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*