



## Some of the activities to maintain older persons' wellbeing during isolation or quarantine:

- Regularly take food and your prescription therapy
- Regularly drink water (8 glasses per day)
- Physical exercise (e.g. yoga, tai chi, stretching)
- Cognitive exercises (including crossword puzzles)
- Relaxation exercises (e.g. breathing exercises, meditation)
- Reduce the time spent looking at fearful images on television, search information from reliable sources
- Reduce time listening to and thinking about unconfirmed rumours
- Reduce time looking for information (1-2 times per day, rather than every hour)
- Read books and magazines
- Try and work on some of your talents that you haven't had the time to work on before (painting, poetry writing, story writing, origami, knitting)
- Regularly talk to your family and friends on the telephone. Create Skype, Viber and WhatsApp groups with your friends, relatives and family and regularly communicate. You will have increased sense of safety because someone cares about you and you care about others, which will also give you a sense of responsibility.

## Some other activities to do while in isolation

- Sorting your old photographs
- Sorting your old recipes. You may type them in the computer and gift them to your children or share them with friends
- Those who already use the computer and the internet can pursue their usual hobbies: playing chess online, exchanging tips of sewing etc.

It is important that your day is structured and your time organised so you preserve your physical and mental health.

**It is important that your day is structured and organised in order to preserve your physical and mental health**

# COVID-19

#OstaniKodKuće



**OPERI**  
ruke temeljno  
i često



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oči, nos i usta  
sa nečistim rukama



**POKRIJ**  
usta prilikom  
kašljanja i kijanja



**OČISTI**  
površine sa kojima  
si često u kontaktu



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zadrži odstojanje  
od druge osobe



Црвени крст Србије  
Red Cross of Serbia

1876

Info Centar 08.00-17.30h  
(011) 2622.965 / 2624.144  
[www.redcross.org.rs](http://www.redcross.org.rs)

- Do not stay in your pyjamas whole day
- Take care of your daily hygiene routine: shaving, combing your hair, putting on make-up and dressing are regular routines that structure your time
- Take care of your safety: do not let strangers into your house if they have not been announced by volunteer services or known support agencies

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