



وزارة الصحة  
Ministry of Health

## If you are taking care of an elderly:



Always keep your mask on, make sure it is constantly clean and change it when it gets wet.



Frequently wash your hands or use alcohol-based hand sanitizer.



Do not share the elderly's personal belongings with others and sterilize them periodically.



Avoid contact with the elderly and maintain physical distance of no less than two meters, except when needed.



Make sure to wear gloves when providing personal hygiene care for the elderly and properly dispose of them in the bin after finishing



Pay attention to adhere to the elderly's medication schedule and full treatment plan and ensure proper nutrition for them

The elderly are among those who are at **higher risk** of developing complications from **Coronavirus**



MOH initiative

عيش  
بمخة  
Live Well