



DO'S AND DON'TS FOR SENIOR CITIZENS DURING PANDEMIC

DO's

- ✓ Stay at home. Avoid meeting visitors. If a meeting is essential, maintain a distance of one meter.
- ✓ Wash your hands and face at regular intervals with soap and water.
- ✓ Sneeze and cough either into your elbow or into tissue paper / handkerchief. After coughing or sneezing dispose of the tissue paper / wash your handkerchief.
- ✓ Ensure proper nutrition through home-cooked fresh hot meals, hydrate frequently and drink fresh juices to boost immunity.
- ✓ Exercise and meditate.
- ✓ Take your daily prescribed medicines regularly.
- ✓ Talk to your family members (not staying with you), relatives, and friends via call or video conferencing, take help from family members if needed.
- ✓ Postpone your elective surgeries (if any) like cataract surgery or total knee replacement.
- ✓ Clean the frequently touched surfaces with disinfectant regularly.
- ✓ Monitor your health. If you develop fever, cough and/or breathing difficulty immediately contact nearest health care facility and follow the medical advice rendered.

DON'TS

- ✗ Don't cough or sneeze into your bare hands or without covering your face.
- ✗ Don't go near your contacts if you are suffering from fever and cough.
- ✗ Don't touch your eyes, face, nose and tongue.
- ✗ Don't go near affected/ sick people.
- ✗ Don't self-medicate.
- ✗ Don't shake hands or hug your friends and near ones.
- ✗ Don't go to hospital for routine check-up or follow up. As much as possible make tele-consultation with your healthcare provider.
- ✗ Don't go to crowded places like parks, markets and religious places.
- ✗ Don't go out unless it is absolutely essential.