



GOVERNMENT INSTITUTE OF MEDICAL SCIENCES

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(AN AUTONOMOUS INSTITUTE UNDER GOVT OF UP)

Health Advisory for Senior citizens/ High risk population during COVID-19 Pandemic

COVID-19 has affected many lives globally and its spread is gradually increasing. Although the Government has taken stringent measures to control COVID-19 spread, it is also important for each of us to follow the guidelines and take the required steps and precautions to break the disease transmission chain.

Elderly people (60 years of age and above), are at a higher risk of COVID-19 infection due to their poor immunity and body reserves, as well as associated age related comorbidities such as diabetes, hypertension, heart, liver and kidney disease, and long-term respiratory disease. The Covid-19 disease course is more severe in these patients, leading to higher mortality. Nevertheless, transmission of COVID-19 among the elderly may be reduced by taking the following steps –

➤ **For Senior citizens who are active and mobile**

<u>Dos</u>	<u>Don'ts</u>
<ol style="list-style-type: none">1. Stay at home2. Maintain a distance of 1 meter when meeting someone is unavoidable3. Stay active inside the house and try doing light exercises and meditation4. Sneeze and cough into tissue paper/ handkerchief. Dispose off the tissue paper in the bin after coughing or sneezing/ wash your hands and handkerchief.5. Ensure adequate nutrition by consuming home-cooked fresh hot meals, hydrate regularly and take fresh juices to improve immunity6. If living alone, take help from healthy neighbours for obtaining essentials for home7. Clean items which are regularly touched like spectacles, mobile phones etc8. Monitor your wellbeing. If you experience fever, cough and/or trouble breathing or any other health issues, contact the nearest health care facility immediately and follow the medical advice9. Avoid dehydration due to heat. Consume ample amount of water. (Caution for pre-existing heart and kidney disease patients)10. Take your daily prescribed medications regularly11. Wash you face and hands regularly with soap and water12. Connect with family members not staying with you via call or video conferencing	<ol style="list-style-type: none">1. Have visitors at home and be in close contact with someone who has coronavirus symptoms (fever/ cough/ breathing difficulty)2. Shake hands or hug anyone3. Go to crowded places like markets, parks and places of worship4. Attend any small and large gatherings5. Self-medicate6. Cough or sneeze into your bare hands7. Touch your face, eyes and nose8. Visit hospital for check-up or follow-up.9. Invite family members and friends at home



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➤ Advisory for care givers of dependent senior citizens

1. Wash your hands before helping the elderly
2. Use tissue/ cloth to cover the nose and mouth properly when attending the senior citizen
3. Clean the regularly used surfaces like walking cane, walker, bed pan etc
4. Assist the elderly and help him/her in washing hands
5. Ensure they have adequate food and water consumption
6. Monitor their well being
7. Isolate elderly people separately for their wellbeing

Consult immediately if the older people has the following symptoms:

- Fever, with or without body ache
- New-onset, continuous cough, shortness of breath
- Unusually poor appetite, inability to feed

DOCTOR SPEAKS : GIMS CORONA HELP LINE

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