

COVID-19, also known as the coronavirus disease is a highly infectious respiratory illness caused by the SARS-CoV-2 virus. The disease first emerged in Wuhan China in December 2019, and quickly spread to become a global pandemic, affecting millions of people worldwide. The virus is primarily transmitted through respiratory droplets when an infected person coughs or sneezes but can also be spread by touching a surface contaminated with the virus and then touching one's mouth, nose, or eyes. The symptoms of COVID-19 range from mild to severe, with the most common symptoms including fever, cough, and difficulty breathing. Some symptoms may include fatigue, muscle aches, sore throat, and loss of taste or smell. Many people recover from COVID-19 with minimal or no complications the disease can be life-threatening particularly for older adults and those with underlying health conditions. Severe cases can lead to acute respiratory distress syndrome, multi-organ failure and death. The pandemic has had a big or intense impact on individuals, communities, and the global economy. Governments around the world have implemented various public health measures to slow the spread of the virus including lockdowns, travel restrictions and social distancing guidelines. These measures have had significant social and economic consequences with businesses shutting down, job losses, and increased mental health challenges. The pandemic has also highlighted disparities or inequality in healthcare access and outcomes with marginalized communities and people with the lower socioeconomic status being disproportionately affected. The pandemic has exacerbated existing inequalities and exposed vulnerabilities in health systems and social safety nets. To address the pandemic researchers and healthcare professionals have been working tirelessly to develop effective treatments and vaccines. Several vaccines have been approved for emergency use and vaccination efforts have been underway in many countries. While vaccination rates have varied globally vaccination has proven to be an effective tool in reducing the spread of the virus and mitigating the severity of illness. The COVID-19 pandemic has caused significant disruptions worldwide leading to millions of deaths and severe illness. The statement "Older people die from COVID-19 more frequently than younger people. Therefore, COVID-19 is more dangerous to older people or to people with underlying conditions" is a fact that cannot be denied. In this essay, I will explore why COVID-19 is more dangerous for older people and people with underlying conditions and the impact of the pandemic on these populations, and what measures can be taken to protect them.

Older adults are at a higher risk of severe illness and death from COVID-19. According to the Centers for Disease Control and Prevention (CDC) 8 out of 10 COVID-19-related deaths reported in the United States have been among adults aged 65 years and older. This is because the immune system weakens with age making it harder for the body to fight off infections. Furthermore, older adults are more likely to have underlying health conditions such as heart disease, diabetes and obesity, which can increase the severity of COVID-19 symptoms. Older adults are also more likely to live in congregate settings such as nursing homes where the virus can spread rapidly. People with underlying health conditions are also at a higher risk of severe illness and death from COVID-19. According to the CDC (Centers for Disease Control and Prevention) people with underlying health conditions who contract COVID-19 are six times more likely to be hospitalized and twelve times more likely to die than people without underlying health conditions, this is because underlying health conditions weaken the immune system making it harder for the body to fight off infections. The

most common underlying health conditions associated with severe illness from COVID-19 include heart disease, diabetes and lung disease. The impact of COVID-19 on vulnerable populations has been devastating, in addition to the physical impact of the virus, vulnerable populations have also suffered from the psychological effects of social isolation and disruption of daily life. Older adults in nursing homes and assisted living facilities have been particularly hard hit by the virus with many experiencing loneliness and isolation due to restrictions on visitation. People with underlying health conditions have also been disproportionately affected with many struggling to access healthcare and experiencing increased anxiety due to the pandemic. It is essential to protect vulnerable populations from COVID-19. Governments and health authorities must prioritize the distribution of vaccines to vulnerable populations including older adults and people with underlying health conditions. In addition, a long-term care facility must implement strict infection prevention and control measures to prevent the spread of the virus. This includes regular testing of residents and staff, the use of personal protective equipment (PPE) and restrictions on visitation. Other measures to protect vulnerable populations include mask-wearing, social distancing and frequent hand washing. Despite the importance of protecting vulnerable populations, there has been opposition to public health measures aimed at preventing the spread of COVID-19. Some argue that the economy should take precedence over public health measures and that vulnerable populations are expendable. However, this is a short-sighted approach that fails to recognize the long-term consequences of COVID-19. The pandemic has not only caused massive loss of life but has also had a significant economic impact that leading to job losses, business closures and decreased economic activity. Protecting vulnerable populations is essential to prevent the spread of the virus and protect the health of the broader population.

Conclusion

In my conclusion about this argument, COVID-19 has had a profound impact on individuals and the global economy. The virus can affect anyone, older adults and people with underlying health conditions are at a higher risk of severe illness and death. The pandemic has exposed the vulnerabilities in our healthcare systems and social safety nets particularly for marginalized communities and those with lower socioeconomic status. As we continue to battle the pandemic, it's essential to prioritize the protection of vulnerable populations through measures such as vaccination, infection prevention and control measures in long-term care facilities and public health guidelines such as wearing a mask, social distancing and frequent washing our own hands.

It is also critical to recognize that the pandemic has brought about significant social and economic consequences including job losses, business closures and mental health challenges. However, prioritizing the economy over public health measures is a short-sighted approach that fails to recognize the long-term consequences of COVID-19. Protecting vulnerable populations and controlling the spread of the virus is essential to mitigating the impact of the pandemic on individuals and the economy.

As we navigate the ongoing COVID-19 pandemic, it is important to remember that we are all in this together. By following public health guidelines and working together to protect vulnerable populations, we can overcome the challenges presented by the virus and emerge stronger as a society.