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AN EPIDEMIC OF CORONAVIRUS DISEASE 2019 20 (COVID-19): CASE STUDIES OF ELDERLY POPULATION IN INDIA FROM JANUARY 30, 2020 TO MAY 28, 2020

V. KAYALVIZHY

Assistant Professor of Computer Science,
KN Government Arts College for Women,
Thanajvur-7

Objectives

The main objectives of this study are to identify the people affecting COVID -19 in various geographical locations in India. Especially for Health Advisory for Elderly Population of India during COVID-19. Avoidance is improved than antidote, there is no drug for COVID-19 as of now, and it will be worthy to yield precautionary measure which boost our immunity in these epidemic periods.

Introduction

Corona viruses are a crowd of connected RNA viruses that cause diseases in living things, and birds. In individuals, these viruses cause respiratory tract toxicities that can series from minor to dangerous. Minor illnesses comprise certain cases of the common cold, while more dangerous assortments can cause SARS, MERS and COVID-19. Coronavirus Disease 2019 (COVID-19) has been an unadorned communicable respiratory disease caused by an often revealed corona virus (SARA-CoV-2). Risky people infested with the COVID-19 virus run-through mild to endurable respiratory illness and recovering without wanting special treatment, the disease presence is more predictable to be obliged in elder people, and those with primary medical difficulties like cardiovascular

disease, diabetes, chronic respiratory diseases.

Since from January 30, 2020, an epidemic of COVID-19 has spread quickly. As on May 28, 2020 India recounted **158333** confirmed cases of COVID-19. COVID -19 is more likely to be infect elderly people are at a higher risk of COVID-19 infection due to their decreased immunity and body reserves, as well as multiple associated co-morbidities like diabetes, hypertension, chronic kidney disease and chronic obstructive pulmonary disease

Also, the development of disease inclines to be more severe in the case of elderlies ensuing in higher mortality. COVID-19 has squeezed plentiful occurs and is progressively mounting its assortment. While Indian Government has taken rigorous actions to encompass the blowout of COVID-19, comprising

nationwide lockdown, it is also serious for each one of us to follow the protocols and take necessary methods and protections to break the chain of transmission of the disease.

Methods

For this retrospective study repeatedly recognized all hospitalized positive personal belongings are spotted with COVID - 19 infection between January 30, 2020 and May 28, 2020 in India.

This Summery number and geographical location of new COVID -19 infection released daily by the central Government were screened to identify COVID-19 positive cases aged between all categories of people especially for aged people, Migrated People. Demographic Infection, including age, gender and geographic location. COVID -19 spread to the community through anonymous Meeting point such as vegetable shops and all other crowded places.

Table 1.1

COVID-19 State wise Status in India from January 30, 2020 to May 28, 2020

S.No.	Name of State/UT	Total Confirmed Cases	Cured/Discharged/ Migrated	Death
1	Andaman and Nicobar Islands	33	33	0
2	Andhra Pradesh	3171	2057	58
3	Arunachal Pradesh	2	1	0
4	Assam	781	87	4
5	Bihar	3061	1083	15
6	Chandigarh	279	187	4
7	Chhattisgarh	369	83	0
8	Dadar Nagar Haveli	2	0	0
9	Delhi	15257	7264	303
10	Goa	68	37	0
11	Gujarat	15195	7549	938
12	Haryana	1381	838	18
13	Himachal Pradesh	273	70	5
14	Jammu and Kashmir	1921	854	26
15	Jharkhand	448	185	4
16	Karnataka	2418	781	47
17	Kerala	1004	552	7
18	Ladakh	53	43	0
19	Madhya Pradesh	7261	3927	313
20	Maharashtra	56948	17918	1897
21	Manipur	44	4	0
22	Meghalaya	20	12	1
23	Mizoram	1	1	0
24	Nagaland	4	0	0
25	Odisha	1593	733	7
26	Puducherry	46	12	0
27	Punjab	2139	1918	40
28	Rajasthan	7703	4457	173
29	Sikkim	1	0	0
30	Tamil Nadu	18545	9909	133
31	Telangana	2098	1284	63

32	Tripura	230	165	0
33	Uttarakhand	469	79	4
34	Uttar Pradesh	6991	3991	182
35	West Bengal	4192	1578	289
	Cases being reassigned to states	4332		
	Total	158333	67692	4531

Preventive and Precaution Measures:

I) Health Advisory for Elderly Population of India during COVID-19:

COVID-19 spread among habitually for the elderly population, related to younger and children. However COVID-19 would be condensed by enchanting the following actions: Stay at home. Avoidance is gathering visitors at home. If an assembly is essential, maintain a remoteness of one meter. Wash your hands and face at regular intervals with soap and water. At the time of Sneeze and cough either using tissue paper or ahankie. After coughing or sneezing dispose of the tissue paper and wash your hand kerchief with hot water.

Make sure proper nourishment through home cooked fresh hot meals, hydrate repeatedly and take fresh juices to boost immunity. Drink regularly Hot water. Isometrics and ruminant. Take your everyday recommended drugs frequent. Chat with your family members (not residing with you), relations, friends via video conferencing, proceeds help from family members if needed. Reorganize your appointed surgeries like cataract surgery.

Clean the regularly touched surfaces with disinfectant repeatedly. Screen your health. If you grow fever, cough and/or breathing difficulty immediately contact the nearby health care facility and follow the medical advice rendered. Wearing N95 mask or surgical mask.

Avoid cough or sneeze into your unadorned hands or without covering your face. Avoid go close your associates if you are distress from fever and cough. Avoid touches your eyes, face, nose and tongue.

Avoid drive nearby affected/ sick people. Avoid self-medicate.

Avoid shakes hands or hug your friends and close ones. Avoid not go to hospital for a routine checkup or follow up. Avoid to go to crowded places like parks, markets and religious places. Avoid go out except it is completely in dispensable.

II) Immunity Boosting Measures:

In the awaken of the COVID-19 outbreak, complete menfolktransversely the globe is distress. Enhancing the body's natural defense system plays a significant contrivance in conserving optimum health. Prevention is better than cure. Even though there is no medicine for COVID-19 till now so that it will be compelling preventive measures which boost our immunity level in this epidemic times.

Drinking Warm Water Throughout the day. Regular Training of yoga Sana pranayama and meditation for at least 30 minutes. Use *turmeric, cumin, Ginger, Garlic* in Cooking. Hot drink like Black Tea, Herbal Tea, Turmeric Milk once or Twice a day. At the time of sore Throat/ Dry cough Steam Inhalation with garden-fresh Mint Leaves can be proficient once a day. Clove powder mixed with natural sugar or honey can be taken 2 – 3 times a day.

Result

158333 people were identified between January 30, 2020 to May28 2020(Table). All patients were hospitalized. Out of these 15833 patients 67692 people were discharged and 4531 people were died due to COVID-19. Most of them conveyed to have fever, respiratory tract delinquent, and few of them had no statistics on symptoms, but

tested positive for COVID-19 in a designed screening.

Conclusion

Ministry of AYUSH recommends convinced self-care procedures for preventive health procedures and boosting immunity with distinct situation to respiratory health. Based on the sources of the data used in this study 158333 patients were affected with COVID-19 and were hospitalized in various government health centers. The number of infected people identified was huge in metropolitan areas such as Maharashtra, Tamilnadu, Delhi, Gujarat, Odisha etc. This study showed that older people can be infected by COVID-19. Community and family clustering occurred in all infected adults. Once the persons are identified who have infected COVID-19 the entire family members and Communicable persons should be screened or tested and family clustering should be reported and isolated for next 14 days.

Article Information

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