

R. Subrahmanyam, IAS
Secretary



Ministry of Social Justice and Empowerment
Department of Social Justice & Empowerment
Government of India

D.O. No.Secy(SJE)/SD/2020/214513

Date: 13.4.2020

Subject: Advisory for protection of senior citizens aged above 60 years.

Dear Chief Secretary,

The Senior Citizens who are aged above 60 years and especially those with medical conditions are particularly susceptible to infections during the COVID times. MSJE alongwith Ministry of Health & Family Welfare and Department of Geriatric Medicine, AIIMS Delhi has prepared an Advisory to be followed by all the senior citizens and their care givers during these times.

I would request that this Advisory is widely publicised in all the districts, in all institutions working for senior citizens and through NGOs who are working in this area.

With regards,

Yours sincerely,

Encl: As above


(R. Subrahmanyam)

Chief Secretary of States/UTs



**Ministry of Social Justice and
Empowerment,
Government of India**



**Department of Geriatric
Medicine AIIMS,
New Delhi**

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:

Do's	Don'ts
<ul style="list-style-type: none"> • Stay within the house all the time • Avoid having visitors at home • If meeting is essential, maintain a distance of 1 meter • If living alone, one can consider depending on healthy neighbours for acquiring essentials for home • Avoid small and large gatherings at all cost • Remain actively mobile within the house • consider doing light exercise and yoga at home • 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 • Clean frequently touched objects such as spectacles • 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 • Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take fresh juices to boost immunity • Take your daily prescribed medicines regularly. • 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 • Talk to your family members (not staying with you), relatives, friends via call or video conferencing, take help from family members if needed 	<ul style="list-style-type: none"> • Come in close contact with someone who is displaying symptoms of coronavirus disease (fever/cough/breathing difficulty). • Shake hands or hug your friends and near ones • Go to crowded places like parks, markets and religious places • Cough or sneeze into your bare hands • Touch your eyes, face and nose • self-medicate • Go to hospital for routine checkup or follow up. As far as possible make tele-consultation with your healthcare provider • Invite family members and friends at home
<ul style="list-style-type: none"> • Due to Summer, avoid dehydration. Consume an adequate amount of water. (Caution for individuals with pre-existing Heart and Kidney disease) 	

Advisory for caregivers of dependent senior citizens

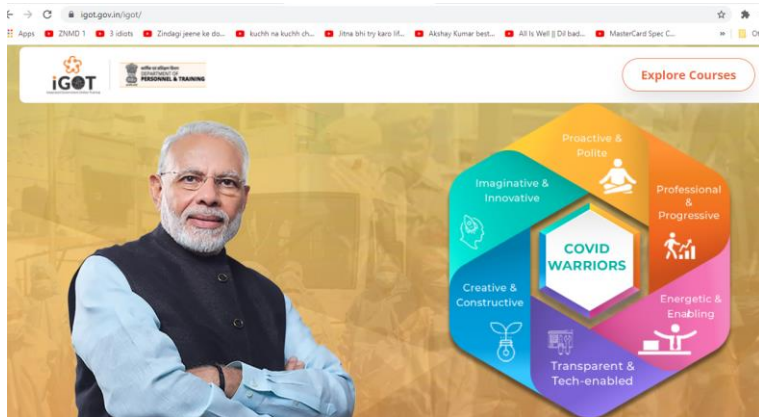
Do's	Don'ts
<ul style="list-style-type: none"> • Wash your hands before helping the older individual • Cover nose and mouth adequately using a tissue or cloth while attending on the senior citizen • Clean the surfaces which are frequently used. These include a walking cane, walker, wheel-chair, bedpan etc • Assist the older individual and help her/him in washing hands • Ensure proper food and water intake by senior citizens • Monitor his/her health 	<ul style="list-style-type: none"> • Go near senior citizens if suffering from fever/cough/breathing difficulty • Keep senior citizens completely bed-bound • Touch the Senior Citizen without washing hands <input type="checkbox"/>
<ul style="list-style-type: none"> • Contact help-line if the older adult has the following symptoms: <ul style="list-style-type: none"> ○ Fever, with or without body ache ○ New-onset, continuous cough, shortness of breath ○ Unusually poor appetite, inability to feed 	

Advisory for senior citizens on mental well-being

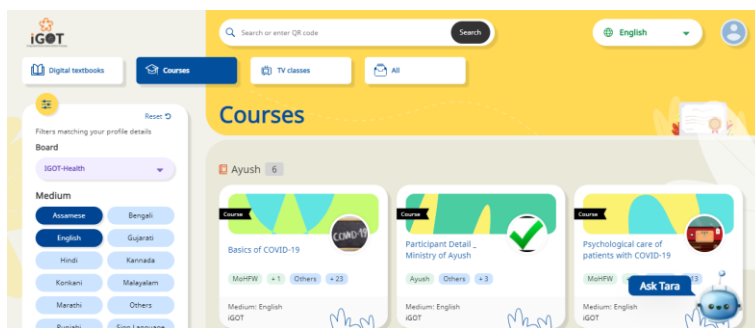
Do's	Don'ts
<ul style="list-style-type: none"> • Communicate with relatives at home • Communicate with neighbours, provided social distancing is followed, and gathering of people is avoided • Provide a peaceful environment • Rediscover old hobbies like painting, listening to music, reading • Make sure to access and believe only the most reliable sources of information • Avoid tobacco, alcohol and other drugs to avoid loneliness or boredom • If you have an already existing mental illness, call helpline (08046110007) 	<ul style="list-style-type: none"> • Isolate yourself • Confine oneself in a room • Follow any sensational news or social media posts. • Spread or share any unverified news or information further
<ul style="list-style-type: none"> • Contact helpline in case of <ul style="list-style-type: none"> ○ Change in mental status, such as excessively drowsy during the day, not responding, speaking inappropriately ○ New onset of inability to recognise relative which he/she could do before 	

Registration and Course Completion Process on www.igot.gov.in as on May 15th, 2021

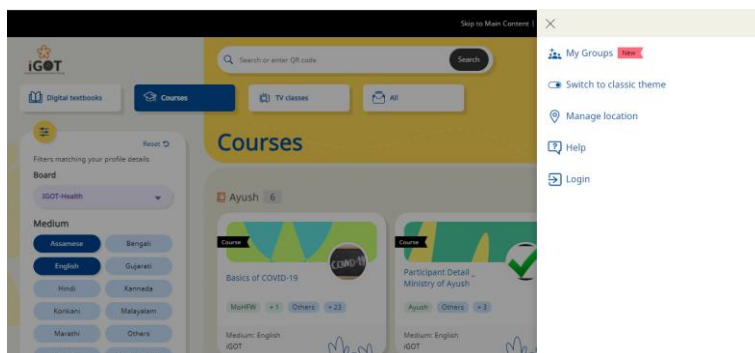
1. Click on the link www.igot.gov.in



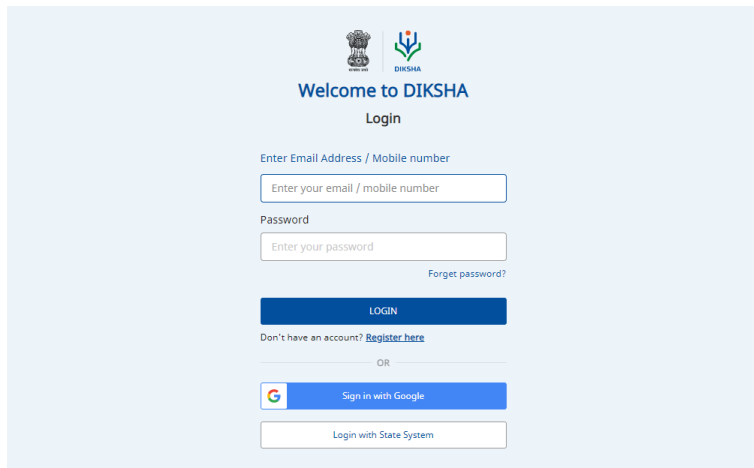
2. Click on Explore courses



3. Click on login in left side of screen

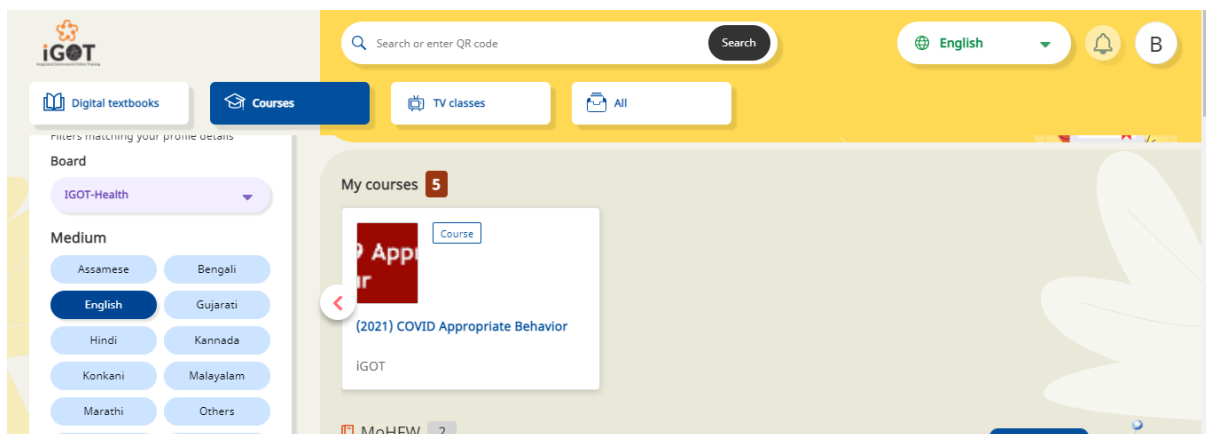


4. Register with E mail id and phone number or your gmail id.



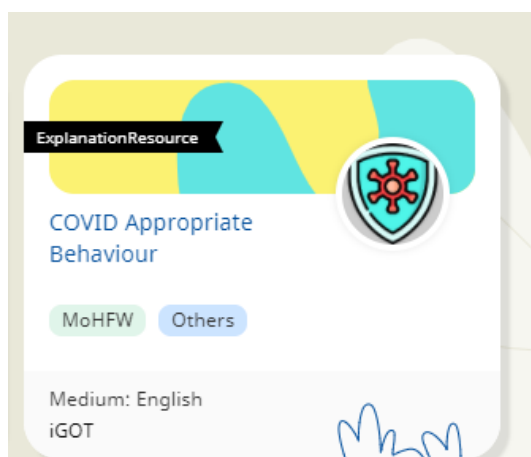
5. Type this link in url

https://igot.gov.in/learn/course/do_31328341559236198415310/batch/01328749041657446440 or choose the course **2021 COVID Appropriate Behaviour**

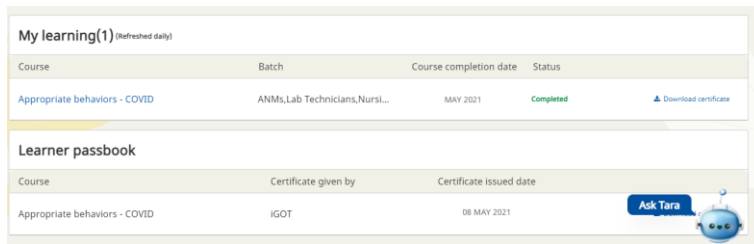


6. Finish the modules as per the directions given on website and watch this presentation for English translation.

https://igot.gov.in/learn/course/do_31328341559236198415310/batch/01328749041657446440



7. Download your certificates from profile button on homepage.



The screenshot shows two sections of a profile page. The first section is titled 'My learning(1) (Refreshed daily)' and contains a table with the following data:

Course	Batch	Course completion date	Status
Appropriate behaviors - COVID	ANMs,Lab Technicians,Nursi...	MAY 2021	Completed

The second section is titled 'Learner passbook' and contains a table with the following data:

Course	Certificate given by	Certificate issued date
Appropriate behaviors - COVID	IGOT	08 MAY 2021

There is a 'Download certificate' link next to the first row of the 'My learning' table and an 'Ask Tara' button with a robot icon next to the first row of the 'Learner passbook' table.

Take screenshot of “My learning” section of profile page

8. Upload all certificates/ My learning screen shot on Digipaathshala (Assignment upload-Unit 3.)



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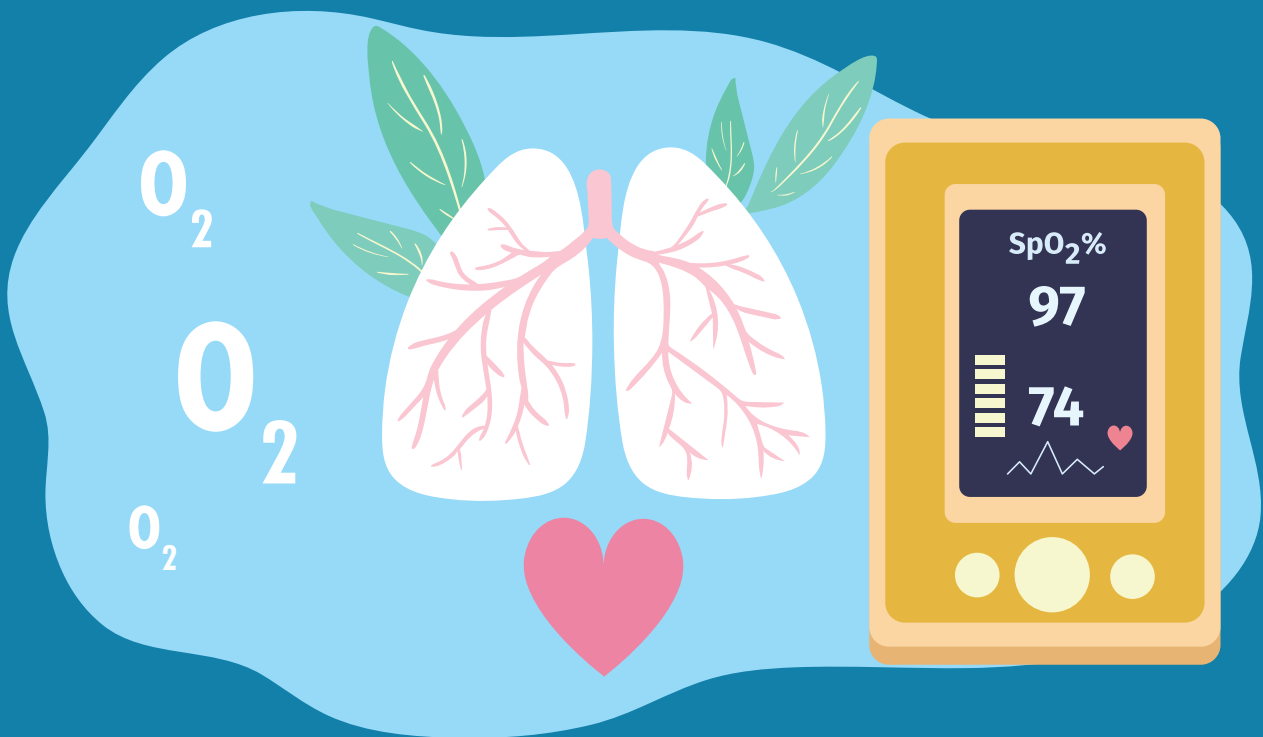
REVISED GUIDELINES FOR HOME ISOLATION OF MILD/ASYMPTOMATIC COVID-19 CASES



BACKGROUND

The guidelines are in supersession to the guidelines issued on the subject on **2nd July, 2020**.

As per the guidelines, the patients who are clinically assigned to be **mild/asymptomatic** are **recommended for home isolation**.



ASYMPTOMATIC CASES/MILD CASES OF COVID-19

The asymptomatic cases are laboratory confirmed cases not experiencing any symptoms and having oxygen saturation at room air of more than 94%.

Clinically assigned mild cases are patients with upper respiratory tract symptoms (&/or fever) without shortness of breath and having oxygen saturation at room air of more than 94%.

PATIENTS ELIGIBLE FOR HOME ISOLATION



The patient should be clinically assigned as mild/ asymptomatic case by the treating Medical Officer.



Such cases should have the requisite facility at their residence for self-isolation and for quarantining the family contacts.



A care giver should be available to provide care on 24x7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.



Elderly patients aged more than 60 years and those with co-morbid conditions such as Hypertension, Diabetes, Heart disease, Chronic lung/liver/ kidney disease, Cerebro-vascular disease etc shall only be allowed home isolation after proper evaluation by the treating medical officer.



Patients suffering from immune compromised status (HIV, Transplant recipients, Cancer therapy etc.) are not recommended for home isolation and shall only be allowed home isolation after proper evaluation by the treating medical officer.



The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.



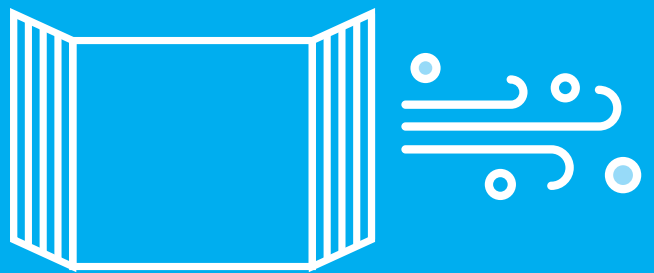
In addition, the guidelines on home-quarantine for other members available at:
<https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>, shall be also followed.

INSTRUCTIONS FOR THE PATIENT

Patient must isolate himself from other household members, stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.



The patient should be kept in a well-ventilated room with cross ventilation and windows should be kept open to allow fresh air to come in.



Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled. In the event of care giver entering the room, both care giver and patient may consider using N 95 mask

8 hrs



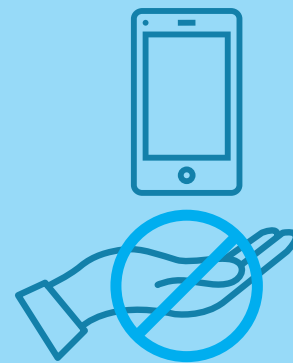
Mask should be discarded only after disinfecting it with 1% Sodium Hypochlorite.



Patient must take rest and drink lot of fluids to maintain adequate hydration.



Don't share personal items with other people.



Follow respiratory etiquettes all the time.



Frequent hand washing with soap and water for at least 40 seconds or clean with alcohol-based sanitizer.



Ensure cleaning of surfaces in the room that are touched often (tabletops, doorknobs, handles, etc.) with 1% hypochlorite solution



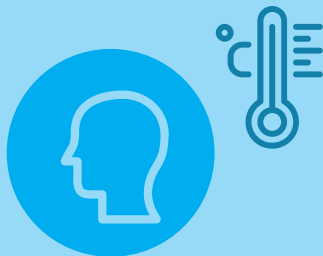


Self-monitoring of blood oxygen saturation with a pulse oximeter is strongly advised.



OXIMETER RECORDING

- Turn on the Pulse Oximeter. Ensure digits are visible in the screen
- Insert middle finger correctly within the Oximeter. Allow few seconds for the Pulse Oximeter to detect the pulse and display the oxygen saturation (SpO₂)
- Take the reading and fill in the Form-1
 - ◊ Normal: SpO₂ should be 95% or above
 - ◊ If SpO₂ below 95 %, then person should be immediately referred to the supervisor/medical officer
- Clean finger with sanitizer or alcohol-based wipe for every person before use
- To avoid wrong reading, do not test on fingers with nail polish



The patient will self-monitor his/her health with daily temperature monitoring and report promptly if any deterioration of symptom as given below is noticed.

THERMAL SCREENING



Turn on the THERMAL GUN and ensure it records correct temperature

- Keep the THERMAL GUN at the palm's distance (6 inches) from the forehead and press the button to record the temperature
- Read the "Number on the Screen" and fill the reading in FORM-1. Repeat this exercise for all family members
- **FEVER: Any temperature of 100.4 F (38° Celsius) or greater is considered as fever**
- Clean THERMAL GUN with sanitizer or alcohol-based wipe when the GUN is handed over to someone else

MONITORING CHART

Day of symptoms and time (every 4 hourly)	Temp.	Heart rate (from pulse oximeter)	SpO2 % (from pulse oximeter)	Feeling (better /same/worse)	Breathing (better /same/worse)

Monitor your health for 10 Days using this chart.

INSTRUCTIONS FOR CARE-GIVERS

MASK



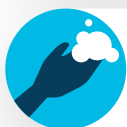
The caregiver should wear a triple layer medical mask. **N95 mask may be considered** when in the same room with the ill person.



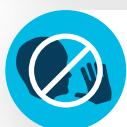
Front portion of the **mask should not be touched** or handled during use.



If the mask gets wet or dirty with secretions, **it must be changed immediately.**



Discard the mask after use and perform hand hygiene after disposal of the mask.




He/she should **avoid touching own face, nose or mouth.**

HAND HYGIENE

HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



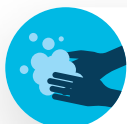
9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



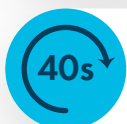
11 Your hands are now safe.



Hand hygiene must be ensured following contact with ill person or his immediate environment.



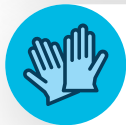
Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, **and whenever hands look dirty.**



Use soap and water for **hand washing at least for 40 seconds.** Alcohol-based hand rub can be used, if hands are not visibly soiled.



After using soap and water, **use of disposable paper towels to dry hands is desirable.** If not available, use dedicated clean cloth towels and replace them when they become wet.



Perform hand hygiene **before and after removing gloves.**

EXPOSURE TO PATIENT/PATIENT'S ENVIRONMENT



Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions.



Use disposable gloves while handling the patient.



Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).



Food must be provided to the patient in his room. Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves. The utensils and dishes may be re-used.



Clean hands after taking off gloves or handling used items. Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.

BIOMEDICAL WASTE DISPOSAL



Effective waste disposal shall be ensured so as to prevent further spread of infection within household. The waste (masks, disposable items, food packets etc.) should be disposed of as per CPCB guidelines

(available at:

http://cpcbenviis.nic.in/pdf/1595918059_mediaphoto2009.pdf)

TREATMENT FOR PATIENTS WITH MILD/ASYMPTOMATIC DISEASE IN HOME ISOLATION

- 1 Patients must be in communication with a treating physician and promptly report in case of any deterioration.
 - 2 Continue the medications for other co-morbid illness after consulting the treating physician.
 - 3 Patients to follow symptomatic management for fever, running nose and cough, as warranted.
 - 4 Patients may perform warm water gargles or take steam inhalation twice a day.
 - 5 If fever is not controlled with a maximum dose of Tab. Paracetamol 650mg four times a day, consult the treating doctor who may consider advising other drugs like non-steroidal anti-inflammatory drug (NSAID) (ex: Tab. Naproxen 250 mg twice a day).
 - 6 Consider Tab Ivermectin (200 mcg/kg once a day, to be taken empty stomach) for 3 to 5 days.
 - 7 Inhalational Budesonide (given via inhalers with spacer at a dose of 800 mcg twice daily for 5 to 7 days) to be given if symptoms (fever and/or cough) are persistent beyond 5 days of disease onset.
- 8 The decision to administer Remdesivir or any other investigational therapy must be taken by a medical professional and administered only in a hospital setting. Do not attempt to procure or administer Remdesivir at home.**
- 9 Systemic oral steroids not indicated in mild disease. If symptoms persist beyond 7 days (persistent fever, worsening cough etc.) consult the treating doctor for treatment with low dose oral steroids.
 - 10 In case of falling oxygen saturation or shortness of breath, the person should require hospital admission and seek immediate consultation of their treating physician/surveillance team.

WHEN TO SEEK MEDICAL ATTENTION

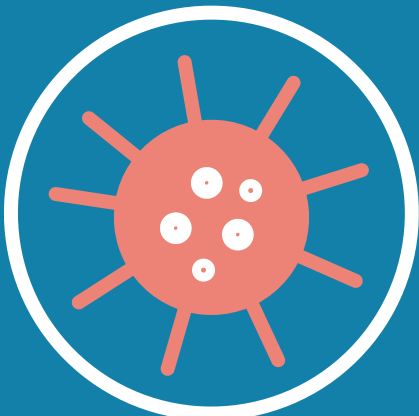
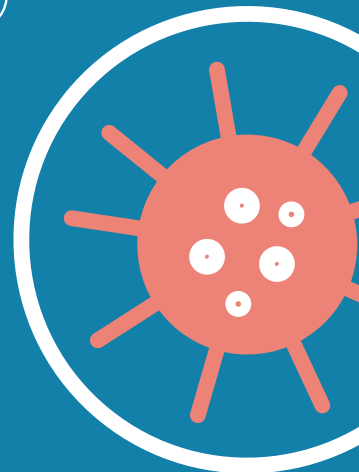
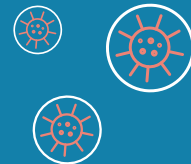
Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include

- i. **Difficulty in breathing,**
- ii. **Dip in oxygen saturation
(SpO2 < 94% on room air)**
- iii. **Persistent pain
pressure in the chest,**
- iv. **Mental confusion or
inability to arouse**



WHEN TO DISCONTINUE HOME ISOLATION

Patient under home isolation will stand discharged and end isolation after at least 10 days have passed from onset of symptoms (or from date of sampling for asymptomatic cases) and no fever for 3 days. There is no need for testing after the home isolation period is over.



ROLE OF STATE/DISTRICT HEALTH AUTHORITIES

- 1 States/ Districts should monitor all cases under home isolation.
- 2 The health status of those under home isolation should be monitored by the field staff/surveillance teams through personal visit along with a dedicated call centre to follow up the patients on daily basis.
- 3 The clinical status of each case shall be recorded by the field staff/call centre (body temperature, pulse rate and oxygen saturation). The field staff will guide the patient on measuring these parameters and provide the instructions (for patients and their care givers). This mechanism to daily monitor those under home isolation shall be strictly adhered to.
- 4 Details about patients under home isolation should also be updated on COVID-19 portal and facility app (with DSO as user). Senior State and District officials should monitor the records updation.
- 5 A mechanism to shift patient in case of violation or need for treatment has to be established and implemented. Sufficient dedicated ambulances for the same shall be organised. Wide publicity for the same shall also be given to the community.
- 6 All family members and close contacts shall be monitored and tested as per protocol by the field staff.
- 7 Patient on home isolation will be discharged from treatment as indicated above. These discharge guidelines shall be strictly adhered to.