

EXCLUSIVE COVID VACCINATION CENTRES FOR DIVYANG IN NCT OF DELHI

#	DISTRICT	ADDRESS	NODAL OFFICER	MOBILE	FROM
1	NEW DELHI	SARVODYA (CO-ED) SCHOOL, SEC-2 RK PURAM, NEW DELHI-110022	SH ANKUSH CHAUHAN	93157 37800	25/5/21
2	NORTH EAST	GOVERNMENT BOYS SENIOR SECONDARY SCHOOL SHASTRI PARK, SEELAMPUR DELHI OPPOSITE DDA GROUND	SH MANISH KUMAR MISHRA	79790 81659	25/5/21
3	SHAHDARA	RAJKIYA PRATIBHA VIKAS VIDHYALAYA, SURAJMAL VIHAR DELHI 110092	SH RAJPAL SINGH	98184 15348	17/5/21
4	SOUTHWEST	GOVT. (CO-ED) SSS, DWARKA SEC-II, NEW DELHI-110075, SCHOOL ID: (1821029)	SH RAJIV YADAV	97175 37537	28/5/21
5	NORTH	SARVODYA KANYA VIDHALAYA, ADARSH NAGAR ID NO. (1309031, 1309125) DELHI-110009	SH ABDUL MATIN	98732 46409	28/5/21
			SH ADEEM M	97447 05800	
6	WEST	OFFICE OF THE DISTRICT OFFICE (WEST), DEPARTMENT OF SOCIAL WELFARE, GNCT OF DELHI, TCPC SANT PURA, TILAK NAGAR, NEW DELHI-110018	SH NAVEEN KUMAR	98911 96221	27/5/21
7	EAST	SKV/SBV, WEST VINOD NAGAR DELHI	SH SANJAY TIWARI	99119 36265	25/5/21
8	SOUTHEAST	SCHOOL OF EXCELLENCE SITE 2, KALKA JI 1925430	SH MOHD. SHARIQ	96439 20087	26/5/21
9	CENTRAL	GBSSS SHAKTI NAGAR DELHI	SH VIPUL TRIPATHI	95385 91976	24/5/21
10	SOUTH	SKV CHATTARPUR NEAR CHATTARPUR MANDIR	DR ANKITA	81108 47013	26/5/21
11	NORTHWEST	DDA COMMUNITY CENTER, NEAR POLICE STATION, VIJAY VIHAR SEC-I AVANTIKA, ROHINI -110085	SH SANDIP VISHWAKARMA	94554 68835	24/5/21
			SH MANJEET RANA	98188 50443	

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DEPARTMENT OF SOCIAL WELFARE
GLNS Complex, Firozshah Kotla, Delhi Gate,
New Delhi-110002

F.82/1048/misc/ADIII/DSW/2015/PT1/38

Dated: 02/06/2021

To

All District Social Welfare Officers
Department of Social Welfare, GNCT of Delhi

Sub: Sensitive handling of issues related to senior citizens and persons with Disabilities

As you are aware, the COVID 19 pandemic has adversely impacted the marginalised sections of society and among them, the Persons with disabilities and senior citizens have been impacted very heavily. In your capacity as District Social Welfare Officer, you are uniquely placed to provide assistance to these sections by making them aware of various Government schemes and programmes. You are directed to handle the issues of persons with disabilities and senior citizens with due care and sensitivity.

In this context, attention of all District Social Welfare Officers is hereby drawn to the order issued from this office dated 21st May 2021, reiterating the orders of Principal Secretary Social Welfare dated 28th March 2020 with regard to designating District Social Welfare officers as district level nodal authorities for taking up the issues of persons with disabilities proactively during the Covid pandemic situation (copy enclosed).

It may also be recalled that the Disability branch has already shared the data of the disability pensioners with all DMs and District Social Welfare officers by mail dated 3rd May 2021 (copy of mail enclosed), for reaching out to the PwD population proactively.

Your attention is also drawn to the letter issued by this office, dated 30th May 2021, in which DSWOs were requested to support their WCD counterparts in complying with the directions of the Hon'ble Supreme Court (SMW (C) No.04/2020) by assisting in identifying vulnerable children especially those with special needs, and share information about children who have become orphans post March, 2020 (whether it be due to the pandemic or otherwise) and intimate about them to concerned authorities and also to bring about maximum awareness to the Helpline numbers meant for the vulnerable groups (i.e. Children, Senior Citizens and persons with special needs) for which some IEC materials were also enclosed with the letter. This was shared via mail by Disability branch on date 31/05/2021. (Copy enclosed)

All DSWOs are also aware that exclusive vaccination centres for persons with disabilities one in each revenue district, have been set up on the directions of the State commissioner, Persons with Disabilities. The list of these centres is being enclosed once again. In this context, it may be noted that the Disability branch has already sent the list of NGOs working for persons with disabilities district wise, who can be associated with the work of reaching out to PwDs , via e mail dated 20/5/2021.

All DSWOs have also been circulated the Advisory for Senior Citizens issued by Ministry of Social Justice and Empowerment for information and necessary action of sharing the same with NGOs and Recreation Centres working in your respective districts and also spreading awareness among the senior citizens who are visiting the district offices via mail dated 28 April 2021 (Copy enclosed).

The following points may be noted in this context

1. The benefits under social security schemes of the Government may be proactively made available to these sections.
2. NGOs working in the district may be associated for reaching out to maximum number of persons with disabilities and senior citizens
3. Data shared with Revenue Department about disability pensioners and senior citizen pensioners may be utilised in coordination with Revenue Department staff to reach out to maximum persons in need
3. The senior citizen recreation centres located in each revenue district should be utilised to facilitate reaching out to vulnerable senior citizens and assisting them in accessing various facilities.
4. Field level functionaries of other Departments such as Anganwari Workers and ASHA workers as well as civil defence volunteers may be roped in through the Revenue Department for identifying needy PwDs and senior citizens and reaching out to them and making them aware about facilities of social security schemes, assistance in filing on line applications for the schemes, awareness building on location of exclusive vaccination centre in the district and other facilities available to PwDs and senior citizens for shelter, food, medical aid, , counselling and other support services
5. The DSWOs are also required to bring about maximum awareness to the Helpline numbers meant for the vulnerable groups .

Encl. (As above)



Dr. Rashmi Singh
Special Secretary cum Director (Social Welfare)

F.82/1048/misc/ADIII/DSW/2015/PT1/

Dated:

Copy to:

1. PPS to State Commissioner (PwD), GNCTD, 25-D, Mata Sundri Road, Near Guru Nanak Eye Centre, New Delhi-110002.
2. PA to Secretary, Social Welfare Department of Social Welfare, GNCTD, GLNS Complex, Delhi Gate, New Delhi – 02
3. PA to Secretary, Department of Health and Family Welfare, GNCTD, 9th level, A Wing, Delhi Secretariat, I.P. Estate, New Delhi.
4. DD(Disabilities) Department of Social Welfare, GNCT of Delhi GLNS Complex, Delhi Gate, New Delhi – 02
5. DD(SS) Department of Social Welfare, GNCT of Delhi GLNS Complex, Delhi Gate, New Delhi – 02
6. DD(FAS) Department of Social Welfare, GNCT of Delhi GLNS Complex, Delhi Gate, New Delhi – 02
7. Guard file.

**DEPARTMENT OF WOMEN & CHILD DEVELOPMENT
GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
1st Floor ISBT Building Kashmere Gate Delhi-110006**

F.No.61(1535)/Support/DD(CPU)/2020-21/ 330

Dated 30.05.2021

To

**District WCD Officers
Nodal Officer
District task Force**

Sub: To share data regarding Children affected by Covid 19 and to popularise the helpline numbers of children and the senior citizens through Resident Welfare Associations in respective districts – reg.

Dear All ,

As you are aware the Department of Women & Child Development is the Nodal Department for implementation of Juvenile Justice (Care & Protection of Children) Act, 2015 & Model Rules, 2016. Further, the Department of Social Welfare is the Nodal Dept for senior citizens.

The Covid-19 pandemic has an adverse affect on a larger section of the society and the disadvantaged sections are impacted even more disproportionately. The vulnerability is most for children who have been either orphaned or lost one of the parents. Rehabilitation of these children is a major challenge yet it is the primary responsibility of all.

In this context, please take note of orders of Hon'ble Supreme Court (SMW (C) No.04/2020) listed for hearing on 28.05.2021 whereby information about children who have become orphans post March, 2020 (whether it be due to the pandemic or otherwise) has been sought alongwith steps taken for attending to their basic needs. **It further stated that the District authorities are directed to upload information of children who have become orphans after March, 2020 on the portal Bal Swaraj (an online tracking portal developed by NCPCR for children in need of care and protection, especially for children in street situations. It is expected that District authorities shall immediately take charge of such children and attend to their basic needs.**

In this regard you may take up this matter in the District Task Force and request the SDM (HQ) who is already a member of the said Task Force for building a system whereby no child remains unprotected and in unsafe conditions due to the death of parent/s in the family. Similarly, it is desirable that senior citizens living in the habitat are also taken care of.

Many RWAs have started initiatives for taking care of ration/food/ health needs of such vulnerable sections of society where there is interface between the siad RWA and the family or individual concerned. It is requested to take help of the RWAs for twin objectives - a. Preparing a database of vulnerable children or children in need of care and protection and facilitating them to avail services of the District Child Protection Unit of the respective district or Child Welfare Committee of the said district. The said database be shared with the DTF and also be uploaded on the portal.

It is also suggested that maximum awareness is brought to the Helpline numbers meant for the vulnerable groups (ie Children, Senior Citizens and persons with special needs) for which we are also sending some IEC materials for ready reference

Enclosed - IEC on Helplines/ Nodal officers for Helping persons with special needs



**Rashmi Singh IAS
Director, WCD &
Spl. Secretary cum Director, Social Welfare**

F.No.61(1535)/Support/DD(CPU)/2020-21/330

Dated: 30.05.2021

Copy to:-

1. DCPOs - with direction to coordinate with concerned SDM (HQ) who is already a member of the DTF for the above with support of convener DTF
2. RWAs through SDM (HQ) to kindly furnish information as required on data of vulnerable children and also to bring awareness on the Helpline numbers shared above. They are also requested to use the numbers as provided in the IEC material with district wise contacts so as to help any child in need of care and protection/ elderly care/ vulnerable groups
3. District Social Welfare Officers to also support in this exercise

Copy for Information to:-

1. PA to Divisional Commissioner, Govt. of NCT of Delhi
2. OSD/PS to Secretary, DWCD/ Social Welfare , Delhi Gate

**Sd/-
Ajit Singh Thakur
Deputy Director (CPU), WCD**

कोरोना महामारी में यदि कोई परेशानी आये, तो इन नंबरों पर फोन लगायें

हेल्पलाइन नम्बर्स

कोरोना काल में आपकी विभिन्न समस्याओं के समाधान के लिए विभिन्न हेल्पलाइन नम्बर्स नीचे दिये गये हैं। आप अपनी समस्या के अनुसार किसी भी नम्बर पर कॉल कर सहायता प्राप्त कर सकते हैं।

1031

कोविड हेल्पलाइन नंबर

- ऑक्सीजन कोंसेंट्रेटर
- पल्स ऑक्सीमीटर
- वैक्सीनेशन इनफॉर्मेशन
- ड्रग्स कण्ट्रोल रूम
- डेथ सर्टिफिकेट
- रेन बसेरा
- हॉस्पिटल वेड्स
- टेली कन्सलटेशन
- कोई भी अन्य कोविड संबंधी जानकारी

अन्य हेल्पलाइन नंबर



स्वास्थ्य और परिवार
कल्याण मंत्रालय

1075



होम आइसोलेशन
कोविड+ मरीज़

1800-111-747



ऑटो/टैक्सी चालक
वित्तीय सहायता

1076



चाइल्ड हेल्पलाइन

1098



मानसिक स्वास्थ्य

08046110007



वरिष्ठ नागरिक

14567



एंबुलेंस

102



चिकित्सा ऑक्सीजन
नर्सिंग और हॉस्पिटल

41400400



सहान शिकायत

1967

**DELHI
FIGHTS
CORONA**

वेड्स की उपलब्धता या कोरोना से जुड़ी किसी भी जानकारी के लिए delhifightscorona.in पर जा सकते हैं या एप डाउनलोड कर सकते हैं।



Attention: If anyone has knowledge of any Child in distress because of his/her parent/s suffering from COVID-19 or if the Child is orphaned due to demise of parent/s or is left without parental care or is in need of Care & Protection, he/she must immediately inform the appropriate Statutory Bodies/States Machineries.

Where to Inform?

The Childline Services at
1098 that works **24*7**

OR

nearest Police Station/ District Child Welfare Committee/ District Child Protection Unit/
DCPCR Helpline (9311551393)/ take child to a registered Child Care Institution.



CONTACTS FOR CHILD WELFARE COMMITTEE/ MEMBER OF DISTRICT TASK FORCE

Ms. Meenu Mehta, CWC-I, West 8585940221
Ms. Vaidehi Subramani, CWC-II, South 9910015483
Ms. Minnie George, CWC-III, Central 9810399985
Ms. Renu Love, CWC-IV, East 98108 85991
Ms. Divya Kumar, CWC-V, NE & Shah. 9717374846
Sh. Varun Pathak, CWC-VI, NW 9811441098
Sh. Pratap Narain, CWC-VII, SW 9871795330
Mohd. Iqbal, CWC-VIII, SE 9313609151
Sh. Sanjay Joshi, CWC-IX, New Delhi 9910110150
Sh. Varun Pathak, CWC-X, North 9811441098



CONTACTS FOR DISTRICT CHILD PROTECTION OFFICERS/ MEMBER SECRETARY OF DISTRICT TASK FORCE

Ms. Ritu , DCPO-Central 8744855034
Ms. Vasudha, DCPO- NE 9718817348
Mr. Varun, DCPO- South 9650885307
Ms. Sarita, DCPO- West 8130601924
Mr. Sudesh, DCPO- NW 9718417666
Mr. Anurender, DCPO- North 9899012315
Ms. Vasudha, DCPO- East 9718817348
Ms. Anita, DCPO- SE 9650448603
Mr. Shyam, DCPO-New Delhi 7053958728
Ms. Sarita, DCPO- SW 8130601924

A Central Control Unit (CCU) for child protection functions at WCD (HQ.)
& can be reached for any query at childcare.covid19@gmail.com

Dr. Rashmi Singh, IAS
Director, WCD



महिला एवं बाल विकास विभाग राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
पहली मंजिल, ISBT बिल्डिंग, कश्मीरी गेट, दिल्ली-06

कोविड-19 के दौरान बच्चों की सुरक्षा के लिए सार्वजनिक घोषणा

बच्चे, जिन्होंने कोरोना के कारण अपने माता-पिता में से किसी एक या दोनों को खो दिया या जिनके माता-पिता/अभिभावक कोविड-19 के कारण बीमार हैं, और उन्हें संरक्षण व देखभाल की आवश्यकता हो या इनमें से कुछ भी सेवाओं का लाभ चाहिए जैसे -

सुरक्षा | खाना | आश्रय | स्वास्थ्य देखभाल | आघात परामर्श | सहयोग

ऐसे बच्चों की मदद करने के लिए कॉल करें

(देखरेख और संरक्षण की आवश्यकता वाले बालक)

- पुलिस - 100 या 112
- दिल्ली बाल अधिकार संरक्षण आयोग (डीसीपीसीआर)
9311551393
- किसी भी गैर-सरकारी संस्था को ऐसे बच्चों की सूचना उपरोक्त विभाग को तुरंत देना चाहिए।



DIP/Shabdarth/D/0017/21-22

यदि कोई व्यक्ति निम्न में से किसी भी अपराध में शामिल है तो उसको जेल हो सकती है:

- बाल दुर्व्यापार
- बाल श्रम
- बाल यौन शोषण
- अवैध रूप से गोद लेना
- बाल विवाह
- बच्चे के साथ क्रूरता
- बच्चे के खिलाफ कोई अन्य अपराध

4 मई 2021 को महिला एवं बाल विकास विभाग, (राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार) द्वारा बच्चों की सुरक्षा एवं निम्न उद्देश्यों को सुनिश्चित करने के लिए प्रत्येक जिले में टास्क फोर्स गठित किया गया है:-



बचाव



परामर्श और मानसिक सहायता



संरक्षण और सलामती

अधिक जानकारी के लिए कृपया देखें

<http://it.delhigovt.nic.in/writereaddata/Odr2021842663.pdf>



Government of the National
Capital Territory of Delhi



DEPARTMENT OF SOCIAL WELFARE GOVERNMENT OF NCT OF DELHI IN PARTNERSHIP WITH



AND



INTRODUCES A DEDICATED HELPLINE FOR SENIOR CITIZENS OF DELHI

ELDER LINE

NATIONAL HELPLINE FOR SENIOR CITIZENS



MONDAY TO SUNDAY: 8AM TO 8PM

SERVICES RENDERED THROUGH THIS HELPLINE:

INFORMATION:

- HEALTH AND NUTRITION
- HOMES FOR ELDERLY
- DAY CARE OR RECREATION CENTRES
- GOVERNMENT AND NGO RUN SERVICES

GUIDANCE:

- LEGAL AND FINANCIAL AID
- DISPUTE RESOLUTION
- INFORMATION AND FACILITATION FOR MATTERS RELATED WITH OLD AGE PENSIONS AND OTHER GOVERNMENT SCHEMES FOR THE ELDERLY

EMOTIONAL SUPPORT:

- ANXIETY RESOLUTION
- RELATIONSHIP MANAGEMENT
- GRIEF/BEREAVEMENT COUNSELING
- MENTAL HEALTH CARE
- DEATH RELATED ASSISTANCE - LAST RITES, REGISTRATION

LINKAGES WITH SERVICES:

- FIELD RESOURCE OFFICERS IN EVERY DISTRICT WHO CAN REACH OUT TO ELDERLY IN DISTRESS
- RESCUE FROM ELDER ABUSE
- EMERGENCY/CRISIS CALLS
- SPECIAL ASSISTANCE FOR DIFFERENTLY ABLED SENIOR CITIZENS

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DEPARTMENT OF SOCIAL WELFARE
GLNS Complex, Firozshah Kotla, Delhi Gate, New Delhi-110002

F.No.82/208/Admin Matters/ADIII/DSW/2020-21/09/Pt.File I/

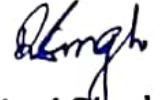
Dated 21.05.2021

ORDER

Attention of all District Social Welfare Officers is drawn to the order issued by the Pr. Secretary Social Welfare on date: 28/03/2020 designating the State Commissioner Persons with Disabilities as the State Nodal Officer for PwDs and the District Social Welfare Officers as Nodal Officers at the District Level to look after the interests of the PwDs in the context of the COVID Pandemic situation. Copy of the order is hereby enclosed for necessary compliance.

All DSWOs are hereby directed to pro actively coordinate with Revenue and Health Department functionaries at the District Level in the context of facilitating timely treatment and vaccination of PwDs against COVID-19. They are also directed to actively coordinate with the office of the State Commissioner Persons with Disabilities and implement any directions received therefrom without delay. The Districtwise list of NGOs who are working in the field of Persons with Disabilities is attached herewith, so that DSWOs can establish linkages for the purpose of providing information and services to PwDs to access food, shelter, treatment and other necessities during the pandemic situation.

Encl: As above.



Dr. Rashmi Singh

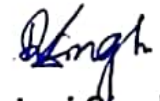
Spl. Secretary cum Director Social Welfare

F.No.82/208/Admin Matters/ADIII/DSW/2020-21/09/Pt.File I/

Dated:

Copy to:

1. PPS to State Commissioner (PwD), GNCTD, 25-D, Mata Sundri Road, Near Guru Nanak Eye Centre, New Delhi-110002.
2. PS to Secretary, Department of Social Welfare, GNCTD, GLNS Complex, Delhi Gate, New Delhi – 02.
3. All DSWOs



Dr. Rashmi Singh

Spl. Secretary cum Director Social Welfare

RASHMI SINGH, IAS
Spl. Secretary-cum-Director (SW)
Dept. of Social Welfare
Govt. of NCT of Delhi
GLNS Complex, Delhi Gate
New Delhi-110002

**LIST OF DISTRICT SOCIAL WELFARE OFFICERS (UPDATED AS ON
30/5/2021)**

S.No	District	Name of DSWO	Address	Mobile Number	E mail id
1	North	Dr. Mahesh Sharma	20-21, Shopping Complex, Gulabi Bagh, New Dehi-07	9868538816	donsw@nic.in dswnorth@gmail.com
2.	South	Sh. Krishan Kumar	Kasturba Niketan Complex, Behind Central Market, Lajpat Nagar II, New Delhi-24	8368111396	dossw@nic.in dswosouth@gmail.com
3.	East	Sh. M.J.N. Tudu	Work Centre for Women , Block-10, Geeta Colony	9910096489	doesw@nic.in doeastdsw@gmail.com
4.	West	Smt. Krishna Sharma	Training Cum Production Centre, Near Punjab & Sind Bank,	9013465230	dowsw@nic.in dswowest@gmail.com

			Tilak Nagar, New Delhi-18		
5.	North West I	Sh. Dharmender Prasad	NPS School for Deaf, Sector-4, Rohini, Delhi-85	9818284564	donw1sw@nic.in districtnw1@gmail.com
6.	North West II	Sh. Dharmender Prasad	NPS School for Deaf, Sector-4, Rohini, Delhi-85	9818284564	donw2sw@nic.in donw2nd@gmail.com
7.	North East	Sh. Pankaj Verma	Sanskar Ashram, Dilshad Garden, Delhi	9868258705	donesw.delhi@nic.in dswone2000@gmail.com
8.	South West	Smt. Saroj Rawat	C-22-23, Udyog Sadan, Qutab Institution al Area New Delhi	9868467277	doswsw@nic.in dosouthwest@gmail.com
9.	Central	Sh.P. Ananda Rao	GLNS School Complex, Delhi Gate New Delhi	9968303590	docsw@nic.in

10.	New Delhi	Sh. P.Ananda Rao	GLNS School Complex, Delhi Gate, New Delhi	9968303590	dondsw.delhi@nic.in dsw.dond09@gmail.com
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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 <div style="margin-left: 20px;"> <input type="checkbox"/> </div>
<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 	
