National Dementia Helpline 1800 100 500
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Coronavirus COVID-19

1. Avoid close contact with people who are sick.
2. Wash your hands frequently with soap and water for at least 20 seconds.
3. Cover your mouth and nose when you cough or sneeze.
4. Stay home if you feel sick.
5. Clean and sanitize frequently touched surfaces and objects.
6. Practice social distancing by maintaining at least 6 feet of distance from others.
7. Wear a mask in public spaces where social distancing is difficult.
8. Get vaccinated if eligible.
9. Monitor your health and seek medical attention if symptoms worsen.
10. Follow local health guidelines and recommendations.

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COVID-19 Guide for Home Care Providers