

Coronavirus and Chronic Diseases

An Extra Dose of Prevention

Adults with hypertension, diabetes, and other chronic diseases may be especially vulnerable to coronavirus. We all have a role to play in stopping its spread and protecting the health of our communities.

TIPS FOR PATIENTS WITH HYPERTENSION, DIABETES, OR OTHER CHRONIC NON-COMMUNICABLE DISEASES (NCDS)

- ✔ Continue to take your medications and eat the diet recommended by your doctor.
- ✔ Secure a long-term supply of your chronic medications (90 days or more is best!)



- ✔ Keep a safe distance from people with cold and flu, or other respiratory symptoms.
- ✔ Cover your mouth and nose with a tissue or your bent elbow when you cough or sneeze.

- ✔ Wash your hands often with soap and water.
- ✔ Avoid close contact with anyone showing flu-like symptoms.

