

**Are you over 55?  
Or do you have a  
chronic condition?**

**You could be at risk  
of severe COVID-19**



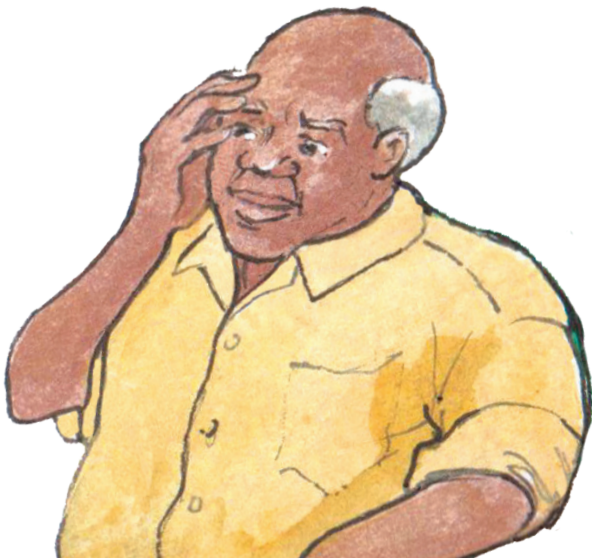
**Western Cape  
Government**

**STAY SAFE. SAVE LIVES.**

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

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- 55 years and older (risk increases with each year) *or*
- Or an adult of any age with diabetes (especially if your sugars are not well controlled)



**You are at moderate risk  
of severe COVID-19 if you  
are an adult with one of  
these conditions:**

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



# Take extra precautions to help us protect you from severe COVID-19

**1** Avoid getting the virus

**2** Look after your health

**3** Seek care early if you  
become unwell

**4** Get help if you need it

**Take extra care to prevent  
severe COVID-19**



**Avoid getting  
the virus**

# Shield yourself from others

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- Do not go out unless necessary, especially if over 55 or with diabetes.
- Discourage visitors in your home.
- If someone at home has COVID-19, keep completely separate or stay elsewhere.
- Don't visit a healthcare facility unless you really need to.





## **Wear a mask**

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- If you have to go out in public, wear a mask.
- If you do have visitors in your home, you should all wear masks.
- If there is someone unwell in your home, you should both wear masks.

# Keep clean of coronavirus

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- Wash your hands regularly.
- Don't touch your face with unwashed hands.
- Disinfect surfaces and objects that you touch often.
- If you or others go out, have a wash and change your clothes when you come home.





**Take extra care to prevent  
severe COVID-19**



**Look after  
your health**

# Try follow a healthy lifestyle

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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

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- Take your medication correctly. If you've stopped it, restart it.
- Contact your healthcare facility:
  - If you have questions about your medication.
  - To arrange medication deliveries.
  - If you need help with managing your condition.



# If you have diabetes

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- If you are checking your sugars and your glucose is over 10, discuss with your healthcare facility about adjusting your medication.
- Try to avoid refined starchy foods (like white bread, maize meal, white rice), sugary drinks, sweet treats and alcohol.
- If you only have access to refined starchy foods, watch portion size carefully.
- Try to lose weight if you need to.
- Look after your feet to prevent ulcers. Seek healthcare if you find a sore on your foot.



# **Know when you have low blood sugar with diabetes**

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**If you feel dizzy, tired, sweaty and look pale, you may have low blood sugar.**

- Treat immediately: have something sugary to eat or drink, and follow with starchy food like a sandwich.**
- If this happens more than once, contact your healthcare provider or facility.**

**Take extra care to prevent  
severe COVID-19**



**Seek care  
early if you  
become unwell**

# **Seek care early if you become unwell**

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**Watch out for COVID-19 symptoms**

**Cough**

**Sore throat**

**Loss of smell  
or taste**

**Phone your healthcare provider or  
a COVID-19 hotline straight away  
to arrange for a test.**

**Early tests are most reliable.**

# Seek help urgently if you develop any of

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Difficulty breathing

Confusion

Cannot wake up completely

Chest pain or pressure that  
will not go away

Sudden weakness of arm,  
leg or side of face

Sudden loss of speech  
or vision.





**Take extra care to prevent  
severe COVID-19**



**Get help if  
you need it**

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

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## Get help if you need it:

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



# Get your medication delivered to your door

## Introducing the Pocket Clinic

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The WCGH in collaboration with Aviro has teamed up to provide a patient-facing WhatsApp channel to assist and support patients with access to chronic medication delivery, existing appointments and confirming patient details.

WhatsApp number  
**087 240 6122**



**Add this number to your contacts say 'Hi' in your WhatsApp to:**

- Update your contact details
- Query your chronic medication delivery
- Confirm an existing appointment before going to the clinic.



**Western Cape  
Government**

**National Hotline**

**0800 029 999**

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**Provincial Hotline**

**021 928 4102**

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**National WhatsApp**

**0600 123 456**

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**Diabetes South Africa helpline for  
information and eating advice**

**086 111 3913**

**[www.westerncape.gov.za](http://www.westerncape.gov.za)**