

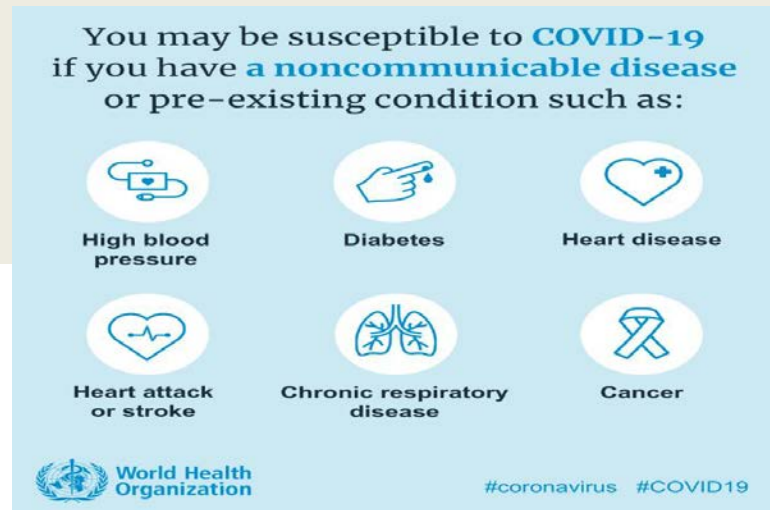
# Tips For Managing Your Chronic Disease During Covid-19



**PROTECT YOURSELF AND BE SUPPORTIVE TO OTHERS**



Chronic diseases are long-lasting conditions that usually can be controlled but not cured. The good news is that through effective behaviour change efforts, appropriate medical management, and systematic monitoring to identifying new problems, chronic diseases and their consequences can often be prevented or managed effectively. Being elderly or having a chronic disease does not mean you are more likely to get COVID-19. It means that you are at risk of developing more serious symptoms or complications if you do get it, according to the World Health Organization (WHO). Underlying chronic health conditions can make it harder for your body to cope with and to recover from illness as it is already under pressure.



## COVID19 PREVENTION GUIDELINES

**YOU are also at a high risk of developing complications if you:**

- are 60 and older or
- If you have an immuno compromised system from cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV/ AIDS and TB or prolonged use of other immune weakening medications.
- Are obese with a BMI of >30.

## WHAT CAN I DO TO PROTECT MYSELF DURING COVID-19?



- Focus on prevention and comply with your medication.
- Do not change your treatment plan without speaking to your doctor.
- Talk to your health practitioner or pharmacist about getting an extra supply of medication to reduce trips to the pharmacy.
- Consult your health practitioner or doctor about the flu vaccination.
- Avoid triggers that can exacerbate your condition.
- Test your blood pressure and insulin levels regularly.
- If you are on dialysis, you should NOT miss your treatments.
- If you are immunocompromised, be compliant with your medical plan.
- Look out for a fever, dry cough, fatigue, coughing, shortness of breath, sore throat, headaches, muscle or joint pains, confusion, loss of smell and taste, digestive issues, pink eyes etc.
- Consider your mental health, and not only your physical health.
- Commit to regular exercise, good nutrition, meditation, spirituality & embrace positivity.
- Ensure that you are registered on your chronic illness benefit on your medical aid.
- Take note of availability of online consultations via your medical aid.
- Do not delay getting emergency care for your underlying condition because of COVID-19.
- Call your healthcare provider if you have any concerns about your underlying medical conditions or if you get sick and think that you may have COVID-19.
- Refrain from over the counter medication and self-diagnosis.
- Do not go to the Emergency Room unless your healthcare provider asks you to do so.
- Maintain a daily routine.
- Manage information received from social media on COVID19 wisely.
- Stay connected with family and friends.
- Keep alert of your child's or elders chronic diseases and symptoms as well.
- Contact your Employee Wellness Programme for support and assistance: [ewp@dut.ac.za](mailto:ewp@dut.ac.za) or [rajcooms@dut.ac.za](mailto:rajcooms@dut.ac.za) or
- For queries on your chronic provisions contact:  
Discovery 0860 99 88 77 [chronicqueries@discovery.co.za](mailto:chronicqueries@discovery.co.za)  
Bonitas 0861 100 220 [queries@bonitas.co.za](mailto:queries@bonitas.co.za)  
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