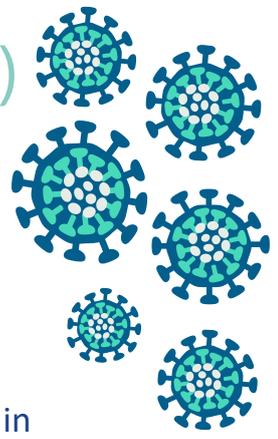


CORONAVIRUS DISEASE 19 (COVID-19)



How You Can Improve Your Resilience to COVID -19 illness?

Individuals at highest risk for severe disease and death include people aged over 60 years and those with underlying conditions such as hypertension, diabetes, cardiovascular disease, chronic respiratory disease and cancer.

During the containment phase you may wish to consider the following if you are in a higher risk group:

- Washing your hands frequently with soap and water is probably the most effective contribution you can make to public health, and to the health of yourself, your family, and your colleagues.



- Stop smoking
- Ensure optimisation of your medical condition (additional checks on your blood glucose/peak flows/blood pressure readings).



Try to get some regular exercise to improve your physical resilience where you can.

- If you have pre diabetes or Diabetes associated with increased body mass, increase your efforts at weight loss on medical advice.
- Ensure you have sufficient medication/ plans in place if self isolated to get repeat prescriptions (on line repeat prescriptions and pharmacy drop offs of medication).

- If you are immuno-compromised ask your doctors if any GP or hospital appts can be by telemedicine assessment rather than attending a healthcare facility.



- Consider if above, self isolation and working from home upon medical advice if COVID 19 cases become more widespread.

- Keep up to date by regular reviews of the [NHS/Public health England websites](#).

- Avoid misinformation circulated on some social media platforms (poor advice and panic don't help psychological and physical health).



- Try to live as normally as you can (including working) whilst trying to optimise your medical resilience through, eating a healthy diet, exercise, compliance with medication and treatment, self directed observation and measurement of your medical status and avoiding exposure to tobacco and vaping fumes.



CATCH IT BIN IT KILL IT

