

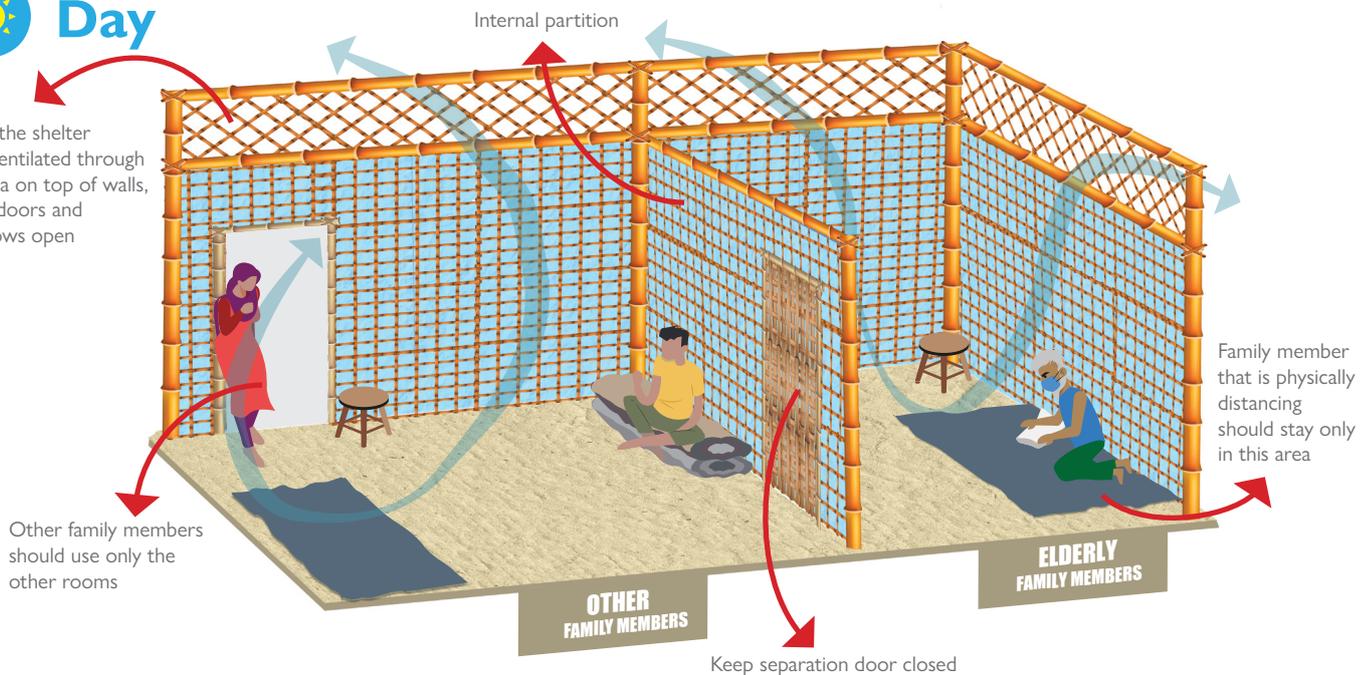
# HOW TO PRACTICE PHYSICAL DISTANCING

for elderly family members in your shelter to reduce exposure to **COVID-19**



## Day

Keep the shelter well ventilated through garenja on top of walls, keep doors and windows open

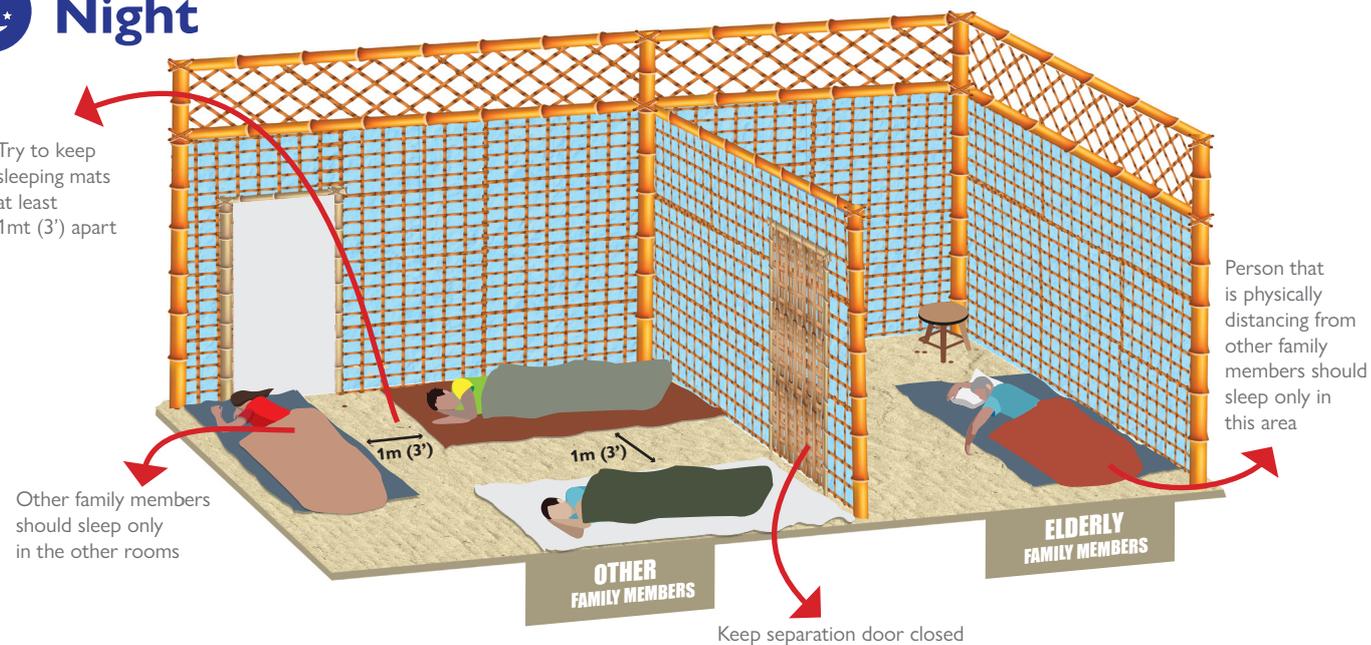


If a separate room is available, the elderly person should stay in that room to the extent possible and conduct there all basic activities such as sleeping, eating, praying and resting. The person should not go in the other rooms or outside the shelter unless strictly necessary



## Night

Try to keep sleeping mats at least 1m (3') apart



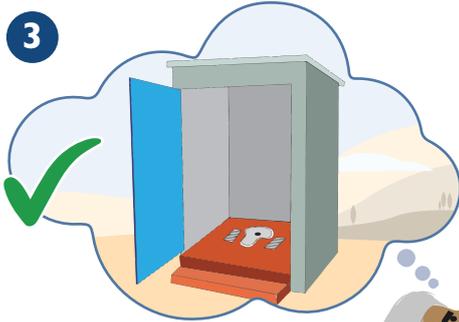
The other family members should not use the room designated for the elderly, but rather sleep and conduct daily and nightly activities in other rooms. They should also minimize sharing space with the elderly person and always keeping 1 mt (3') distance when interaction is required. If it is not possible to keep this distance, all family members should wear a mask. Keep sleeping mats at least 1 mt (3') apart



1 If a door or curtain separates the rooms, keep it closed. If not, put up a curtain, tarpaulin, fabric or blanket to keep the room separated



2 In case a separate room is not available, use other materials such as the provided tarpaulin and rope to divide the space



3 The elderly person should not go outside the shelter unless strictly necessary



4 When a family member goes out, they should wash their hands before entering the shelter



5 Do not invite external visitors including family members and friends in the shelter



6 Do not share cooking, drinking and eating utensils with the elderly person; wash and store them separately



7 You have been provided with mosquito net, blanket and sleeping mat. These items are intended for the elderly person, to make sure s/he does not share items with any other member of the family and can keep a minimum distance

All kind of humanitarian aid is free. No sexual or other favor can be requested in exchange of humanitarian assistance. Any case or suspicion of sexual exploitation and abuse by UN or humanitarian workers can be reported to the complaint desk.