 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. All New Yorkers must monitor their health carefully at this time. Only seek health care if you are very sick. Even if you are not sick, stay home as much as you can: work from home and avoid all unnecessary interactions and events. People 50 years of age or older and people who have other health conditions, including chronic lung disease, heart disease, diabetes, cancer, or a weakened immune system are most at risk for severe COVID-19 illness.**

**Congregate meals are now being delivered to the homes of senior center members through a centralized delivery system. Centers can continue to deplete their remaining supply of food to prevent wastefulness or spoilage but must deliver the meal, grab-and-go is not permitted.**

**Starting the week of March 30, all senior centers fully transitioned from providing grab-and-go to relying on the centralized delivery system.**

**Older adults should call their local senior center to sign up to receive directly delivered meals. They can also email [agingconnect@aging.nyc.gov](mailto:agingconnect@aging.nyc.gov) or call Aging Connect at 212-Aging-NYC (212-244-6469) or 311.**

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

- For frequently asked questions, please see our [Senior Center Meal Provision FAQ](#).
- If you would like to know how to help your older friends and neighbors, please see our [Guidance for Communities](#).
- If you are a social adult day care provider, please see our [Guidance for SADCs](#).
- If you are over the age of 50, please see our [Guidance for older New Yorkers](#).

- If you are a senior center operator, please see our [Guidance for Senior Centers](#).

**For the most up to date guidance about COVID-19, please visit the New York City Department of Health and Mental Hygiene's [website](#).**

**Consult with a doctor if you are experiencing symptoms *and* you are an older adult or if 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 are at high-risk because of age, pre-existing conditions, and symptoms, can also call 1-844-NYC-4NYC for more information.**