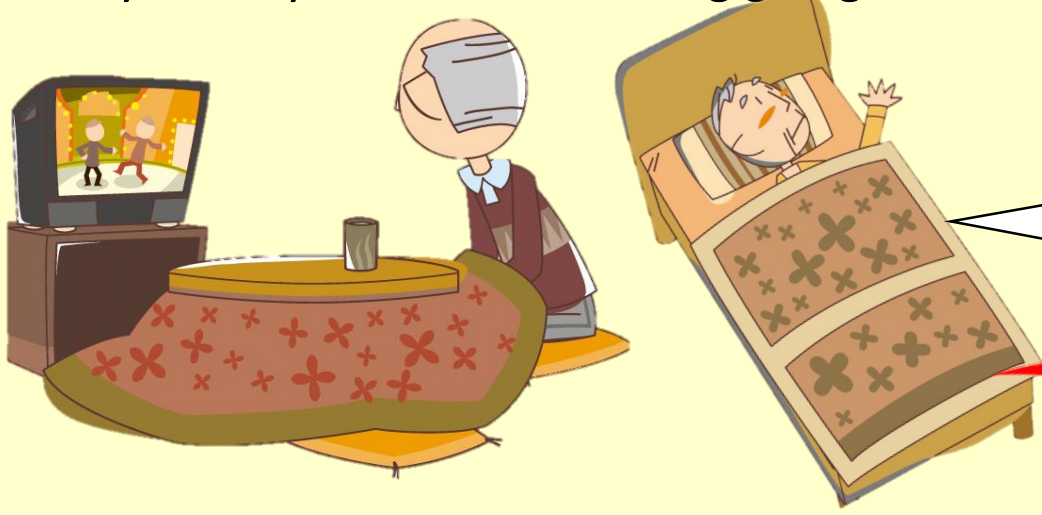
「COVID-19」
Older people, practice caution

By Japan Geriatrics Society, Mar. 2020

Infection with the new coronavirus infection is quite prevalent. If you are a smoker or have comorbidities such as diabetes and heart disease, take particular care, as the infection is likely to hit you more severely should you catch it. To prevent infection, wash your hands and avoid going to small, crowded indoor spaces where the air tends to stagnate. However, you should also be wary of health problems caused by inactivity in daily life due to avoiding going out for fear of being infected.



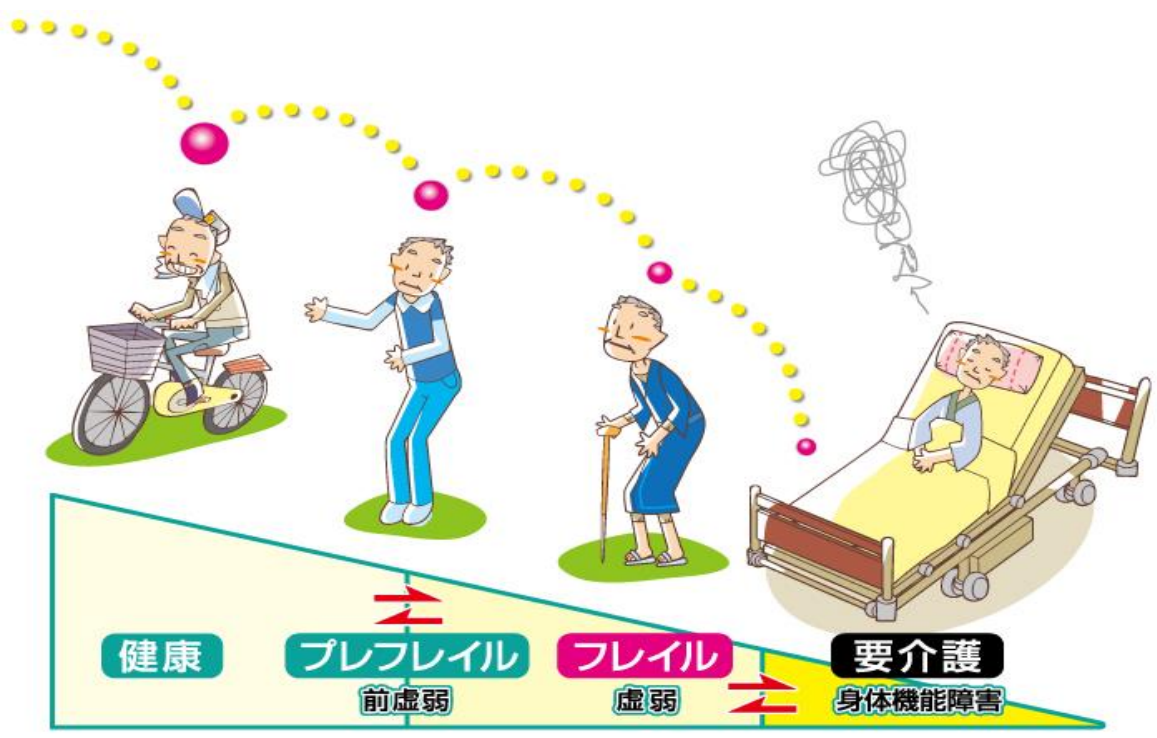
Spending all day long, cooped up in the house,
Watching TV, dozing off, etc.
Sometimes you skip meals...
And you don't talk to others as much.

When you spend day after day like this
Doing nothing at all,
You suddenly notice...

Oh, getting frail!?

Be careful of inactivity!

An inactive life causes the body and brain to work less efficiently. You find it difficult to perform basic activities of daily living, such as walking and other activities, and are easily fatigued, which leads to the development of frailty. The amount of muscle loss due to being bedridden for two weeks is equal to the amount typically lost over seven years!



As frailty progresses, your body's resilience decreases, and your fatigue is less likely to improve. Infectious diseases, such as the flu, also tend to be more severe. Care must therefore be taken to prevent frailty.

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The Japan Geriatrics Society

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What are we to do under conditions of self-restraint?

We must prevent the progression of frailty!

Let's reduce the time spent not moving around.
Protect your body by performing exercises you can do from home!

● **Reduce sitting time!**
It is important to spend a healthy amount of time standing and walking around. Move your body in small spurts when you can, such as by walking around during TV commercials.

● **Maintain muscle! Be careful not to let your joints stiffen.**
Even minor exercises at home, such as radio calisthenics, can help prevent muscle weakness. Resistance exercises that strengthen the leg muscles, such as squats, are also effective.

● **Let's exercise outdoors, like taking a walk in the sunshine !**
If the weather is fine, feel free to move around outdoors. Walking is recommended, so long as you take care to avoid crowds and small indoor spaces.

Eat well and enjoy a well-balanced diet!

● **Let's eat well-balanced meals!**
Be sure to have some variety in your diet. Eat well, with balanced nutrition, and keep your body in good shape.
A good diet also helps maintain immunity. In addition, it is important to ensure you're consuming proper amounts of protein, an important nutrient found in bodily structures (especially the muscles).

Keep your mouth clean
Chew firmly and chat every day if possible

● **Brush your teeth after every meal and before you go to bed!**
Keeping your mouth clean is an effective way of preventing infections, such as the flu. Make sure you brush your teeth after every meal and before going to bed. Cleaning your dentures is also very important.

● **Keep the muscles around your mouth. Chatting is also important for this.**
Inactivity of the mouth can be a big problem. Eat three meals a day, and be sure to chew them well. If you're able to chew, it's also important to consciously choose foods that are a bit chewy. A life of self-restraint reduces our chances to talk to others, which can reduce the power of our mouth muscles. Use the phone. Be mindful and capitalize on chances for a conversation. Humming and speaking fast are also recommended.

It's important to support each other with family and friends!

● **Avoid loneliness! Communicate with others in your neighborhood or by phone.**
Socializing with people is very important in times such as this. It might be difficult to leave the house right now, so let your family and friends support and consciously interact with each other. Even small greetings and conversations are important. Sharing correct and up-to-date information regarding new coronavirus infections can also help you avoid trouble and anxiety.

● **Support in shopping and daily life. Offer mutual support in times of trouble.**
Call for help when you need assistance gathering groceries, shopping for household items, getting to the hospital, etc. Think about your partner. It's important to discuss issues such as this in advance.

Let's encourage all families who have older parents to do the same!

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