Caring for Bed-bound Elderly people
In these COVID times

Those who are bed-bound, require care and compassion, given their special needs and caregiver dependence.

**Caregiver Actions**

- **Wash your hands with soap and water, or use hand sanitizer every two hours.**
- **Keep your fingernails trimmed. Wear a properly fitting mask at all times.**
- **Wear clean clothes and footwear while taking care of elderly patients.**
- **Clean the floor/surfaces with a suitable disinfectant such as Phenyl.**
- **Prefer wet mopping to dry sweeping.**
- **Bed linen must be changed at least three times a week and washed thoroughly & dried fully before use.**

**Actions for an elderly person**

- Sponge-bathe every day or as frequently as possible
- Change their clothes and underclothes daily and wash separately
- Their nails must be kept trimmed and the hair groomed
- The oral cavity/teeth must be cleaned after every meal and at least twice a day
- Change diaper at least once in 12 hours, or more frequently if the diaper is full/leaks
- Keep the genitalia/anal area clean with a moist cloth and soap if necessary, and dry afterwards

**Ambient environment**

- Keep the room well lit and ventilated. Open windows to let in the fresh air.
- Prefer natural light to the extent feasible.
- Maintain a cheerful, bright atmosphere for the elderly person.

#OneAgainstCovid