GOVERNMENT OF NAGALAND
DIRECTORATE OF HEALTH AND FAMILY WELFARE
NAGALAND::KOHIMA


ADVISORY

Sub: Protection of Senior Citizens aged above 60 years.

The senior citizens who are aged above 60 years and especially those with medical conditions are particularly susceptible to infections by COVID-19. In this connection, all concerned are requested to observe the advisory prepared by GOI for seniors citizens and their care givers on how to protect them from increased health risk during the COVID-19 pandemic, herein enclosed as Annexure.

( attraverso Z SUOKHRIE)
Principal Director
Dated Kohima, the 22nd April 2020.

Copy to:
1. The Commissioner and Secretary to the Governor of Nagaland, for kind information
2. The Addl Chief Secretary to Chief Minister, Nagaland, Kohima for kind information.
3. The Deputy Secretary to Chief Secretary, Nagaland, Kohima for kind information.
4. The Principal Secretary and Home Commissioner to the Government of Nagaland, Kohima for kind information.
5. The Principal Secretary to the Government of Nagaland, Health & Family Welfare Department, Kohima for kind information.
6. The Director, IPR Department for wide publicity.
7. All Deputy Commissioners/ Chief Medical Officers/ Medical Superintendents in Nagaland for information and necessary action and for Public Announcement.
8. Guard file/ Office copy.

( DR. VIZOLIE Z SUOKHRIE)
Principal Director
Advisory for Senior Citizens during COVID-19

Based on the Census 2011 age-cohort data, it is projected that there would be approximately 16 Crore Senior citizens (aged above 60 yrs) in the Country.

| Sr Citizens between age group 60-69 yrs | 8.8cr |
| Sr Citizens between age group 70-79 yrs | 6.4cr |
| Assisted elders (above 80 years or people who require medical assistance) | 2.8cr |
| Indigent elders (destitute who are homeless or deserted by the families) | 0.18cr |

Senior citizens above the age of 60 years face an increased risk in COVID times. This is an advisory for Senior Citizens and their caregivers on how to protect them from increased health risk during this period.

For whom is this?

- Aged 60 and above particularly those with following medical conditions
  - Chronic (long-term) respiratory disease, such as asthma, chronic obstructive pulmonary disease (COPD), bronchiectasis, post tuberculous sequelae, interstitial lung disease
  - Chronic heart disease, such as heart failure
  - Chronic kidney disease
  - Chronic liver disease, such as alcoholic, and viral hepatitis
  - Chronic neurologic conditions, such as Parkinson’s disease, stroke
  - Diabetes
  - Hypertension
  - Cancer
### Advisory for Senior Citizens who are mobile:

<table>
<thead>
<tr>
<th><strong>Do's</strong></th>
<th><strong>Don'ts</strong></th>
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</thead>
<tbody>
<tr>
<td>• Stay within the house all the time</td>
<td>• Come in close contact with someone who is displaying symptoms of coronavirus disease (fever/cough/breathing difficulty).</td>
</tr>
<tr>
<td>• Avoid having visitors at home</td>
<td>• Shake hands or hug your friends and near ones</td>
</tr>
<tr>
<td>• If meeting is essential, maintain a distance of 1 meter</td>
<td>• Go to crowded places like parks, markets and religious places</td>
</tr>
<tr>
<td>• If living alone, one can consider depending on healthy neighbours for acquiring essentials for home</td>
<td>• Cough or sneeze into your bare hands</td>
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<tr>
<td>• Avoid small and large gatherings at all cost</td>
<td>• Touch your eyes, face and nose</td>
</tr>
<tr>
<td>• Remain actively mobile within the house</td>
<td>• self-medicate</td>
</tr>
<tr>
<td>• consider doing light exercise and yoga at home</td>
<td>• Go to hospital for routine checkup or follow up. As far as possible make tele-consultation with your healthcare provider</td>
</tr>
<tr>
<td>• Maintain hygiene by washing hands. Especially before having meals and after using the washroom. This can be done by washing hands with soap and water for at least 20 seconds</td>
<td>• Invite family members and friends at home</td>
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<tr>
<td>• Clean frequently touched objects such as spectacles</td>
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<tr>
<td>• Sneeze and cough into tissue paper/handkerchief. After coughing or sneezing dispose of the tissue paper in a closed bin/wash your handkerchief and hands</td>
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<tr>
<td>• Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take fresh juices to boost immunity</td>
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<tr>
<td>• Take your daily prescribed medicines regularly.</td>
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<tr>
<td>• Monitor your health. If you develop fever, cough and/or breathing difficulty or any other health issue, immediately contact nearest health care facility and follow the medical advice</td>
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<tr>
<td>• Talk to your family members (not staying with you), relatives, friends via call or video conferencing, take help from family members if needed</td>
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<tr>
<td>• Due to Summer, avoid dehydration. Consume an adequate amount of water. (Caution for individuals with pre-existing Heart and Kidney disease)</td>
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</table>
### Advisory for caregivers of dependent senior citizens

<table>
<thead>
<tr>
<th>Do’s</th>
<th>Don’ts</th>
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</thead>
<tbody>
<tr>
<td>• Wash your hands before helping the older individual</td>
<td>• Go near senior citizens if suffering from fever/cough/breathing difficulty</td>
</tr>
<tr>
<td>• Cover nose and mouth adequately using a tissue or cloth while attending on the senior citizen</td>
<td>• Keep senior citizens completely bed-bound</td>
</tr>
<tr>
<td>• Clean the surfaces which are frequently used. These include a walking cane, walker, wheel-chair, bedpan etc</td>
<td>• Touch the Senior Citizen without washing hands</td>
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<tr>
<td>• Assist the older individual and help her/him in washing hands</td>
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<tr>
<td>• Ensure proper food and water intake by senior citizens</td>
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<tr>
<td>• Monitor his/her health</td>
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<tr>
<td>• Contact help-line if the older adult has the following symptoms:</td>
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<tr>
<td>o Fever, with or without body ache</td>
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<tr>
<td>o New-onset, continuous cough, shortness of breath</td>
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<tr>
<td>o Unusually poor appetite, inability to feed</td>
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### Advisory for senior citizens on mental well-being

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<thead>
<tr>
<th>Do’s</th>
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<tbody>
<tr>
<td>• Communicate with relatives at home</td>
<td>• Isolate yourself</td>
</tr>
<tr>
<td>• Communicate with neighbours, provided social distancing is followed, and gathering of people is avoided</td>
<td>• Confine oneself in a room</td>
</tr>
<tr>
<td>• Provide a peaceful environment</td>
<td>• Follow any sensational news or social media posts.</td>
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<tr>
<td>• Rediscover old hobbies like painting, listening to music, reading</td>
<td>• Spread or share any unverified news or information further</td>
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<tr>
<td>• Make sure to access and believe only the most reliable sources of information</td>
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<tr>
<td>• Avoid tobacco, alcohol and other drugs to avoid loneliness or boredom</td>
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<tr>
<td>• If you have an already existing mental illness, call helpline (08046110007)</td>
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<tr>
<td>• Contact helpline in case of</td>
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<tr>
<td>o Change in mental status, such as excessively drowsy during the day, not responding, speaking inappropriately</td>
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<tr>
<td>o New onset of inability to recognise relative which he/she could do before</td>
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