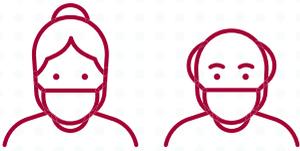




COVID -19

Key Messages for Older Adults





COVID -19

Key Messages for Older Adults

What is Coronavirus disease?

It is an infectious disease caused by a new coronavirus known as COVID-19

What are the symptoms?

- Mild symptoms including a sore throat, dry cough, nasal congestion and fever.
- Some people have more severe symptoms that can lead to pneumonia or breathing difficulties.
- In some cases, infection can lead to death.

How do people get infected?

- Coronavirus is transmitted from one infected person to another in the droplets when they sneeze, cough or speak, especially if at a distance of less than two meters.
- It can also be transmitted through close contact with the infected person or touching surfaces.

Are older people at risk?

Older people, especially if they have underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer, can experience more severe symptoms and are more likely to need intensive hospital care if they get the infection.





What advice should older people follow during this COVID -19?



- Cover your mouth and nose with a flexed elbow or tissue when coughing and sneezing. Bin the tissue immediately and wash your hands with water and soap.



- Wash your hands frequently with soap and water.



- Avoid physical contact with others, including grandchildren. Stay at home and avoid unnecessary outing. Avoid crowded places and gatherings.



- Avoid touching your eyes, nose and mouth without having washed your hands first.

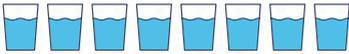


- Clean and disinfect frequently touched surfaces daily including door handles, countertops, mobiles, computer keyboard, and iPad.



- Avoid handshakes, hugging, nose to nose greetings, kissing





- Stay hydrated by drinking at least 8 to 10 glasses of water.



- Eat fresh and unprocessed foods every day. Eat moderate amounts of fat and oil. Limit your intake of sugar. Refrain from smoking.



- Take your medications on time. Contact your doctor for refill medication and do not stop taking your tablets without consulting your doctor.



- Be physically active every day and avoid long periods of sitting.



- Engage in hobbies and activities that you enjoy.



- Stay socially connected with family and friends through the internet or telephone but please keep a physical distance.





What should older people do if they suspect that they have COVID -19?



- If you are showing symptoms such as **coughing, sneezing, fever** or **shortness of breath** you may need assessment by healthcare professional. Start self-quarantine, avoid any contact with others and call the national Covid-19 helpline **#16000** to get advice.



- If you live with others, make sure that you self-isolate and reduce the possibility of transmission of the disease to other household members.



- If you live alone and suspect that you have COVID-19, ask your family, friends, neighbours or care workers to check in on you regularly through telephone or video chats.

