**Day 21 summary**

**Administering Medicines**

* Study the doctor’s prescription thoroughly; clarify any doubts
* Do not leave a pill outside its packaging for long.
* Consume the pill as soon as you open its packaging
* Measure the liquid accurately using a medicine measuring cup, when giving any liquid medicines
* When putting eye drops for the person, observe good hygiene practices
* Throw eye drop bottles after a week of opening
* If the care receiver has a cold and congestion, instill nasal drops followed by steam inhalation
* If prescribed, follow the correct procedures to help the person use an inhaler, a spacer, or a nebulizer
* If putting ear drops for the person, forewarn them that their hearing may get temporarily impaired
* Do not massage joint pain with ointments

**Managing Medications**

* Study the doctor’s prescription carefully
* Tabulate and document the elder’ problem, name of the drugs, their strength, and dosage
* Create a chart with the names of drugs listed according to the time of the day when they need to be taken
* Stick this chart on top of the person’s medicine box
* Never pull the pills out of their packing or bottle to place them in boxes
* Discard all medicines that are expired, discolored, or have damaged packaging
* Throw eye drop bottles after a week of opening

**First Aid Kit**

* To provide timely and effective first aid, you must keep a first aid kit at the person’s home; carry this kit along when taking the person out
* When creating a kit, consider the person’s age, lifestyle, and medical problems
* The first aid kit may contain medicines, bandages, dressings, and fixings

**Providing relief for Common Injuries**

* To treat a minor cut, wash the area thoroughly and cover it with a sterile dressing
* A deep cut may need stitching; consult a doctor
* In case of a nosebleed, ask the person to sit with their head bent forward over a bowl; pinch their nostrils together firmly for about 10 minutes.
* For minor burns or scalds, hold the burnt area in cool, slowly running water
* To take out a particle stuck to the white area of the eye, use the corner of a clean handkerchief
* If an acid or alkali has entered the eye, wash the eye under cold running water
* Rest a sprained joint in a comfortable position
* If you suspect a bone fracture, call the doctor. Till then, avoid moving the person and do not attempt to straighten the broken limb
* If the person shows signs of acute distress due to an insect bite, call the doctor
* Apply antihistamine cream on bee and wasp stings
* In case of an animal bite, wash the wound thoroughly and put a dry dressing; show the wound to a doctor

**Hygienic handling of Food & Equipment**

To ensure hygienic handling of food and equipment:

* + Maintain good personal hygiene
  + Wash your hands properly before and after handling food and equipment
  + If possible, use gloves while handling food

To wash fruits and vegetables:

* + Put the strainer with the vegetables or fruits in the sink
  + Wash them under running water
  + If soil is stuck to the vegetables, use a soft brush to clean it
  + Check whether the vegetables or fruits are free of dirt
  + Cut and remove any bad portions
* Always defrost frozen food before cooking
* Do not defrost food on the kitchen counter
* Never re-freeze defrosted food
* Avoid using the same chopping board and knife for raw and cooked meat
* Always wash food equipment after use
* The area where you cook or serve food should be clean
* Ensure that food is consumed within one hour of preparation
* Wait for food to cool before placing in the fridge
* Reheat food well to kill bacteria
* Your hands must not come in contact with cooked food or drink
* Do not use chipped cutlery, utensils, or glasses
* Keep cleaning and disinfectant chemicals away from food and equipment

**Safe Storage of Food**

* Store dry foods like flour, tea, dried pasta, and uncooked grains in a cupboard
* Cupboards where you store food should be dry, clean, and free of pests
* Potatoes, onions, and tomatoes can be stored outside
* Check the expiry date before using packaged food
* Keep meat, milk, eggs, cheese, jams, salad dressing, sauces, and butter in the fridge
* Always store food in air-tight containers
* Allow the meal to cool before placing in the fridge or freezer
* Keep the fridge clean
* Do not overload the fridge
* Do not keep the fridge door open for long
* Keep frozen foods such as packaged vegetables, meat, seafood, and snacks like French fries in the freezer
* Wrap meat before placing in the freezer
* Throw away spoilt food
* If there is no electricity, avoid opening fridge and freezer doors