Health Advisory
All you must know

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.

**Skincare**

- The skin of a bed-bound elderly person must be checked daily for any wounds, infections or bed sores.
- Do ensure that the bed-bound person is turned frequently with a pillow being applied on each side, each time, as required.
- Do keep the skin moistened with a little coconut oil, or any other oil, as dry skin is brittle and can crack easily.
- Do keep pillows or clothing between surfaces of skin, which come in contact, such as ankles, knees and thighs.
- Use a pressure relief mattress to avoid bed sores.

**Nutrition**

- Do seek guidance to provide a balanced diet as advised by a doctor or a dietician.
- Heat foods thoroughly for safety and cool sufficiently before feeding.
- Bed-bound persons must be fed in a propped-up position with back support, if they need assistance with feeding.

**Human values**

- Be compassionate when caring for a bed-bound person.
- Attend to them with respect and be sensitive towards their dignity.
- Treat bed-bound persons, as you would like yourself to be treated.

#OneAgainstCovid

26/05/2021