

NCDs and COVID-19


What you need to know

People of all ages can get COVID-19.





You are at higher risk of getting severe symptoms if you:

- are older (**60+**) or
- have a pre-existing NCD (eg. **heart disease, diabetes, lung disease, cancer**).

60+



Noncommunicable diseases

 Heart disease	 Diabetes	 Lung disease	 Cancer
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Such people often develop COVID-19 symptoms more quickly, and may suffer complications and require admission to an intensive care unit if they do not seek immediate medical care.

80%

More than 80% of COVID-19 cases are mild with minimal flu-like symptoms and do not need to be hospitalized for supportive care.

15%

About 15% of COVID-19 cases so far have been severe.

5%

In around 5% of COVID-19 cases it has led to critical illness.

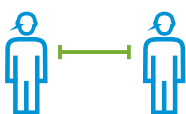
If you have a pre-existing NCD, take precautions to lower your risk of becoming severely ill with COVID-19 symptoms.



Practice good hygiene



Maintain a healthy lifestyle



Practice physical distancing



Carry on taking your regular medication

Reach out for help from trained professionals to ensure you keep in good physical and mental health, especially if your condition is not under control.