



Covid19, Dilemmas in Securing Vulnerable, Fragile & at Extra Risk Cohorts, not Left Behind

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Covid19 in the Context of Fragility and Vulnerability

The extreme aggressiveness of Covid19 demonstrated remarkable progress in its ability to cause great losses through the steady increase in morbidities and mortalities, on the one hand and the sustainability of the pandemic intensity that indicates a failure to reach the end status. On the contrary, new facts were seen that the pandemic trend seemed to be looking for new foci in the world. More vulnerable and fragile areas, which indicating new lethal and hostile escalation in the numbers of morbidities and mortalities, as reflected in the South American continent, Africa, and the Indian subcontinent recent trends. The risk of the pandemic spreading to more fragile foci, with obvious resources depletion weak health systems responses, shall no doubt, place some of the riskiest groups such as the elderly, the chronic disease patients and the homeless refugee's cohorts on the edges of death by the disease spread. Over there solely, we will witness more and more mortalities, and it should be noted that the pandemic is currently witnessing a new epidemiological transition represented in its penetration into countries and invasion of new continents that can be described relatively as fragile states. Accordingly, the confronting protocols and technical as well as logistic measures should be put in place to offer maximum protection for similar groups and ensuring significant mortality and morbidity level reduction.

Worldwide Solidarity

It is essential that the Global pandemic must be talked by solidarity at globe wise. Ensuring medicine and supplies should be brought at the top of global society commitment,

banning exports and exaggerating stockpiling can lead to maximizing the pandemic burdens to the far distance, all countries should facilitate Personal protection devices distribution worldwide adequately, said cooperation shall decline the potentials additional hazards to people by Covid19 crisis, pushing them to additional suffering and maximizing mortalities, Drugs, tests and likewise resources has to be shared as lack will have a negative impact worldwide. In the absence of said collaboration, fragile states will be existing under huge pressure on health systems creating double burden status. Vulnerable communities worldwide should be supported with necessary masseurs to enable their resilience to the Covid19 pandemic.

Covid-19 and Elderly

Elderly groups are fragile groups, they are vulnerable to be an easy victim to such COVID 19 aggressive illness, available studies evidenced among (60 +) years old groups particularly with coexisting medical co morbidities, like Diabetes mellitus, chronic obstructive lung diseases, cardiovascular diseases as well as malignant conditions are significantly prone to deaths when infected with Covid19 as research evidence revealed recently, comparing to any other age groups. Physiological and biochemical changes that may lead to relative immune compromisation status and took place at older age explain are the reasons why the elderly population ae targeted extensively by behind some of the reasons older people are greatly impacted by COVID-19. Adding to likewise explanation, the existence of multiple co morbidities. In spite that age is not the only risk factor and some of severing Covid19 infection can take place among younger age groups, yet it is quite significant, that needs to be addressed in confronting this

particular pandemic. A healthier group of course can recover when they Got Covid19 infection even if they are old age groups, as the examples seen among even more than 100 years old.

Ensuring and providing what elderly need is a quite essential intervention to protect such group, e.g. Medicine, food, and other basic needs along with social and mental support, most of the death witnessed among elderly in western countries were among those whom somehow ignored-neglected and left lonely groups. The dignity of the elderly should have been preserved adulate and never to be violated weather intently or non-intentionally and not to leave someone behind.

Covid-19 and people with Co Morbidities

In one of Meta-analysis study of 6 previously published studies about the infection rate of Covid19 among patient with different co morbidities revealed that out of 1558 studied person infected with COVID-19, cardiovascular disease (OR: 2.93, P<0.001), Hypertension (OR: 2.29, P<0.001), diabetes (OR: 2.47, P<0.001), and cerebrovascular disease (OR:3.89, P=0.002), chronic obstructive pulmonary disease (COPD) (OR: 5.97, P<0.001), were risk factors independently associated with COVID-19 infections. The study showed that no correlation identified between increased risk of COVID-19

and malignancy, or renal disease or liver disease. COPD Hypertension, cardiovascular disease, diabetes, and cerebrovascular disease were proven to be obvious and major risk factors for patients with COVID infection. Such a conclusion can be utilized as good clinical a resource for physicians in Covid19 management.

Covid19 and Fragile States

States witnessing conflict, wars, displacement, and instability are generally most pron having outbreaks, in several examples; prolong conflicts, wars along with, bad management, corruption, and sanctions, devastatingly lead to health systems collapse, and obviously unprepared for the similar pandemic of COVID-19. Refugee's camps are far more vulnerable to outbreaks scenarios for unavailability of intact public health precautions looming once more risks. A case of Syria, Libya, yamen, and many other examples are clear examples of expected catastrophic out coms can happen if the pandemic invaded such fragile stats. The world is currently witnessing the collapsing of the highest standards health system worldwide in confronting Covid19 such as the US, UK, Brazil, India, Italy, Europe and so many others with all their existing and potential technical and logistic capacity. Thus fragile states need to be protected by the international community through effective solidarity program to prevent them from sank down in Covid19 marches

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