Advisory for 
SENIOR CITIZENS 
during 
COVID-19

Please DO NOT

- Come in close contact with someone displaying symptoms of Covid-19 (fever/cough/breathing difficulty)
- Shake hands or hug your friends and near ones
- Go to crowded places like parks, markets and religious places
- Cough or sneeze into your bare hands
- Touch your eyes, face and nose
- Self-medicate
- Go to hospital for routine checkup or follow up
- Invite family members and friends at home
ADVISORY
FOR CAREGIVERS
OF DEPENDENT SENIOR CITIZENS

DO

• Wash hands before helping older individual.
• Cover nose & mouth adequately using a tissue or cloth while attending on the senior citizen.
• Clean the surfaces which are frequently used. Such as walking cane, wheel-chair, bedpan etc.
• Assist the older individual in washing hands.
• Ensure proper food and water intake by senior citizens.
• Monitor his/her health.

DO NOT

• Go near senior citizens if suffering from fever/cough/breathing difficulty.
• Keep senior citizens completely bed-bound.
• Touch senior citizen or attend to them without washing hands.

Contact help-line 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 feed.