

The Role of Health Literacy in The Prevention of Covid-19

Dear Editor

The Covid-19 infectious disease is caused by a new coronavirus. Its outbreak was first discovered in Wuhan, China in December 2019, and it quickly became a pandemic of this century. The rapid spread of the virus has caused countries to face a large number of infected people, so that as of August 8, 2020, globally, 19,187,943 people have been infected by the virus, and 716,075 people have died. It is estimated that the mortality rate of this disease is between 1 to 5%, but it varies with age and other health conditions such as a history of underlying diseases. A significant proportion of deaths from Covid-19 infectious occur in the elderly and those with underlying diseases (1).

Preventive behaviors play an important role in reducing the morbidity and mortality of this disease (2). Measures such as training, awareness promoting, attitude, and adopting preventative and protective actions are an important strategy to prevent Covid-19 (1).

Keywords: Health Literacy, Prevention, Covid-19

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Planning and preparing for the Covid-19 crisis is a national and international necessity, and community policymakers and health officials need to pay close attention to preventive behaviors at the community level to control the Covid-19 pandemic. To identify preventive measures and control viral diseases, we must identify relevant determinants and Skills affecting preventative behaviors (3). On the other hand, identifying the effective Skills and their effects in controlling the Covid-19 pandemic, including health literacy skills, can be effective in preventing and reducing the prevalence of this disease. Health literacy involves an individual's ability and skills to receive, understand, and act on health information in a complex health setting. Although health literacy is associated with the adoption of preventative behaviors, it is ignored and overlooked in Covid-19 disease (4).

Health literacy has many effective roles in promoting people's participation in health activities, preventing suspected symptoms of Covid-19, promoting personal responsibility in maintaining health, improving people's attitudes toward health (5).

Given these roles and the relationship between health literacy, awareness, attitude (14), and the adoption of preventative behaviors, it seems that increasing health literacy can probably be effective in preventing Covid-19. In this regard, it can also be confirmed that health literacy is a set of skills, abilities, and capacities in various dimensions. These dimensions include the ability to acquire and obtain medical and health information, and the ability to read, understand, process, interpret, and use the medical and health information (6).

In other words, improving health literacy skills through improved the understanding, perception, and evaluation of the benefits of diagnostic and prevention behaviors (7) may be

one of the most important factors in preventing Covid-19 in individuals.

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