

1790569/2020/WS-WS(II)- SC/ST WING
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

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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 |
| <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 | |

AJAY BHALLA, IAS



गृह सचिव
Home Secretary
भारत सरकार
Government of India
North Block,
New Delhi

D.O. No. 40-3/2020-DM-1(A)

29th June, 2020

Dear *Chief Secretary,*

Kindly refer to Ministry of Home Affairs (MHA)'s Order of even number issued today whereby new guidelines for phased re-opening, Unlock 2, for opening up of more activities in areas outside the Containment Zones have been issued.

2. As stipulated in the Unlock 1 Order and guidelines issued on 30.05.2020, certain activities, i.e., religious places and places of worship for public; hotels, restaurants and other hospitality services; and shopping malls; have been permitted outside the containment zones from Jun 8, 2020, and the detailed standard operating procedures (SOPs) have also been issued. In Unlock 2, which will come into effect from July 1, 2020, the process of phased re-opening of activities has been extended further. Lockdown, however, shall continue to be implemented strictly in the containment zones till 31 July, 2020 with strict perimeter control and strict enforcement of containment measures as per guidelines of the Ministry of Health & Family Welfare (MOHFW).

3. As per the practice, the guidelines on Unlock 2 are based on feedback received from States and UTs, and consultations held with the related Central Ministries and Departments. After extensive consultations, it has been decided that schools, colleges and coaching institutions will remain closed till July 31, 2020. Government training institutions will be opened from July 15, 2020; night curfew will continue with relaxation in timings and with more permitted activities; and shops, depending upon space available, can have more than 5 persons at a time, while maintaining adequate physical distance among customers. Domestic flights and passenger trains have already been allowed in a limited manner. Their operations will be further expanded in a calibrated manner. Further dates for opening up of the remaining prohibited activities will be decided separately, based on the assessment of the situation.

4. As emphasized in my earlier D.O. letters, I would like to reiterate again that States/Union Territories cannot dilute restrictions imposed vide the aforesaid guidelines issued by MHA. States/UTs, based on their assessment of the situation, may prohibit certain activities in areas outside containment zones, or impose such restrictions as deemed necessary. However, there shall be no restriction on inter-State and intra-State movement of persons and goods including those for cross land-border trade under Treaties with neighbouring countries. No separate permission/ approval/ e-permit will be required for such movements.

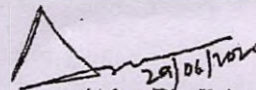
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5. I would urge you to ensure compliance of the Unlock 2 guidelines and direct all authorities concerned for their strict implementation. Further, guidelines issued by MHA, and consequent Orders issued by the respective State Governments / UT Administrations should be widely disseminated to the field functionaries for implementation and to the public for awareness and compliance.

With regards,

Yours sincerely,


(Ajay Bhalla)

Chief Secretaries of All States
(As per Standard List attached)