

What seniors need to know

The Covid-19 vaccine is safe for the elderly but there are precautions they should take before and after getting jabbed.

By Dr TAY HUI SIAN

AS of today, less than 10% of our population has been vaccinated against Covid-19.

This is far from achieving herd immunity, which is essential in combating the disease.

Elderly people aged 60 and older are at higher risk of serious illnesses, complications and death from Covid-19, especially if they have chronic diseases such as diabetes, high blood pressure, heart and lung diseases.

Although only 11% of Malaysia's total

population is above 60 years, about 70% of Covid-19 deaths comprise elderly people.

The initial symptoms of Covid-19 may resemble a common cold or mild flu, but in the elderly, it may worsen rapidly.

Older people may not have the typical symptoms such as fever, cough, shortness of breath, changes in smell and taste, and fatigue, but may show non-specific symptoms, including weakness, confusion, diarrhoea, dizziness, headache, falls, loss of appetite and chest pain.

As a result of this, there might be a delay in diagnosing Covid-19 in older

people, and the virus can easily spread to others during this period.

Side effects concerns

Many individuals are reluctant to get vaccinated because they are worried about the side effects.

They think they will not be the one who is "unfortunate" to contract the potentially deadly disease if they stay at home, but this thinking is very dangerous.

Other people who have not been vaccinated might get infected with Covid-

19, be asymptomatic or have mild symptoms and spread the infection to them.

Vaccination is one of the key steps to protect yourself and your family.

It can prevent you from becoming severely ill as a result of contracting Covid-19 and protect a large number of people through vaccination, making it difficult for the virus to spread.

Herd immunity will greatly reduce the risk of a large-scale outbreak.

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