

Coronavirus - 10 tips for caregivers of elderly people



1 The infection produces **symptoms** similar to those of a common cold or flu (*such as cough or fever, but also diarrhea, tiredness, difficult breathing*). Check often for temperature and consult your doctor by phone if symptoms show up.

2 The virus can infect us through the **droplets of saliva** that move in the air and settle everywhere, if they reach the mouth, nose or eyes. Make people respect the distance of at least one metre from the elderly person.

3 **Get out as little as possible:** order what you need (including medicine) by phone, use home delivery services and ask the family members for help.

4 When you go out, keep at least **one metre away from other people**, use the mask, do not touch your face, wash or disinfect your hands as soon as you return home.

5 **You need to be near, touch** or touch things handed by **the elderly person:** always wash your hands before and after, and use the surgical mask.

6 **Wash your hands often with soap and water or alcohol-based gel.** Help the elderly person to do the same.

7 **Clean the house daily.** Use alcohol or bleach for surfaces that are touched more frequently. Open windows often to change the air in the rooms.

8 **If you or the elderly person show symptoms of infection,** do not go to the doctor: call him on the phone, and if you cannot speak to him or her, call the emergency numbers.

9 Reassure the elderly person: **explain well, calmly and simply, what is happening;** help him or her to follow the rules for hygiene; reassure him or her that later he or she will be able to resume a normal life.

10 **Stay calm, active and healthy, and in contact with your family and friends;** do things you like, and exercise; be sure of getting enough sleep; eat healthy foods; let the sunlight enter the house.



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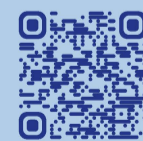
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