**SENIORS**

**STAY HOME TO PROTECT YOURSELVES**

- Stay active, eat and rest well to boost your immunity
- All must wear a mask when outside their homes
- Do not see anyone beyond immediate household members
- Don’t go near seniors if you are sick
- Avoid visiting markets, get others to help
- Help seniors with their essential needs, e.g. buying food and groceries for them

**The responsibility of keeping our seniors safe rests upon us who are younger**

COVID-19 can infect all, young and old. But globally and in Singapore, the majority who have died due to COVID-19 have been seniors.

Do not spread rumours. Get the latest on COVID-19 by signing up for the Gov.sg WhatsApp channel (www.gov.sg/whatsapp)

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