

## **Advisory for senior citizens**

Panaji, [April 23](#), 2020

The Senior Citizens who are aged above 60 years and especially those with medical conditions are particularly susceptible to infections during the COVID times. Ministry of Social Justice and Empowerment alongwith Ministry of Health and Family Welfare and Department of Geriatric Medicine, AIMS Delhi has prepared and Advisory to be followed by all the senior citizens and their care givers during these times.

The caregivers are advised to wash their hands before helping the older individual. The other instructions include covering the nose and mouth adequately using a tissue or cloth while attending on the senior citizen, clean the surfaces which are frequently used. These include a walking cane, walker, wheel chair, bedpan etc. Assist the older individual and help her/him in washing hands. Ensure proper food and water intake by senior citizens. Monitor his/her health.

The Don'ts for caregivers include not to go near senior citizens if suffering from fever/cough/breathing difficulty, not to keep senior citizens completely bed-bound and not to touch the senior citizens without washing hands.

The caregiver is advised to contact help-line if the older adult has the symptoms like fever, with or without body ache, new onset, continuous cough, shortness of breath and unusually poor appetite, inability to feed.

Advisory for senior citizen on mental well being are as follows:- The Do's are: Communicate with relatives at home, communicate with neighbours, provided social distancing is followed and gathering of people is avoided. Provide a peaceful environment. Rediscover old hobbies like painting listening to music, reading. Make sure to access and believe only the most reliable sources of information. Avoid tobacco, alcohol and other drugs to avoid loneliness or boredom. If the senior citizen has an already existing mental illness, they can call helpline (08046110007).

They are advised to contact helpline in case of change in mental status, such as excessively drowsy during the day, not responding, speaking inappropriately, new onset of inability to recognise relative which he/she could do before.

The Don'ts senior citizens are advised to follow include not to isolate themselves, not to confine themselves in a room, not to follow any

sensational news or social media posts and not to spread or share any unverified news or information further.

Advisory for senior citizens who are mobile includes stay within the house all the time, avoid having visitor at home. If meeting is essential, maintain distance if 1 meter. If living alone, one can consider depending on healthy neighbours for acquiring essentials for home. Avoid small and large gatherings at all cost. Remain actively mobile within the house. Consider doing light exercise and yoga at home. 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.

Clean frequently touched objects such as spectacles . Sneeze and cough into tissue paper/ handkerchief. After coughing or sneezing dispose of the tissue paper in a closed bin/wash your handkerchief and hands.

Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take fresh juices to boost immunity. Take your daily prescribed medicines regularly. 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. Talk to your family members (not staying with you) relatives, friend via call or video conferencing , take help from family members if needed.

Due to summer, avoid dehydration consume an adequate amount of water (Caution for individuals with pre-existing heart and kidney disease).

Senior citizens are advised not to come in close contact with someone who is displaying symptoms of corona virus disease (fever/cough/breathing difficulty), not to shake hand or hug your friends and near ones, not to go to crowded places like parks, markets and religious places, not to cough or sneeze into your bare hands, not to touch your eyes, face and nose, not to self medicate, not to go to hospital for routine checkup or follow up. As far as possible make tele-consultation with your healthcare provider. They are advised not to invite family members and friends at home.

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