



**Ministry of Social Justice and Empowerment  
Government of India**

**The 27<sup>th</sup> April, 2021**

**Advisory for Senior Citizens during COVID-19**

Senior citizens above the age of 60 years face an increased risk in COVID times. This is an advisory for Senior Citizens and their caregivers on how to protect them from increased health risk during this period.

**Advisory for Senior Citizens who are mobile:**

<b>Do's</b>	<b>Don't s</b>
1. Stay within the house all the time.	1. Don't come in close contact with someone who is having fever/cough/breathing difficulty.
2. Avoid having visitors at home.	2. Don't shake hands or hug your friends and near ones.
3. If meeting is essential, maintain a distance of 2 yard.	3. Don't go to crowded places like parks, markets and religious places.
4. If living alone, one can consider depending on healthy neighbours for acquiring essentials for home.	4. Don't cough or sneeze into your bare hands.
5. Avoid small and large gatherings at all cost.	5. Don't touch your eyes, face, nose and tongue.
6. Remain actively mobile within the house.	6. Don't self-medicate.
7. Consider doing light exercise and yoga at home.	7. Don't go out unless it is absolutely essential.
8. Practice meditation.	8. Don't invite family members and friends at home.
9. Maintain hygiene by washing hands. Especially before having meals and after using the washroom. This can be done by washing hands with soap and water for at least 20 seconds.	9. Don't go to hospital for routine checkup or follow up.
10. Clean frequently touched objects with disinfectant regularly.	10. As far as possible make tele-consultation with your healthcare provider.
11. Sneeze and cough either into your elbow or into tissue paper/handkerchief. After coughing or sneezing dispose of the tissue	

<p>paper in a closed bin/wash your handkerchief and hands.</p> <p>12. Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take fresh juices to boost immunity.</p> <p>13. Take your daily prescribed medicines regularly.</p> <p>14. Monitor your health. If you develop fever, cough and/or breathing difficulty or any other health issue, immediately contact nearest health care facility and follow the medical advice.</p> <p>15. Talk to your family members (not staying with you), relatives and friends via call or video conferencing, take help from family members if needed.</p> <p>16. Postpone your elective surgeries (if any).</p>	
<p>Due to Summer, avoid dehydration. Consume an adequate amount of water. (Caution for individuals with pre-existing Heart and Kidney disease)</p>	

**Advisory for Caregivers of dependent Senior Citizens**

<b>Do's</b>	<b>Don'ts</b>
<ol style="list-style-type: none"> <li>1. Wash your hands before helping the older individual.</li> <li>2. Cover nose and mouth adequately while attending on the senior citizen.</li> <li>3. Clean the surfaces which are frequently used. These include spectacles, walking cane, walker, wheel-chair, bedpan etc.</li> <li>4. Assist the older individual and help her/him in washing hands.</li> <li>5. Ensure proper food and water intake by senior citizens.</li> <li>6. Monitor his/her health.</li> </ol>	<ol style="list-style-type: none"> <li>1. Don't go near senior citizens if suffering from fever/cough/breathing difficulty.</li> <li>2. Don't keep senior citizens completely bed-bound.</li> <li>3. Don't touch senior citizens without washing hands.</li> </ol>

- Contact helpline if the older adult has the following symptoms:
  - Fever, with or without body ache.
  - New-onset, continuous cough, shortness of breath.
  - Unusually poor appetite, inability to eat.

### Advisory for Senior Citizens on mental well-being

<b>Do's</b>	<b>Don'ts</b>
<ol style="list-style-type: none"> <li>1. Communicate with relatives at home.</li> <li>2. Communicate with neighbours, provided social distancing is followed, and gathering of people is avoided.</li> <li>3. Provide a peaceful environment.</li> <li>4. Rediscover old hobbies like painting, listening to music, reading etc.</li> <li>5. Make sure to access and believe only the most reliable sources of information.</li> <li>6. If you have an already existing mental illness, call helpline number (08046110007).</li> </ol>	<ol style="list-style-type: none"> <li>1. Don't isolate yourself.</li> <li>2. Don't confine oneself in a room.</li> <li>3. Don't follow any sensational news or social media posts.</li> <li>4. Don't spread or share any unverified news or information further.</li> <li>5. Avoid tobacco, alcohol and other drugs to avoid loneliness or boredom.</li> </ol>
<ul style="list-style-type: none"> <li>• Contact helpline in case of:           <ul style="list-style-type: none"> <li>○ Change in mental status, such as excessively drowsy during the day, not responding, speaking inappropriately.</li> <li>○ New onset of inability to recognise relative which he/she could do before.</li> </ul> </li> </ul>	

### Instructions for NGOs running Old Age Homes/Senior Citizen Homes:

All the Implementing Agencies, NGOs and Regional Resource Centres are advised to take precautionary measures as given below:

- (1) NGOs must regularly take body temperature of all senior citizens in the Home and check their respiratory symptoms.
- (2) NGOs must ensure that such people maintain proper hygiene and physical distancing.
- (3) Ensure proper cleaning and frequent sanitization of the premises, particularly the frequently touched surfaces.
- (4) Ensure regular supply of hand sanitizers, soap and running water in the washrooms.

- (5) Discourage entry of visitors in the premises/complex.
- (6) Place hand sanitizer at the entry of the premises.
- (7) Shaking hands and hugging as matter of greeting to be avoided.
- (8) For immediate medical attention, please call State Helpline number or 24x7 Helpline number of Ministry of Health and Family Welfare, Government of India at 011-23978046.

#### **Guidance on correct use of Masks/Face Shields:**

- (1) Perform hand hygiene before putting on the mask.
- (2) Do not use a damaged mask.
- (3) Avoid touching the mask while wearing it. If the mask is accidentally touched, perform hand hygiene.
- (4) Mask should cover from the bridge of the nose to below the chin and cheeks on either side of the mouth.
- (5) Remove the mask using the appropriate technique. Do not touch the front of the mask, but rather untie it from behind.
- (6) Replace the mask as soon as it becomes damp with a new clean, dry mask.
- (7) Perform hand hygiene immediately afterward discarding a mask.
- (8) Do not remove the mask to speak.
- (9) Do not share your mask with others.
- (10) Wash fabric masks in soap or detergent and preferably hot water at least once a day.
- (11) Face shields are to be considered to provide a level of eye protection only and should not be considered as an equivalent to masks with respect to respiratory droplet protection and/or source control.
- (12) Face shields are to be used for eye protection in combination with a medical mask or a respirator.
- (13) Follow the practice of '**Safai, Dawai and Kadai**', meaning cleanliness, medication (as prescribed) and following the preventive measures strictly.

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