



## FROM THE EDITOR IN CHIEF

The burden of COVID-19 on societies and economies and the measures are being implemented across almost all parts of the world. The pandemic spreads among persons of all ages and conditions. Although the majority of those who are infected with COVID-19 have a self-limiting infection and do recover, older adults are at a significantly increased risk of severe disease following this infection.

COVID-19 is typically signaled by three basic symptoms: a fever, an insistent cough and shortness of breath. But the seniors may not have these characteristics. Some symptoms described are; sleeping more than usual, stopp eating or speaking, seeming confused, losing orientation, becoming dizzy or falling. Also immune response may be blunted and their ability to regulate temperature may be altered. It is well documented that, mortalities are occurring in individuals with underlying chronic conditions, especially those with cardiovascular diseases, hypertension and diabetes. Underlying chronic illnesses can mask or interfere with signs of infection in the elder people. They may get weak and dehydrated. If early signs of COVID-19 are missed, seniors may deteriorate before getting needed care.

This situation needs an action in solidarity to prevent the further community spread of the virus, protecting older people living alone in the community, as well as supporting all health and social care workers.

In these difficult times, the elder people should not neglect or underestimate their own health problems and cling to life. They should keep in mind that; they are very valuable to their loved ones. The motivation of the elderly in the home environment is important.

On the other hand, there were extraordinary seniors feeling the urge to give a helping hand and contribute towards the fight against Covid-19, such as sewing face-masks for front liners on a voluntary basis or helping to distribute them. There are many stories from different parts of the world, as examples of that this is a time to take action, contribute and be part of the game.

It seems crucial for the societies to ensure people from all ages stay connected.

For further reading:

1- Statement – Older people are at highest risk from COVID-19, but all must act to prevent community spread. [Internet] Available from: <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/statements/statement-older-people-are-at->

highest-risk-from-covid-19,-but-all-must-act-to-prevent-community-spread. Accessed: 1.5.2020.

2- Issue Brief: Older Persons and Covid-19. A Defining Moment for Informed, Inclusive and Targeted Response. [Internet] Available from: <https://www.un.org/development/desa/ageing/wp-content/uploads/sites/24/2020/04/POLICY-BRIEF-ON-COVID19-AND-OLDER-PERSONS.pdf>. Accessed: 1.5.2020.

3- Turkish Geriatrics Society. There is a letter for the older persons. [Internet] Available from: [http://www.turkgeriatri.org/haber\\_detay?id=104](http://www.turkgeriatri.org/haber_detay?id=104). Accessed: 1.5.2020.

4- Newsletter of International Institute on Ageing-INIA. Coronavirus COVID-19. [Internet] Available from: <https://mailchi.mp/9a18d6336980/sharing-of-best-practice-2930905?e=49ef55f2fc>. Accessed: 1.5.2020.

5- Graham J. Seniors With COVID-19 Show Unusual Symptoms, Doctors Say. [Internet] Available from: [https://www.medscape.com/viewarticle/929407?nlid=135285\\_5403&src=wnl\\_dne\\_200428\\_mscpedit&uac=156903HX&impID=2362421&faf=1#vp\\_2](https://www.medscape.com/viewarticle/929407?nlid=135285_5403&src=wnl_dne_200428_mscpedit&uac=156903HX&impID=2362421&faf=1#vp_2). Accessed: 1.5.2020.

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