

Celebrating Our Value In Distancing

COVID-19 Health Tips



People with weaker immune systems are less able to fight diseases. PM Lee Hsien Loong has appealed for older Singaporeans to **stay at home** because they are 'more vulnerable to the virus'.

It is important to keep active during this period to maintain your health and well-being.



Ways to Maintain Your Well-being

1 Practise Safe Distancing, Not Social Isolation

Covid-19 should not force us to be alone! Staying connected with others can improve mood, immunity and memory.



Learn technology e.g. use video calls or social media to keep in contact with your loved ones



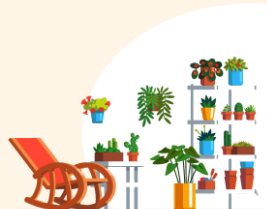
Call your family and friends to show care and encourage each other



Call available hotlines if you need someone to talk to

2 Use It, Don't Lose It

Older adults who exercise their brain cells regularly are less likely to lose brain function compared to those who do not. Activities that stimulate the mind help in fighting age-related mental issues. Challenge your mind every day!



Create an indoor garden



Create photo albums



Pick up a new skill such as painting or calligraphy

3 Say NO to Physical Inactivity

Physical activity has been shown to be the number one contributor to good health. It reduces impact of diseases, improves mood and prevents falls.

TIPS: Incorporate exercise into your regular routines



Participate in online exercise classes or do simple workout during TV commercial breaks



Continue with housework like sweeping and mopping

Contents by
Centre for Geriatric Medicine, Tan Tock Seng Hospital





Useful Websites

Come N' Live



NSA e-Nugget Series



Latest Update on
Covid-19 Situation



Guides on Making
Video Calls



Guide on Indoor Gardening



Guide on Making
DIY Photo Album



National CARE Hotline



Helplines for Older Adults

The Senior Helpline
(by Sage Counselling Centre)
1800-555-5555

Counselling for Older Persons
(by O'Joy Care Service)
6749-0190

Hua Mei Counselling and Coaching
(by Tsao Foundation)
6593-9549

Easy Exercises

