



STAYING SAFE AND HEALTHY DURING THE PANDEMIC

An Exclusively Designed Guide for Seniors



Health advisory for the senior population of India during COVID-19

With the arrival of Covid-19, we are all experiencing some degree of disruption to daily life. The Indian Government has taken several measures to contain the spread of COVID-19, including the nation-wide lockdown, It is critical for each one of us to not panic and to follow the regulations and take necessary measures and precautions to break the chain of transmission of the disease. With senior citizens being clearly identified as the most vulnerable to the virus, due to lower immunity levels and various comorbidities like hypertension, diabetes, chronic kidney issues and obstructive pulmonary diseases, extra caution is the need of the hour . However, COVID-19 transmission among the senior population can be reduced to a large extent by being vigilant and taking the following precautions:



DO's



- 1 Stay at home.** Avoid letting outsiders come home. If meeting someone is absolutely essential, then maintain a distance of **1.5 meters**.
- 2 Wash your hands and face** at regular intervals with soap and water. **Sanitize** your hands regularly
- 3** Sneeze and cough into a **tissue paper/handkerchief**., or the worse case into your elbow. Dispose of the tissue paper/ wash your handkerchief, immediately.
- 4** Ensure **proper nutrition** through home cooked fresh meals.

Keep yourself **hydrated** and drink fresh juices to boost your immunity.
- 5 Exercise and meditate** on a regular basis
- 6 Take your prescribed medicines regularly as per your doctors instructions**

- 7 Talk** to your family members (not staying with you), relatives, friends via call or video conferencing.
- 8** Take **guidance/online consultations** by making video calls to your doctor or via phone calls as well. Try to stay indoors as much as possible
- 9 Postpone** your elective surgeries (if any) like cataract surgery or total knee replacement.
- 10 Clean** frequently touched surfaces or objects with disinfectant regularly.
- 11 Monitor your health.** If you develop fever, cough and/or breathing difficulty, immediately contact the nearest health care facility and follow the medical advice rendered.
- 12** Follow only **government & verified news sources** for any information. Do not panic about anything and stay away from fake news that can cause stress.



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DON'Ts



1 Cough or sneeze into your bare hands or without covering your face.

2 Come in close contact with people, if you are suffering from fever and cough.

3 Touch your eyes, face, nose and tongue with unwashed hands.

4 Go near or interact with infected people or people with any symptoms

5 Self-medicate without proper advice

6 Shake hands or hug your friends, near and dear ones.

7 Go to the hospital for routine checkup or follow up.

(Online consultation with your doctor is the norm at these times)

8 Go to crowded places like parks, markets and religious places.

9. Go outdoors unless it is absolutely essential or an emergency



How to keep Corona out of your home

Life with the Coronavirus looming large means that you need to stay at home as much as possible – but you may by chance, need to make a trip to the grocery store or the pharmacy at some point. Download or print these precautions to make sure you don't bring any infection back home with you.

1 Have a Solid Plan in place



- Assign one person if possible to take care of all outdoor activities. This will limit the amount of time you need to spend out of your house
- Set up a disinfecting station – Have an designated area at home in a room with less activity where you can disinfect all packaged food.

2 When you do go outside



- Practice Social Distancing - Maintain a minimum distance of six feet from others.
- Wipe handles on carts or baskets while shopping.
- Wear gloves and a mask when you go out. Carry a sanitizer.

3 When you get back home



- Dispose the gloves the moment you get back.
- Wash your hands with soap and water for 20 seconds.
- Wipe your keys, phones, wallet etc that you have carried along with you.
- Disinfect all the boxes and packaged foods at your disinfecting station. Also ensure all milk packets, dosa batter packets are washed properly before use.
- Thoroughly wash vegetables and fruits in a bucket of vinegar and water before putting them in your kitchen.

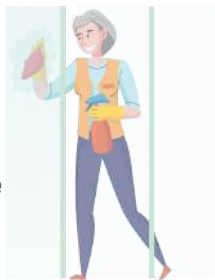


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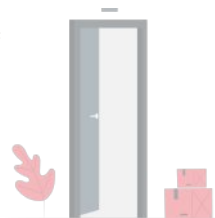
4 Disinfect Everything - Thats the New Mantra!!!

Disinfect everything you touch on a regular basis – doorknobs, light switches, keys, phones, keyboards, remotes, wallets etc. Use EPA-approved disinfectants (these include Clorox Disinfecting Wipes and certain Lysol sprays) and leave surfaces wet for 3-5 minutes.



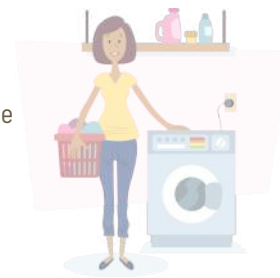
5 Home Delivery of Essentials and Mails

- Ask delivery workers to drop deliveries off on your doorstep or an area of your complex. Limit deliveries to only essentials
- If they need you to come to the door, maintain a distance of six feet or more from them
- Pay and tip online when possible. Avoid cash payments
- After you pick up mail from your mailbox, wash your hands.



6 Laundry

- Wash clothes, towels and linens regularly on the warmest setting possible.
- Don't shake dirty laundry to avoid dispersing the virus in the air.
- Make sure you change every item of clothing after you get back home from outside and wash in warm water.



7 Don't allow Guests/Delivery Boys inside the house

- Try to avoid guests coming over for a while.
- If you need to house a family member or friend, avoid shared living spaces as much as you can.
- If they need to enter shared living spaces, ask them to keep six feet of distance.



8 If someone in your home gets sick



- First, consult your doctor.
- Isolate them in another room and ask them to use a separate restroom.
- Disinfect frequently touched surfaces every day.
- Avoid sharing items with them.
- Wear gloves when washing their laundry.
- Continue to wash your hands frequently.
- Ask them to wear a face mask if they have one.
- Wear a mask yourself.

9 Supplies you'll need during these times

- EPA-approved disinfectants and sanitizers
- If you don't have disinfectants, make a bleach solution:
 - a. Mix four teaspoons bleach per quart of water; or b. Use a 70% alcohol solution
- Laundry detergent
- Trash bags
- Prescription medicines (try to get them online)
- Canned foods – fruits, veggies, beans
- Dry food items – breads, pastas, nuts & butter
- Frozen foods – meats, veggies, fruits



COVID-19: Diet to boost immunity in seniors

COVID-19 has thrown the world into disarray and the pandemic is causing a very worrying situation, where everyone is scared and is in self-isolation and quarantine. This highly contagious disease is very dangerous for the seniors as they have lowered immunity levels and are more likely to have other health concerns like diabetes, blood pressure, lung disease, or even heart disease that can lower their body's immunity.

Here are some of the biggest immunity enhancers for seniors.

1 Fruits and Vegetables



2 Staying Hydrated



3 Herbs - that are a Must!



4 Foods Rich in Vitamin E

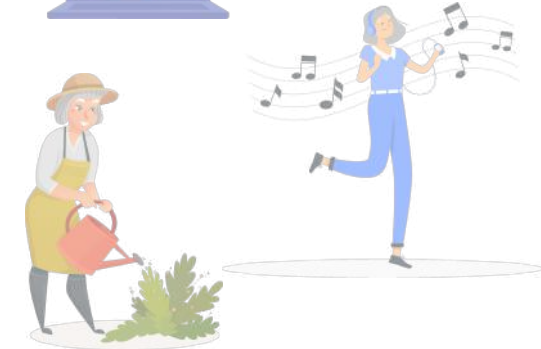
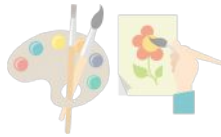


5 Yogurt



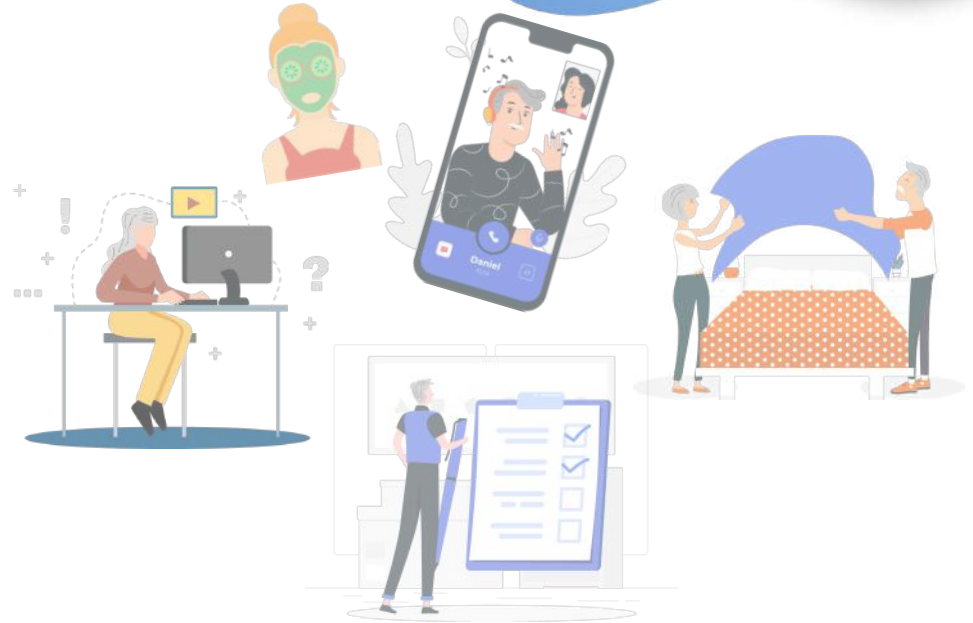
Engaging activities for seniors to try during the lockdown

- 1 Encourage positive thoughts by listening to Spiritual & Motivational Speakers from across the world.
- 2 Explore your creative side - Draw, Sing, Paint, Write
- 3 Phone Calls or Video Calls with friends and family
- 4 There are a lot of fun In-Room activities like carrom, chess and a variety of board games to keep your mind sharp and engaged.
- 5 Listen to Music, Watch a movie with your loved one
- 6 Indoor Gardening -Pursue the wonderful hobby of setting up an indoor garden



Engaging activities for seniors to try during the lockdown

- 7** Pamper yourself with some indoor beauty treatments
- 8** Make a Video of your hidden talents and share it with your friends or family.
- 9** Sign up for an online and learn something that you have always wanted to
- 10** Change up things a bit around the house, try a new look. Organize stuff.
- 11** Make a to do list of all the things you want to do once the lockdown is lifted



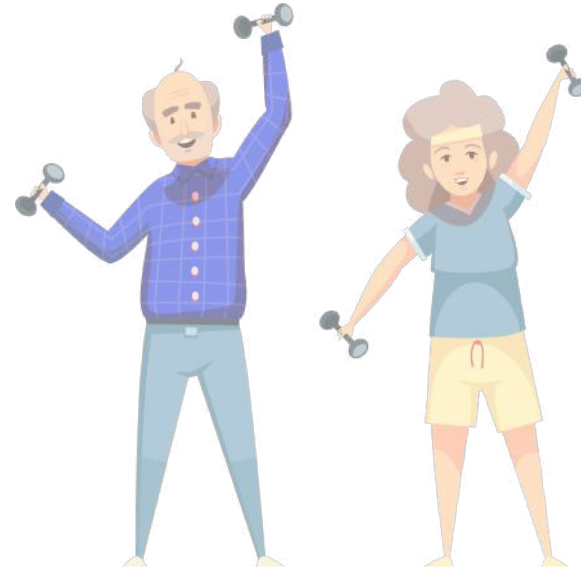
Exercises seniors can do at home

Not only does exercise help you feel better, but you may also look better and can enjoy a higher quality of life.

Exercise helps you continue to do many of the things you love and need to do.

Participating in regular physical activities will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression
- prevent falls



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Simple Exercises that seniors can try at home include -

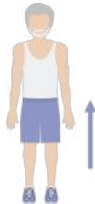
1 Chair Squats



2 Wall Push Ups



3 Toe Lifts



4 Hand and Finger Exercises



5 Head Turns



Yoga for Seniors

Regular yoga practice helps people of all age groups including the elderly. Seniors can practice simple yoga poses to keep the system in good shape. Yoga boosts strength and stamina and in general boosting your immunity. Below are some simple yoga poses that seniors may try at home

Seniors should perform yoga carefully. There are some suggested guidelines for practicing Yoga with active older adults:

- They should perform Yoga under the guidance of a yoga expert or a yoga instructor.
- Due care should be taken for body alignment and posture.
- Reduce the length of time for which yoga pose is maintained.
- Older participants may not have the strength required to hold the pose for a longer period of time .
- Whenever there is a stretch in a particular asana, care should be taken to relax the tension.
- Focus on poses, which stretch and strengthen areas, which are typically tight or weak in seniors.
- Do not perform a lot of complicated poses.



Yoga for Seniors

Best Yoga asanas for the elderly

1 Shavasana



2 Uttanapadasana



3 Naukasana



4 Pawanmuktasana



5 Ardha Shalabhasana



6 Shalabhasana



7 Bhujangasana



8 Makrasana



9 Anulom Vilom Pranayama



10 Bhrumri Pranayama



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**STAY
HOME**
STAY SAFE

We would love to hear your feedback on this initiative of ours, please feel free to share your suggestions and recommendations..

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