The dreaded Coronavirus (Covid 19) is spreading fast across the world and the most susceptible and at risk are the elderly. HelpAge India is reaching out to them and their family & community, so they can take the necessary precautions, so that our elders remain safe and healthy. Most at risk are elders with underlying medical problems like high blood pressure, heart problems or diabetes. Here are some Do’s & Don’ts you must adhere to.

**Do’s**

- Wash your hands frequently with soap and water or an alcohol-based Sanitizer.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Cover your mouth and nose with tissue or your bent elbow when you cough or sneeze.
- Throw used tissue into a closed dustbin immediately.
- Stay at home if you are feeling unwell. If you have fever, cough, difficulty in breathing, seek medical attention immediately.

**Don’ts**

- Avoid close contact with anyone, if you have cough or fever.
- Avoid touching eyes, nose and mouth.
- Avoid gatherings.
- Do not spit in public.

**CORONAVIRUS: OLDER PEOPLE ARE AT HIGHER RISK!**

**SYMPTOMS**

Fever, tiredness, dry cough and some may have aches & pains, nasal congestion, runny nose, sore throat or diarrhoea.

**BE ALERT! BE SAFE!**

HelpAge India works for the cause and care of disadvantaged older persons to improve their quality of life.