

NCDs and COVID-19

Protect yourself against NCDs and COVID-19

150 million

More than 150 million people are living with NCDs in the Eastern Mediterranean Region.

Noncommunicable diseases



Heart disease



Diabetes



Lung disease



Cancer

People living with NCDs are all at higher risk of becoming severely ill with COVID-19 symptoms because of these pre-existing conditions, particularly if they are not keeping them under control.

NCDs have many causes, but some of the main factors include unhealthy behaviours such as tobacco use, poor diet and physical inactivity.

The Eastern Mediterranean Region has some of the highest rates of tobacco use, overweight and obesity, and physical inactivity of any world region:

90 million

90 million adults are **tobacco users.**



185 million

185 million adults are **overweight or obese.**



130 million

About 130 million adults are **physically inactive.**



If you do not have a pre-existing NCD, take precautions to lower your risk of developing an NCD.



Stop smoking



Eat a healthy diet



Do regular physical activity

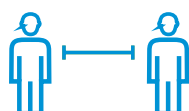
If you have a pre-existing NCD, take precautions to lower your risk of becoming severely ill with COVID-19 symptoms.



Practice good hygiene



Maintain a healthy lifestyle



Practice physical distancing



Carry on taking your regular medication