

Save our Senior Citizens from COVID-19 Infection

“Do not panic, be informed, stay safe”

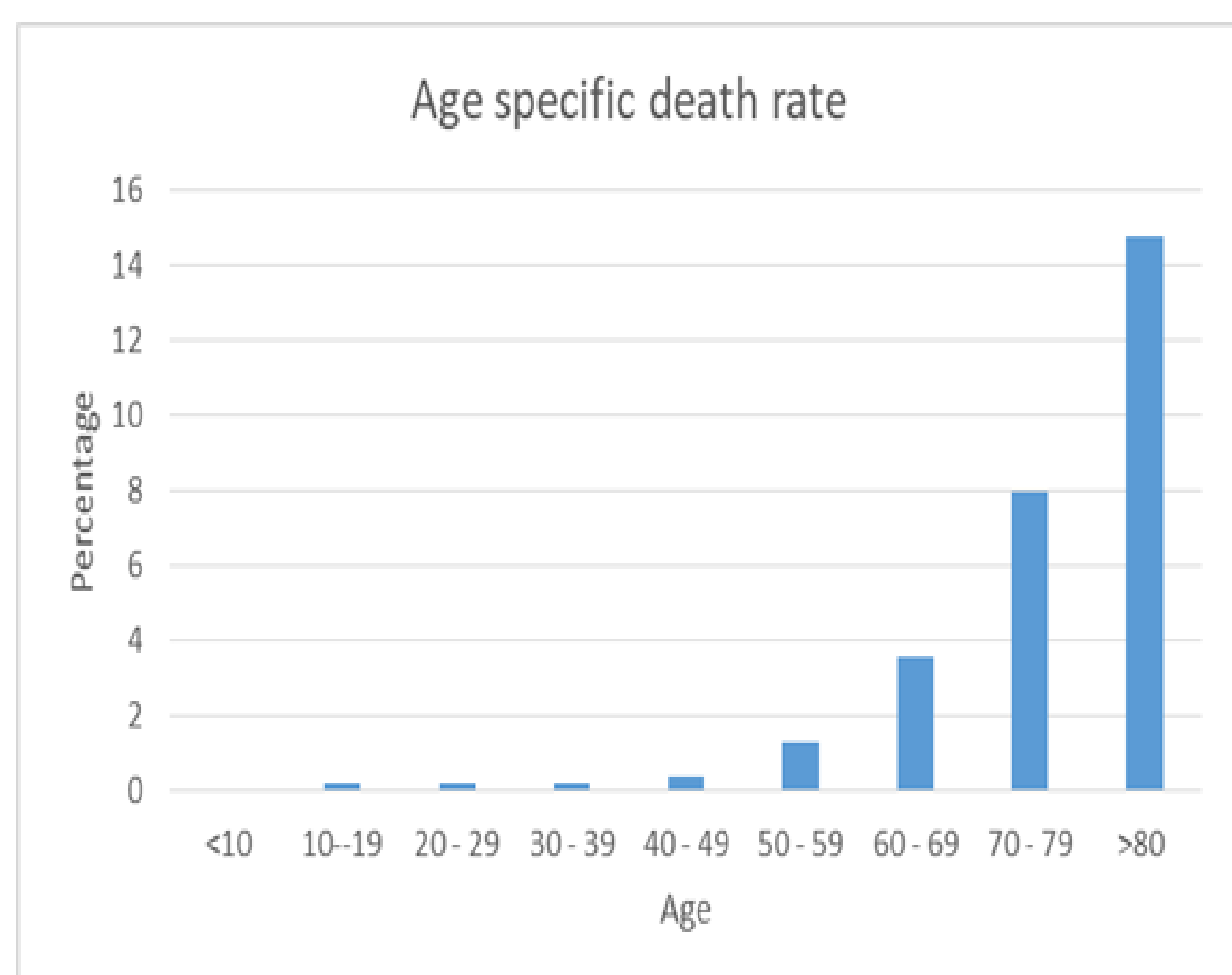


Dear senior citizens!

STAY AT HOME. DO NOT GO OUT during this period

10 Important Preventive Measures

- ❖ Try to self-isolate yourself from others as you are more vulnerable.
- ❖ Try to avoid regular clinics, replenish your medication from the closest pharmacy and use them without fail.
- ❖ Wash hands frequently for 20 seconds with soap and water especially after touching money and going out of home.
- ❖ Keep a distance of at least 3 feet when talking to another person.
- ❖ Avoid touching, kissing, hugging your children or grandchildren. Avoid touching others.
- ❖ Cover your mouth and nose with tissue when you cough.
- ❖ Discourage other people visiting your home and avoid gatherings.
- ❖ If you have to go out for unavoidable reasons use a face mask in crowded places.
- ❖ Drink warm water and hydrate yourself and avoid cold beverages.
- ❖ Eat a healthy diet, practice meditation, read books, sleep well, stay strong in mind and body.



More deaths reported among elders

Ensure adherence of healthy behaviour among older adults in Sri Lanka



SRI LANKAN ASSOCIATION OF GERIATRIC MEDICINE

For information call **1390**

