

November 23, 2020

Friends and neighbors,

On behalf of more than 5,000 mission-driven aging services providers, we are asking our fellow Americans for your help. The coronavirus has killed more than 170,000 older adults--that's four out every five who have died from COVID. Families across the country are dealing with fear, loneliness, and grief.

And it's not over yet. The worst pandemic in a century has now reached its darkest hour. What we do now will determine if we protect or endanger the lives of older Americans.

We are writing to remind everyone that a few simple precautions can help ensure that you don't put your older relatives and others in your community in danger. When you are out of the house and with others, wear a mask and stay six feet apart. Also, don't forget to wash your hands frequently for at least 20 seconds (or use an alcohol-based hand sanitizer that contains at least 60% alcohol).

We fully understand that some people may not like these steps. Wearing a mask may not feel comfortable or attractive, and some people feel that masks infringe on their personal liberties or increase the chance of being racially profiled. Staying socially distant may feel isolating and inconvenient. More frequent handwashing may feel tiresome.

But please ask yourself: as COVID-19 surges, would you want your grandmother or grandfather to be exposed to the virus? How bad would it be if your older loved ones got sick? What if they had other health conditions, like asthma or diabetes, that make them more vulnerable to death from COVID?

Each of us has the power to protect the older adults we love, and those who live in our neighborhoods and communities. Working together, we can save lives.

Thank you for being a part of the solution.

Sincerely,

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You can learn more about <u>protecting yourself and others from COVID-19</u> from the Centers for Disease Control and Prevention.