

Tips for Shelter or Old Age Homes during corona lockdown

- Maintain personal distance of at least 1 metre from each other
- Follow general guidelines on regularly washing hands, avoiding crowds, and practicing social distancing.
- Maintain personal hygiene by washing hands for 20 seconds with soap or hand sanitizers containing 60% alcohol
- Do not meet friends and family members on visit. Encourage meetings over telephone calls, video conferencing, sharing of photographs through social media, etc.
- Caregivers should practice extra precaution themselves and the family should have a backup plan to care for their loved one in case the caregiver gets sick
- If any routine health check-up is scheduled, the same can be arranged over a phone and a personal visit be made only after the lockdown is lifted off
- Unless there is an infection within the old-age home, there is no need of abandoning the home
- It is really important to not just sit or lie down all day. They need to move and gets the blood flowing and it is good for overall health. Small exercises and household work can be given to the elderly to keep them involved
- During meal times, adequate distance be maintained as advised (1 metre)
