



MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH

LOOKING AFTER YOUR CHRONIC CONDITION



A chronic condition is a health issue that is long-term or lifelong. If untreated, it can cause complications that can make you unwell and unable to cope with everyday life. If you have a chronic condition, then your risk of severe COVID-19 is higher, but you may just have it mildly. The goal of treating a chronic condition is to control it and to prevent complications.

REACH YOUR GOAL FOR YOUR CHRONIC CONDITION

Understand your chronic condition

Ask your health worker for help if you have any questions

Have a healthy lifestyle

Get active! Eat healthily

Look after your mental health

Spend time with supportive friends or family. Find a creative or fun activity to do. Do a relaxing breathing exercise each day.

Don't smoke or abuse alcohol or drugs

Ask for help to stop if you need it.

Take your medication reliably

Adhere to your treatment to help control your condition, prevent complications and keep you well.

Don't miss your appointments

Keep all your appointments at the clinic. Ask someone to collect your medication while you cannot leave home.

Get help when you need it

talk to the health professional for advice about coping with a chronic condition. Chat to a relative or friend. Find out if you qualify for a disability grant if your chronic condition makes it difficult for you to work.

You could be at risk of severe COVID-19 if you are 55 years or older. you are any age and on treatment for any of the following:

- *diabetes, hypertension or heart disease*
- *chronic lung disease (asthma, COPD, chronic bronchitis)*
- *Cancer*
- *TB*
- *HIV with poor adherence to ARVs.*

24HR NICD HOTLINE : 0800 029 999 | PROVINCIAL HOTLINE : 033 846 6000

IT'S IN OUR HANDS



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**