

Recommendations for people above 60:

- i. Try to reduce visits to public places such as shops, banks etc. and use public transport less often;
- ii. Seek help from someone in the family to pay utility bills, purchase groceries or necessary goods online;
- iii. If someone in your family has returned from abroad and shows signs of cold, limit contact with them and urge them to seek medical help;
- iv. Wash your hands with soap regularly after returning from outside. Do not touch your face, mouth, nose, and eyes with dirty hands;
- v. Use disposable paper handkerchiefs when coughing and sneezing and discard them immediately after use;
- vi. Use wet wipes to disinfect bags, phones, books and other items that were with you in public places and transport;
- vii. If you feel unwell (not only due to cold, but also due to other health problems, such as blood pressure) - do not go to the clinic, rather call a doctor home;
- viii. If you have a cold, and someone in your family has traveled abroad in the past two weeks, be sure to tell your doctor about it. He will schedule a test for COVID-19.