

Guidance Resources for Taking Care of Vulnerable Populations at Home



Persons above age 60
(Source: WHO)*



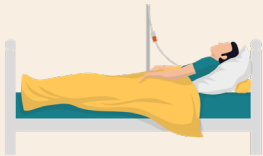
Children below age 10



Pregnant women



People with chronic illnesses



Immunocompromised persons



Persons with disabilities



Persons with developmental and behavioural challenges

*However, all age groups are at risk and are advised to take heightened precautions.

Guidance for vulnerable populations



- Stay indoors as far as possible.
- Avoid contact with visitors.
- Follow all hand hygiene protocols and wash hands frequently.



- Regularly disinfect frequently-used objects and surroundings.



- Meditate regularly. If you exercise, consult your doctor prior to this.

- Eat nutritious food and stay hydrated.

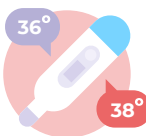
- Stay emotionally connected with loved ones.



- For any mental or emotional stress, contact a counsellor or therapist.

Guidance for caregivers of vulnerable populations

- Ensure that you remain healthy. Do not expose yourself to unnecessary risks.



- Monitor the health of those under your care closely. Do not delay getting emergency care for underlying conditions.

- Ensure that those under your care receive the necessary medical care in a timely manner.



- Stock up prescription and non-prescription medicines for at least two weeks.



- Help those under your care remain connected with loved ones.

- Assist those under your care whenever they need it.



- Use JioHealthHub to continue with any regular check-ups with doctors

- Keep bathroom floors dry and switch on night lamps to prevent falls.

- Get adequate rest to remain healthy.

- Create a contact list of backup caregivers.

Additional guidance for caregivers of those with disabilities or developmental and behavioural challenges

- Check with organizations that support people with developmental and behavioural disorders for communication tools and other resources related to COVID-19. For more guidance, visit “Caring for People with Disabilities” and “Guidance for Direct Service Providers, Caregivers, Parents, and People with Developmental and Behavioural Disorders” on the CDC website.



- Be mindful of their extra needs in following the necessary safety and hygiene measures, such as helping with wearing a mask or face coverings.
- Consider if cleaning and disinfecting surfaces may affect those with sensory or respiratory issues.

References:

1. Ministry of Health and Family Welfare, Government of India
2. National Centre for Disease Control, Government of India
3. Department of Geriatric Medicine, AIIMS
4. Ministry of Social Justice and Empowerment, Government of India
5. US Centers for Disease Control and Prevention
6. The World Health Organisation

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