NCDs and COVID-19
Protect yourself against COVID-19 symptoms

World Health Organization
REGIONAL OFFICE FOR THE **Eastern Mediterranean**

Noncommunicable diseases

If you have a pre-existing NCD such as

Heart disease | **Diabetes** | **Lung disease** | **Cancer**

take precautions to lower your risk of becoming severely ill with COVID-19 symptoms.

Follow basic protective measures

Wash your hands frequently or use an alcohol-based hand rub

Practice good respiratory hygiene

Clean and disinfect objects and surfaces

Avoid touching your eyes, nose and mouth

Keep a distance of at least 1 metre from others

Seek medical help if you have fever, cough and difficulty breathing

Stay informed and follow medical advice

Maintain a healthy lifestyle

Eat a well-balanced diet

Get active

Avoid smoking, vaping, alcohol and drugs

Take your regular medication and treatment

Follow medical advice

Stay in touch with your family and friends

Prepare your plan

Make a plan so you know what to do if you start feeling ill

Talk to your doctor about where and when you should get help if you get sick

Keep up to two weeks of all your regular medicines, non-perishable food and other supplies

Ask your social contacts to provide you with assistance, if needed

Know in advance where and how to get practical help (e.g. calling a taxi or ambulance, or having food delivered)

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