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## Difficulty adaptability and COVID-19 relationship

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### Difficulty adapting and COVID-19 in individuals:

Quarantine is a health measure implemented in the form of temporary retention and observation of persons, ships, goods and animals from a country, where an infectious disease is prevalent. This definition was most recently used in the 2019 coronavirus disease (COVID-19) outbreak. With the measures taken during the quarantine process, rights restrictions were imposed in certain age groups. These include a weekend curfew imposed on all ages and the implementation of curfews outside the designated days and hours for certain age groups. So who are in the age groups where this ban is applied, why those age groups and what are the problems that come with it? Every answer to these three questions will allow us to have a healthier quarantine process. The spectrum of diseases caused by coronavirus in humans can vary from simple colds to severe acute respiratory syndrome. In cases, findings consistent with fever, shortness of breath and radiological bilateral lung pneumonic infiltration

were detected. According to the WHO's COVID-19 report of the People's Republic of China, deaths were usually individuals with advanced or accompanying systemic disease. The disease is mainly transmitted through droplets. In addition, the droplets that sick individuals emit through coughing and sneezing are transmitted by taking their hands to the mucosa of the mouth, nose or eyes after contact with other people's hands. In COVID-19, the whole community is responsive. Health workers are the most risky occupational group in terms of encountering factors. Men, people over the age of 50, people with comorbidity, seasonal agricultural workers and those living in care and rehabilitation centers, schools, barracks, correctional and detention centers and migrant camps are groups susceptible to COVID-19. Responsive person / Host measures » There is no vaccine or drug yet to protect against COVID-19. Therefore, you can use the it is important to protect and improve people's health, reduce the likelihood of encountering the active and early diagnosis and treatment of cases.

### Biography

Kardelen Okcu is a graduate of Istanbul University Cerrahpasa Faculty of Health Sciences. With a solid foundation in health sciences, she brings a wealth of knowledge and expertise to her endeavors, making her a valuable asset in the field. Okcu's dedication and education continue to drive her success.

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