

SUFFERING FROM AN UNDERLYING CONDITION?

TAKE SPECIAL CARE OF YOURSELF



PLATINUM
HEALTH

If you have an underlying condition (also known as a comorbidity) the reality is that you are more at risk of getting seriously ill if you are infected with COVID-19. Underlying conditions include:

- HIV
- Diabetes
- Hypertension (high blood pressure)
- Cancer
- Tuberculosis (TB)
- Asthma
- Obesity
- Cardiovascular disease
- Chronic liver or kidney disease

THE MOST IMPORTANT WAYS TO PROTECT YOURSELF AGAINST THE SEVERITY OF THE COVID-19 DISEASE ARE:

If you have an underlying condition, continue with your usual treatment, make sure you never miss out on even a day of medication.



Boost your immune system by taking vitamin supplements daily.



Maintain a healthy lifestyle and eating habits and exercise regularly.



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.



Get seven to eight hours of sleep



Make sure you have an adequate supply of medicine.



Always wear a mask in public and at work. The mask should cover your nose and mouth at all times to be effective.



Keep well hydrated, preferably by drinking water.



Wash your hands with soap and water for at least 20 seconds or sanitise.



Continue to adhere to COVID-19 precautionary measures.



Keep a safe social distance. If you can reach out and touch the person next to you, you're too close. The recommended distance is 1.5 – 2 metres.



Avoid crowded places such as Malls and Shopping Centres with many people nearby.



Avoid close-contact settings such as restaurants, especially where people have close-range conversations.



Avoid confined and enclosed spaces with poor ventilation.

