



NOTICE ISSUED BY THE PILARES FOUNDATION REGARDING PERSONAL AUTONOMY IN THE PREVENTION OF THE CORONAVIRUS (COVID-19) AMONG THE ELDERLY AND OTHER VULNERABLE GROUPS.

Why does the virus affect older people more than other age groups?

This is mainly due to the fact that they are more frequently affected by basic health problems, such as chronic respiratory infections, cardiovascular problems, diabetes, asthma, etc.

For this reason, it is recommended that older people, especially those with pre-existing health problems, take extra precautions in order to avoid becoming infected.

However, we must prevent this health crisis from worsening existing discrimination and stereotype problems regarding the elderly. **Being older does not mean being ill.**

How does infection take place?

Infection occurs through close contact with respiratory secretions that are generated by a sick person's cough or sneeze.

The respiratory drops (secretions) that are emitted when we sneeze, cough, talk, etc. are transmitted through the air at a distance of approximately 1 to 2 meters, but not much further.

We can also catch it by touching objects or surfaces that may have become infected and then touching our face or eyes.

What common symptoms can alert us about COVID-19?

- Fever
- Cough
- Shortness of breath

There may also be digestive problems, such as diarrhea and abdominal pain.

If you have these symptoms, call 112 for guidance.

Recommendations and preventive measures.

- Stay at home and avoid contact with the outside world. If you have to go shopping, always maintain the safety distance of one to two meters from other people.
- Do not shake hands, kiss or hug other people.
- Avoid taking care of your grandchildren, because children are the ones who spread the disease the most.
- Use single-use disposable tissues.
- When sneezing or coughing, do not do it onto your hands or in the air. Do it onto a tissue or by covering your mouth and nose with the inside of your arm (see the pictures at the end of the document).
- Frequent hand washing is the primary measure for prevention and controlling infection. Do it whenever you go to the bathroom, before and after meals, after cleaning your home, after returning from the street, etc. (using the correct technique for hand hygiene recommended by the WHO, as shown in the pictures included at the end of the document).
- Nails should be kept short and neat, and the use of rings, bracelets, wrist watches or other decorations should be avoided.
- Avoid touching your eyes, nose, or mouth.
- Maintain frequent contact with family, friends, neighborhood or professionals by phone, Skype or WhatsApp, especially when living alone. If you have the Telecare service, make use of it if you have any questions or need to chat.
- Strengthening the social networks of older people is very important in this situation. One's social network (family, friends, neighborhood) is very useful for being informed about measures to be taken, containing situations of uncertainty, showing affection and love, guiding them towards leisure activities from home ... The media (radio and TV) are proposing many ways of enjoying our free time from home.
- Close neighbors can do a lot for older people, especially those who live alone: take interest in them, show them affection, offer to do their shopping for them (supermarket, pharmacy, etc.)
- Reject false information and alarmist messages.

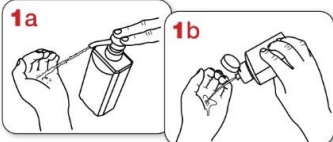
WE ARE, AFTERALL, CALLING ON CIVIC RESPONSIBILITY: WE CAN ALL CONTRIBUTE TO STOPPING INFECTION AND THE BEST WAY TO DO SO IS TO STAY AT HOME. OLDER PEOPLE, WHO HAVE ALWAYS SHOWN THEIR SOCIAL COMMITMENT AND SOLIDARITY, ARE SHOWING AGAIN THAT THEY ARE THE FIRST ONES TO KNOW HOW TO DO THINGS RIGHT.

Traducido por: ANA MARIA CARAMANGIU (Universidad de Alicante)



Coughing or sneezing position

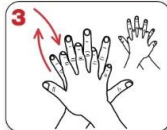
How to handrub? WITH ALCOHOL-BASED FORMULATION



Apply a palmful of the product in a cupped hand and cover all surfaces.



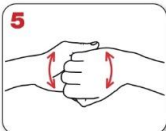
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



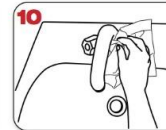
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



rinse hands with water



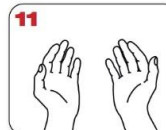
dry thoroughly with a single use towel



use towel to turn off faucet



...once dry, your hands are safe.



...and your hands are safe.



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