

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.



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 patients.

TIPS FOR HEALTH CARE PROVIDERS



- ✓ In areas affected by the coronavirus outbreak, encourage patients to avoid health care facilities unless they have symptoms or other urgent needs to avoid unnecessary exposure.
- ✓ For patients with cold and flu symptoms, use respiratory precautions* to avoid transmission of the virus.
- ✓ For stable patients coming to your facility, dispense the longest-term prescription you can (90 days is ideal!)



- ✓ At your facility, use standard precautions, including disinfection of equipment, for all patients.
- ✓ Triage and early detection of patients with cold and flu symptoms is important. Have them wait in a separate area if possible.
- ✓ Reach out to your hypertension, diabetes, and other non-communicable disease (NCD) patients by text or phone to check in and make a plan for care.



- ✓ Consider setting up a mobile pharmacy or medication dispensing unit for chronic NCD patients in the community and away from facilities where patients with illness are accessing care.

*[https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-\(ncov\)-infection-is-suspected-20200125](https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-(ncov)-infection-is-suspected-20200125)

Resolve to Save Lives is working to prevent millions of deaths from cardiovascular disease and epidemics. For more information, visit www.resolvetosavelives.org and www.preventepidemics.org.