



**Letter to the Editor**

# Health Tips to Prevent the Spread of COVID-19 to Nursing Homes

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**ABSTRACT**

Preventing coronavirus infection in the older people can reduce mortality from COVID-19. The older people are more prone to coronavirus due to physical weakness. Therefore, taking care of them is very important to prevent getting the virus infection. It is said that the world may not return to pre-COVID-19 state, and perhaps we have to wait longer for the definitive cure and vaccine to be invented and improve the current crisis. On the other hand, the older people feel that in COVID-19 outbreak have little chance of survival. In parallel with these issues, by creating suitable conditions for the participation of the older people in the home and community and providing a suitable supportive environment in all aspects of life, we can take a step towards healthy aging. Older people activities can be defined differently by defining new maps. For example, during the COVID-19 outbreak, gardening and flower and plant maintenance activities, encouraging physical activity, mindfulness training, and the use of mental tricks to reduce chronic life pain can be facilitated.

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**1. Main Text**

Preventing coronavirus infection in the older people can reduce mortality from COVID-19. The older people are more prone to coronavirus due to physical weakness. Therefore, taking care of them is very important to prevent getting the virus infection.<sup>1</sup>

The risk of COVID-19 outbreak, especially in nursing homes, could be catastrophic because infecting a person can spread the virus to others and cause a major catastrophe in the entire center due to the high risk of death from coronavirus in people over 60 years of age. Therefore, maintaining hygiene in the nursing home is very important.<sup>2</sup>

**2. Essential Health Measures to Protect the Older People from the Coronavirus**

- Proper ventilation of the dormitories is necessary for air purification and proper air transfer inside the sanatorium.
- The health of all staff in nursing homes should be checked before starting work shifts.
- Surfaces that people come in contact with should be disinfected at least twice a day to remove any contamination.
- All employees should care about personal hygiene and wash their hands regularly with soap and water.
- If any employee has symptoms of illness, he or she should not stay in a nursing home.
- The manager of the sanatorium must be careful about personal hygiene training for staff.
- There must be complete supervision over the hygiene of the staff, especially in the kitchen area.
- All employees must wear personal protective equipment, including masks and gloves.

- Disinfection of older people's clothes and sheets should be done under full supervision.

To prevent COVID-19 infection, personal hygiene education is also required for the older people. If any of them are suspected of having the disease, they should be separated from others immediately and taken to a health center. Also, minimize and limit face-to-face visits with older people families. To boost the immune system of the older people, offering healthy diet and careful to wash their hands before eating anything are necessary. Preventive measures for the older people can be a significant reduction in mortality from coronavirus. Therefore, we are able to take good care of the older people.<sup>3,4</sup>

### 3. Health Care does not Mean Social Isolation

We need to know that health care does not mean social isolation, but the right way to accept the situation and explain it to people without exaggerating or underestimating the situation. Family involvement influences the life quality of the older people because human beings generally need a sense of belonging and acceptance, and this sense can range from small social groups such as friends and family to large social groups such as religious groups and colleagues. Accordingly, if older people live in a care center or their children are away from them, it is necessary for those around them to increase this feeling by strengthening the interests and characteristics of a common group and help them to create a sense of usefulness. Maintaining their respect, communicating in ways that are permissible during an outbreak, increasing visual contact with family members, and learning new skills can reduce psychological harm to the older people during this time.<sup>5,6</sup>

It is said that the world may not return to pre-COVID-19 state, and perhaps we have to wait longer for the definitive cure and vaccine for the disease to be discovered and improve the current crisis. On the other hand, the older people feel that in COVID-19 outbreak have little chance of survival.

In parallel with these issues, by creating suitable conditions for the participation of the older people in the home and community and providing a suitable supportive environment in all aspects of life, we can take a step towards healthy aging. Older people activities can be defined differently by defining new maps. For example, during the COVID-19 outbreak, gardening and flower and plant maintenance activities, encouraging physical activity, mindfulness training, and the use of mental tricks to reduce chronic life pain can be facilitated.

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All authors have approved the final article.

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### Contributors

All authors contributed equally.

### CONFLICTS OF INTEREST

None of authors have any conflicts of interest to disclose.

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