COMORBIDITIES AND COVID-19

Multiple studies show that people of any age with comorbidities, including high blood pressure, diabetes, cancer, chronic kidney disease, dementia, obesity, HIV/AIDS, liver disease and others – are at higher risk of severe illness or death from Covid-19. The more underlying conditions a person has, the greater the risk of severe Covid-19.

HOW TO PROTECT YOURSELF:

Get vaccinated with the Covid-19 vaccine if you have not already done so. If you qualify, get the booster shot too as it will provide maximum protection.

Continue with your usual treatment, make sure you never miss out on even a day of medication. Always make sure you have an adequate supply of medicine.

Monitor and control your blood pressure if you suffer from hypertension.

Monitor and control your glucose levels if you have diabetes.

If you suffer from obesity, make every effort to lose weight.

Boost immune system by taking vitamin supplements daily.

Keep well hydrated, preferably by drinking water.

Maintain a healthy lifestyle and eating habits and exercise regularly.

Continue to adhere to Covid-19 precautionary measures, e.g., wearing a mask, washing/sanitising of hands, keeping a safe social distance and avoiding crowded places.

Platinum Health members who want to get vaccinated but are unsure where to go, can contact Case Management on 014 590 1700 or 080 000 6942.