

# Protect Older People from COVID-19



**IMPORTANT**

Ensure older people **STAY AT HOME**  
with enough food, medicines, facemask etc...

**Older people  
are at high risk  
for more serious  
illness**



Source :

**ICR**  
MINISTRY OF HEALTH MALAYSIA  
Research that matters to patients

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Health For All

# Protect Older People from COVID-19



Ensure daily needs & supplies are adequate



Keep in touch via phone / video calls / messages



Provide reassurance & psychological support



Maintain physical distance >1 meter



Encourage frequent hand washing



Cover cough / sneeze with tissue



Wear face mask if sick



Avoid shaking hands



Avoid greeting them via hugging,  
kissing their cheeks or hands



Don't visit if you are sick



Don't visit if you had travelled  
to high risk areas 14 days prior



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