



COVID-19

Non Communicable Diseases & COVID-19

Although persons of any age can get ill from COVID-19, **older adults** and persons who have **underlying medical conditions** such as Non-Communicable Diseases are at **higher risk** for severe illness and even death. These illnesses include:



High blood pressure



Diabetes



Heart disease



Cancer



Chronic Kidney Disease



Chronic Respiratory Disease



Obesity

LIFESAVING PRECAUTIONS



Take your medication and follow medical advice.



Have a one-month supply of medication or longer.



Keep a distance of at least 6 feet from others.



Wear a mask if you are coughing or sneezing or in public.



Wash your hands often with soap and water.



Eat healthy meals, which include a variety of fruits and vegetables.



Quit smoking and avoid using alcohol and drugs.



Keep physically active and get enough rest.



Talk to others about how you are feeling.

Protect Yourself & Others

