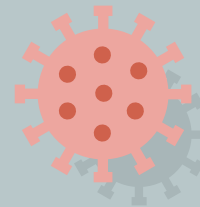


# Prevention of COVID-19 – Seniors



**For seniors and aged person, please follow these steps**



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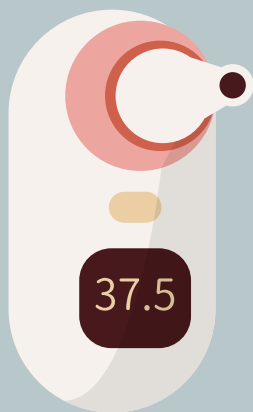
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# Prevention of COVID-19 – Seniors

## Three Steps Before Going Out

Don't go out unless  
it is necessary

1



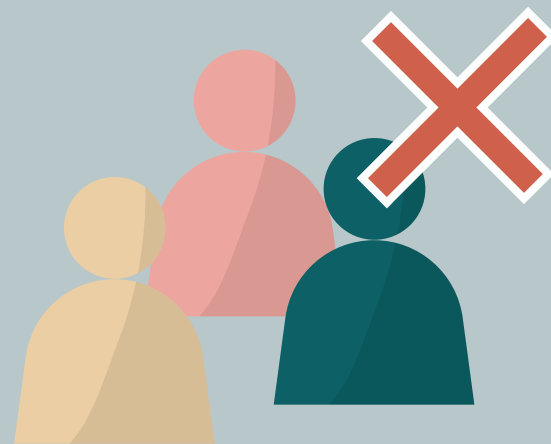
Measure body **temperature**  
and assess your body's  
condition

2



**Prepare masks and hand  
sanitizers** needed for the day

3



Plan the route and  
**avoid** crowded places



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# Prevention of COVID-19 – Seniors

## What to do **on the way-1**

Wear masks at full time when riding public transportation

### Walking



When walking, **maintain at least 1m distance** from others

### Public transportation



**Avoid** touching vehicle interior, stand steadily, and carry walking aids when necessary

### Private vehicle



**Mask** is still recommended when riding private vehicles



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# Prevention of COVID-19 – Seniors

## What to do **on the way**-2

### Taxi



Open the window for **ventilation** and take caution of hand hygiene

### BUS



Wear **masks** at all time and avoid touching vehicle interior

### Train and High Speed Rail



Use hand sanitizers and **avoid touching** the interior



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# Prevention of COVID-19 – Seniors

## What to do when entering and exiting the MRT stations

Before entry



Wear **mask** correctly

Car interior,  
escalator and elevator



**Have one hand** firmly holding onto the hand rail or strap, and avoid touching the eyes, mouth and nose

After exiting station



Immediately **disinfect** both hands



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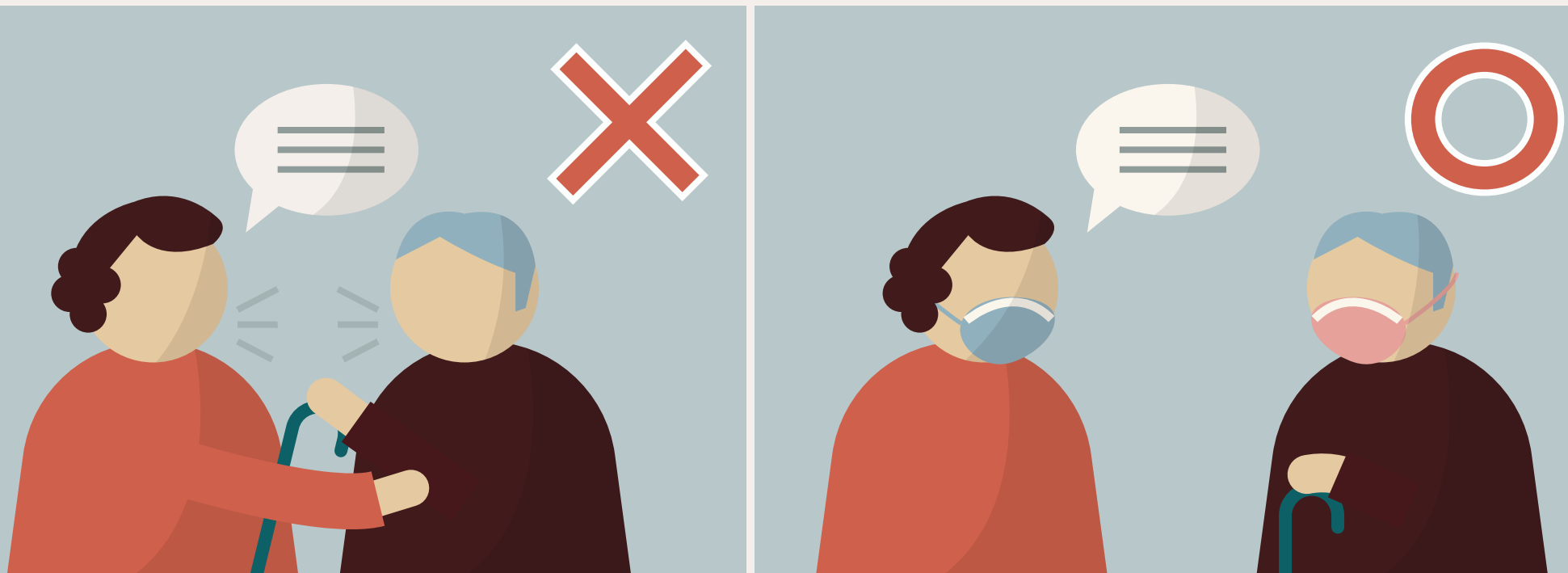


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# Prevention of COVID-19 – Seniors

## What to do when waiting in line for mask purchase, medical visit or shopping



When waiting in line, **avoid** chatting or close contact.  
If talking is needed, talk through the **mask**



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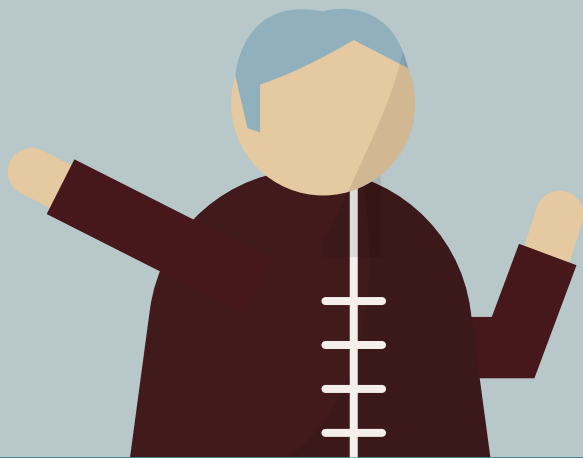
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# Prevention of COVID-19 – Seniors

## What to do **for recreations**

Avoid going to crowded places or closed spaces

### Exercise



Exercise at home or in the **open spaces** in the community

### Singing or playing Mahjong



Avoid crowd gathering activities during the pandemic period

### Avoid visiting friends and relatives



Avoid visiting friends and relatives Use **video chat** software or **telephone** to catch up with others



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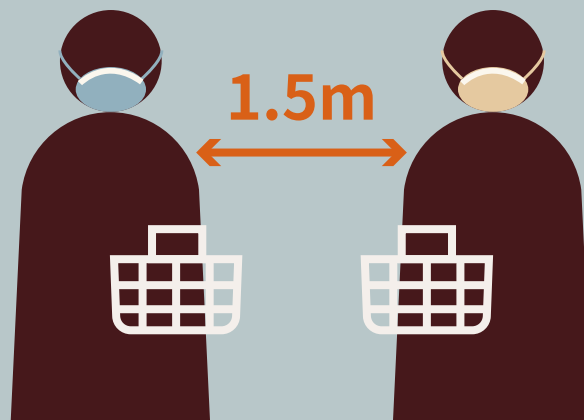
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# Prevention of COVID-19 – Seniors

## What to do **when grocery shopping**



Have a purchase list **ready** and have changes, MRT Easy Cards or credit cards ready



Maintain **1m distance from others at outdoors**, and **1.5m** distance at indoors



After returning home, **the shopping cart** should be placed in a well ventilated area



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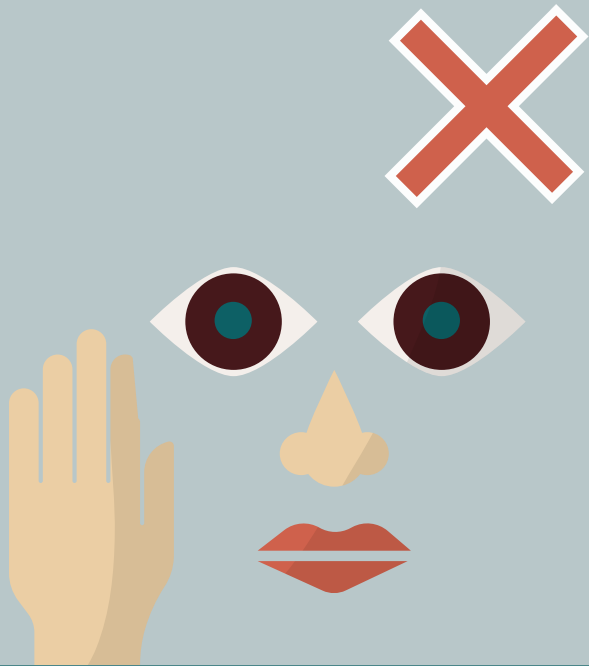
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# Prevention of COVID-19 – Seniors

Avoid prolonged staying  
in public places

**Avoid the following when grocery shopping at market**



Avoid touching **eyes, nose and mouth**



Avoid touching **stray animals, garbage and waste fluids** in the market



Avoid directly touching **animal products**



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# Prevention of COVID-19 – Seniors

## What to do when picking up or dropping off grandchildren

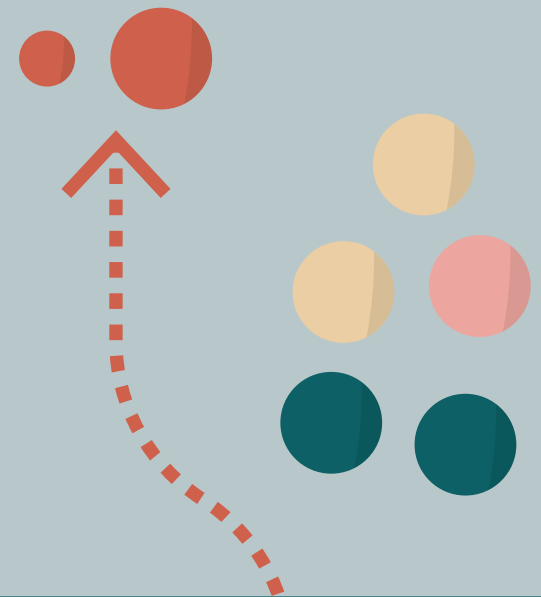
Have hand sanitizer or ethanol ready



Be at the school **on time** to avoid long waiting



Disinfect hands of **yourself and grandchildren** before touching them



Choose different routes to avoid **crowds** when going home



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# Prevention of COVID-19 – Seniors

## Three Steps **after Returning Home**

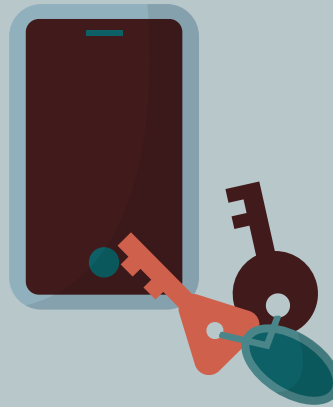
Maintain ventilation  
and sanitation

1



After removing mask,  
**wash hands and  
disinfect**

2



**Disinfect** personal  
items such as cell  
phone or keys

3



After changing out from  
the outdoor clothing, fold  
in reverse and do not  
shake the clothing



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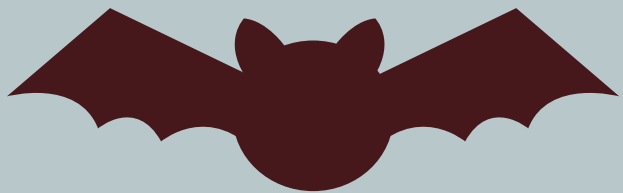
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# Prevention of COVID-19 – Seniors

## What to do **when cooking-1**

1 X



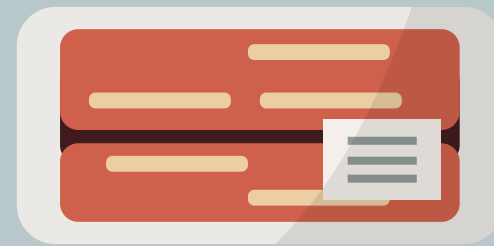
Do not eat **wild animals** and related products

2



Wash and disinfect hands **before and after** handling food ingredients

3



Make sure the packaging of the purchased food ingredients are **intact**



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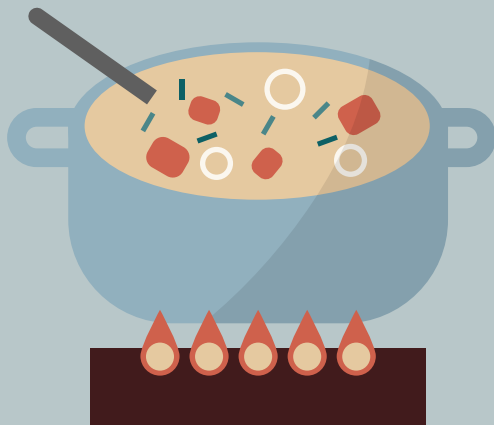
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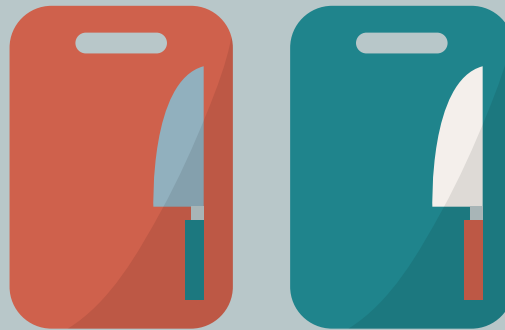
## What to do **when cooking** - 2

4



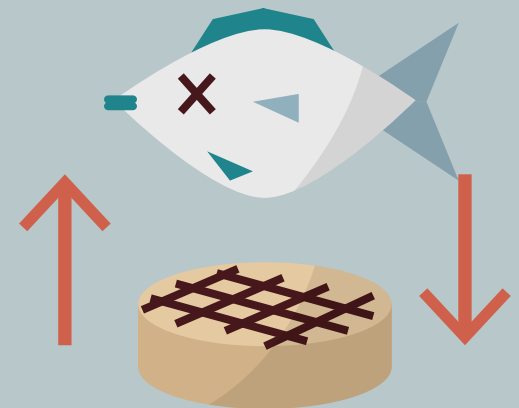
**Fully cook** meats, eggs and milk before eating

5



**Separate** the cutting boards and cutlery for use with raw foods from cooked foods

6



Wash hands in between handling of **raw** and **cooked** foods



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# Prevention of COVID-19 – Seniors

## Do not interrupt **chronic prescriptions**

Continue to regularly take medicine, do not stop the medication on your own



You may go to the community NHI pharmacy to pick up your chronic disease medication if you holds a refill prescription



Wear masks **during clinical** visits. Change clothing and wash hands after returning home



Reduce the **time** spent in the hospital to lower the risk of infection



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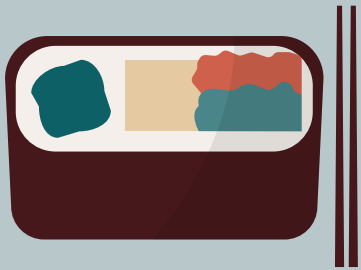


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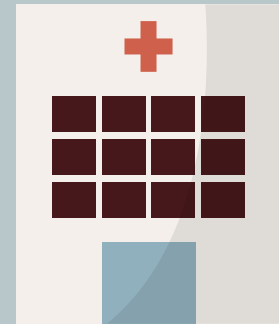
## When to wash hands



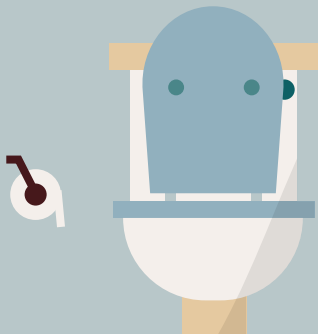
**Before eating**



**Before touching children**



**Before and after going to the doctors**



**After using the toilet**



**Cover mouth during coughing,  
or after using tissue paper to  
blow your nose**



**After returning home  
from outside**



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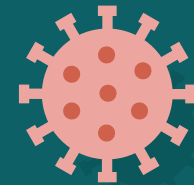
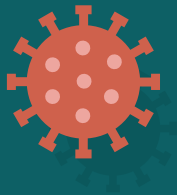


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# You and I Can Excel At Prevention of Covid-19



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