

## ANNEX B

### SUMMARY OF PRECAUTIONARY MEASURES FOR SENIORS

#### For Seniors

- Seniors should stay home.
  - For essential activities like grocery shopping, ask your family members and neighbours to help you instead.
  - Wash hands with soap and water frequently.
  - If you are unwell, seek medical attention from the nearest Public Health Preparedness Clinic (PHPC) immediately, regardless of the severity of symptoms. Do not doctor hop.
  
- If you must go out, take precautions:
  - Keep a safe distance from others and return home as soon as possible.
  - Wear a mask at all times.
  - Avoid crowded places like wet markets.
  
- If you are returning to work:
  - If you are taking public transport to work, keep a safe distance from other commuters.
  - Maintain a safe distance from your co-workers when at work.
  - Dine alone at meal times.
  - Return home immediately after work.
  - Do not go to work if you feel unwell.
  
- Make the most of your time at home. Stay active with a wide range of digital resources.
  - Engage in TV-based or online-based activities like sing-along sessions, exercises, and cooking demonstrations.
  - Stay connected with your family and friends via phone and video calls.

#### For Family Members and Caregivers

- Family members remain the first line of support for seniors
  - Younger family members should assist with essential needs, like purchasing meals and groceries, so that seniors may avoid going out.
  - Remind seniors to stay at home.
  - If you are visiting your elderly parents or grandparents, wash your hands with soap and water upon entering their places of residence. Do not visit if unwell.
  - Help seniors take advantage of online activities.
  - If seniors have fever or respiratory symptoms, regardless of severity, bring them to seek immediate medical care at the nearest PHPC.

**We are here to help.** If you need emotional support or just someone to talk to, call the National Care Hotline at 6202-6868. If you need support for eldercare services such as home care and door-to-door meals delivery, call the Agency for Integrated Care at 1800-650-6060. For financial assistance, call ComCare at 1800-222-0000