

Are you at risk of severe COVID-19?

Coronavirus is in the air. Everyone is at risk of getting and spreading COVID-19.

You are at **high risk of getting severe COVID-19 if you are:**

- 55 years and older (risk increases with each year) or
- An adult of any age with diabetes

You are at **moderate risk of getting severe COVID-19 if you are an adult of any age with any of:**

- Current TB
- HIV
- Kidney disease
- Hypertension
- Previous TB
- Chronic lung disease (e.g. asthma, emphysema, chronic bronchitis)
- On cancer treatment

It's tough to know you are at risk of severe COVID-19

Take comfort... take action!

Seek care without delay if you get symptoms

If you get COVID-19 symptoms, (cough, sore throat, loss of smell or taste) phone your healthcare provider or a COVID-19 hotline straight away to arrange a test.

Seek help urgently if you develop any of:

- Difficulty breathing
- Cannot wake up completely
- Sudden loss of speech or vision
- Confusion
- Sudden weakness of arm, leg or side of face
- Chest pain or pressure that won't go away

Go to your local health facility immediately. Avoid public transport. If needed, call an ambulance 0861 911 111

Avoid getting COVID-19

Shield yourself from others

- Do not go out unless necessary, especially if over 55 or diabetic.
- Try not to have visitors.
- If someone at home has COVID-19, keep completely separate or stay elsewhere.



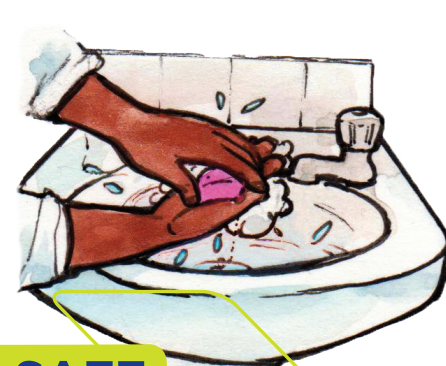
Wear a mask if:

- You have to go out.
- You do have visitors.
- Someone is unwell at home.



Keep clean of coronavirus

Wash or sanitise your hands often.



STAY SAFE

MOVE FORWARD



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Take extra care of yourself

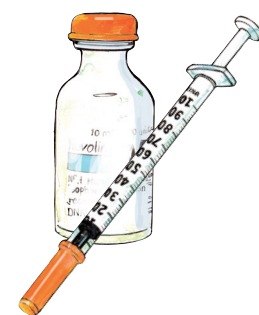
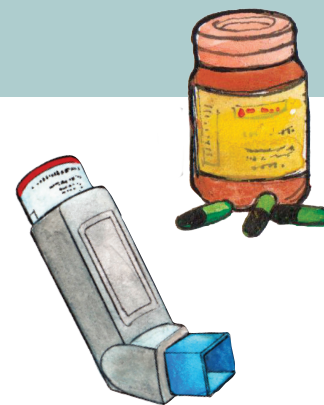
Try follow a healthy lifestyle

- Eat a healthy diet.
- Do some exercise every day.
- Avoid smoking, alcohol, drugs.
- Look after your mental health.



Try get your chronic condition under control

- Take your medication correctly. If you've stopped it, restart it.
- Contact your healthcare provider if you have questions about your medication and to arrange medication deliveries.



If you have diabetes

- If your glucose is over 10, discuss with your healthcare provider.
- Limit refined starchy foods like white bread, maize meal, white rice.
- Avoid sugary drinks, sweet treats and alcohol.
- Try to lose weight if you need to.
- Look after your feet. Seek healthcare if you find a sore on your foot.



Dizzy, tired, sweaty, looking pale? You may have low blood sugar.

- Immediately eat or drink something sugary. Follow with starchy food like a sandwich.
- If this happens more than once, contact your healthcare provider.

Get help when you need it

- Ask others to do your groceries and errands so you can stay home.
- Organise home deliveries of medication.
- Speak to someone you trust to share your worries.
- Contact a helpline for more information about COVID-19 or your chronic condition.



Use the **Pocket Clinic** WhatsApp channel to access chronic medication delivery.

Say 'Hi' to this WhatsApp number: **087 240 6122**



Western Cape COVID-19 Hotline:
080 928 4102 (tollfree)

Diabetes WhatsApp Helpline
081 578 6636



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