



Keeping our elderly safe

What to do with elderly family members this weekend:

All members of the family, particularly the elderly, should be staying at home as much as possible. Even if other family members need to go outside for necessities such as food, they should try to spend the remaining time at home to keep their elderly relatives company. If older family members are left alone at home for too long, they may start to feel restless from being cooped up. Family members can keep their elderly relatives occupied at home by engaging in activities with them, although these should be done from a safe distance as far as possible.

What if my elderly relatives want to go to the market as they usually do on weekends?

Older family members may feel used to their regular routine which may involve going shopping on the weekends. During this period, other members of the family can offer to go out on their behalf to help them shop and run errands. Shopping centres, supermarkets and wet markets are riskier areas as they tend to be crowded with people on the weekends. If fewer people leave the house, the risk of someone at home getting infected is reduced greatly.

What if my elderly relatives still insist on going outside?

Some elderly relatives may insist on going outside for some fresh air or just to stretch their legs. If they do so, they should take some extra precautions. They should aim to spend as little time outside as possible, and once outside they should avoid crowded areas and keep a safe distance from other people, preferably a minimum of 1m. If they spend time in a public place and have touched surfaces outside (for example, handrails or lift buttons), they should wash their hands as soon as possible and refrain from touching their face.

What if my elderly relatives want to have visitors at the house?

Elderly relatives, especially those living alone, may choose to invite guests to keep them company instead of going out to public places. If they invite people over, they should limit visitors to only close family members. They should also check with their visitors beforehand to make sure the visitors are not sick. Once guests are in the house, it is still prudent to keep physical distance from one another. This means they should not be hugging guests, shaking hands or coming into physical contact with them.



What if someone at home is unwell?

If anyone at home is unwell, the person should keep as far away as possible from other members of the household. If possible, those unwell should try to isolate themselves in a room. Elderly people are most vulnerable and susceptible to getting infected, so they should keep their distance from anyone who is sick.