



Personal Safety Measures

TO BE TAKEN AT HOME DURING COVID-19

DURING QUARANTINE PERIOD



- ✓ Stay in a well ventilated single room with attached bathroom .
- ✓ Avoid contact with family members or cohabiters. Follow strict physical distancing norms.
- ✓ Avoid sharing any type of household items with other people at home.
- ✓ Maintain good personal hygiene.
- ✓ Follow quarantine measure for at least 14 days and update your health changes to frontline workers.

- ✓ Senior citizens (above 60 years) come under high risk category.
- ✓ Practice physical distancing but not social isolation.
- ✓ Help them to stay connected, feel involved, purposeful and less lonely.
- ✓ Regularly monitor them for symptoms
- ✓ Do not allow visitors at home.
- ✓ Postpone unnecessary medical visits.
- ✓ Setup emergency contacts and volunteers for help.

ELDERLY CARE DURING COVID-19



CHILD CARE DURING COVID-19



- ✓ Practice good hand hygiene.
- ✓ Teach children to cover their mouth when sneezing & coughing.
- ✓ Keep children engaged physically & intellectually.
- ✓ Encourage healthy food habits.
- ✓ Keep children away from large crowd.
- ✓ Keep the house and its premises clean.