

# Information on COVID-19 and NCDs



**icmr**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH

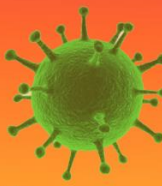
**NCDIR**

NATIONAL CENTRE FOR DISEASE  
INFORMATICS AND RESEARCH

Impacting NCD Public Health Actions and Policies  
Collaborate Innovate Inspire

## National Centre for Disease Informatics and Research





## A. Why COVID-19 and NCDs

- People of all ages, sex, socioeconomic, geographic and state of health can be infected with COVID-19.
- Persons more than 60 years of age are at increased risk of developing severe disease and complications.
- Those with any of the chronic diseases, like hypertension, diabetes, heart diseases, kidney diseases, obesity, or cancer are at increased risk of becoming severely ill.
- Tobacco smoking can compromise the capacity of lungs and can further increase chances of getting severely ill.
- Existing psychological/mental stress can increase risk of developing mental health disorders.
- NCDs require close monitoring, compliance to treatment and handling of complications/sequelae.
- Sudden change in lifestyle without adequate coping mechanisms and capacity increases the prevalence of major risk factors for NCDs (tobacco and alcohol consumption, unhealthy diet, lack of physical activity, stress).

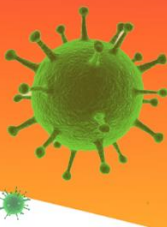
## B. Action points for people with pre-existing NCDs

- Continue to take prescribed medications regularly. Keep in contact with the treating doctor and do not alter the medication without appropriate medical advice.
- Maintain a buffer stock of at least 1-month medications at home.
- Seek medical help immediately if any complications related to the underlying condition appear.
- Abstain from smoking tobacco and consuming alcohol.
- Remain active. Keep a routine exercise schedule that can be maintained even at home.

- Eat healthily. A balanced and healthy diet is essential to both prevent NCDs and increase immunity.
- If stressed, discuss with loved ones. If it persists, seek medical help. Mental health is an important but often neglected part of your health.
- Practice Yoga.

## C. Action points for health care personnel

- Work towards optimizing good control levels of the NCD.
- Re-inforce prevention of avoidable risk factors and good practices.
- Educate patients with NCDs about the importance of continuing medicines for chronic diseases.
- Collaborate with the other health care providers and maintain continuity in care for patients with NCDs.
- Identify and scale up digital health solutions to reach the patients.
- Prepare and share simple, essential instructions with your patients to enable them to take care of themselves and respond to early warning signs.
- Educate the family members/care givers to enable home based chronic care.



## D. General precautions

- Avoid consumption of tobacco and alcohol. Do not start the habit and, stop if its ongoing.
- Eat healthy diet (green leafy vegetables, fruits, nuts, legumes, lean meat, low salt & sugar, proteins). Limit consumption of fats and carbohydrates.
- Do regular physical activity: within home, limited to outside.
- Avoid stress; maintain emotional and psychological contact with loved ones.
- Maintain age appropriate weight.
- Stay indoors as much as possible.
- Take care of elderly persons, young children and pregnant ladies
- Wear face masks properly.
- Wash hands regularly with soap and water. Can use alcohol based hand sanitizers.
- Cover your face and nose while coughing or sneezing to avoid droplets dispersing far.
- Download and use Aarogya Setu app to know your COVID-19 risk status regularly.
- Maintain a physical distance of at least 6 feet in public places.
- Follow advice given by local authorities to prevent the spread of COVID-19 infection (quarantine, isolation, hospitalisation, follow up).
- Keep yourself updated with the COVID-19 situation through authentic sources. You can refer to the website of the Ministry of Health and Family Welfare (<https://www.mohfw.gov.in/>) or the Indian Council of Medical Research website (<https://www.icmr.gov.in/>) or the website of your state health and family welfare or local authorities.
- Avoid fake news/unscientific/unproven remedies.

## E. Suggested readings

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2. Yang J, Zheng Y, Gou X, Pu K, Chen Z, Guo Q, et al. Prevalence of comorbidities in the novel Wuhan coronavirus (COVID-19) infection: a systematic review and meta-analysis. *Int J Infect Dis*. 2020 Mar 12;
3. Onder G, Rezza G, Brusaferro S. Case-Fatality Rate and Characteristics of Patients Dying in Relation to COVID-19 in Italy. *JAMA - Journal of the American Medical Association*. American Medical Association; 2020.
4. Hypertension, the renin–angiotensin system, and the risk of lower respiratory tract infections and lung injury: implications for COVID-19 [Internet]. [cited 2020 May 14]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7184480/>
5. Burki TK. Cancer guidelines during the COVID-19 pandemic. *Lancet Oncol*. 2020 Apr 2;21(5):629–30.
6. Bornstein SR, Rubino F, Khunti K, Mingrone G, Hopkins D, Birkenfeld AL, et al. Practical recommendations for the management of diabetes in patients with COVID-19. Vol. 0, *The Lancet Diabetes and Endocrinology*. Lancet Publishing Group; 2020.
7. MoHFW | Home [Internet]. [cited 2020 May 14]. Available from: <https://www.mohfw.gov.in/>
8. Minding our minds during the COVID-19 [Internet]. New Delhi; 2020 [cited 2020 Apr 27]. Available from: <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>