

QUESTIONS & ANSWERS ON COVID-19 AND HYPERTENSION

Questions	Answers
<p>What do people need to know about COVID-19?</p>	<ul style="list-style-type: none"> • People of all ages can get COVID-19, but older people (60+) and those with pre-existing non-communicable diseases (NCDs) are at higher risk of getting severe symptoms of COVID-19 that can require admission to an intensive care unit (ICU). • These NCDs include cardiovascular diseases (e.g. hypertension, heart attack and stroke), diabetes, chronic respiratory disease (e.g. asthma and chronic obstructed pulmonary disease or COPD,) and cancer.
<p>How to keep control of the blood pressure during the COVID-19 pandemic?</p>	<ul style="list-style-type: none"> • All people above 18 years need to measure their blood pressure (BP) regularly at home, at the nearest health center or at the nearest pharmacy but should be cautious and protect themselves against COVID-19. • In case the systolic BP is above 140 mmHg (SBP >140) or the diastolic BP is above 90 mmHg (DBP > 90) they need to consult a Health professional. • Anyone diagnosed with hypertension must measure their BP regularly. The hypertension is controlled if the systolic BP is less than 140 mmHg (SBP <140) and the diastolic BP is less than 90 mmHg (DBP < 90).
<p>What to do to avoid complications during COVID-19?</p>	<ul style="list-style-type: none"> • KEEP diet low in salt • EXERCISE regularly - briskly walk or walk at least 30 minutes a day. In situations where it is not possible to walk outdoors, this can be done at home • QUIT smoking and avoid taking any form of tobacco. Seek help from a health professional if needed • AVOID harmful use of alcohol • TAKE prescribed medications for hypertension regularly
<p>Are people with Hypertension more likely to get COVID-19?</p>	<ul style="list-style-type: none"> • Yes. COVID-19 Patients with poorly controlled hypertension are estimated to be 2.5 times more likely to develop a severe form of Covid-19 compared to Covid-19 cases without hypertension. • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7098484/ • https://blogs.bmj.com/bmj/2020/04/15/covid-19-and-hypertension-risks-and-management/
<p>Should patients still go to the doctor for scheduled visits even with the COVID-19 pandemic?</p>	<ul style="list-style-type: none"> • STAY in touch with the health care providers or health centre and visit as planned • TALK to a health care provider on the phone prior to visit. Health facilities have established mechanisms to ensure continuity of services during COVID-19 outbreak. • CALL a health care provider to schedule an appointment, if there is an acute exacerbation • AVOID unnecessary and unplanned visits to health facilities or pharmacies.
<p>Do high blood pressure medications increase the risk of getting sick of COVID-19?</p>	<ul style="list-style-type: none"> • No. Hypertension medications do not INCREASE the risk of getting Covid-19 or developing severe disease. • Adherence to antihypertensive medications can even LOWER risk of death from Covid-19 if the medication.
<p>What to know about hypertension medications and the COVID-19 pandemic?</p>	<ul style="list-style-type: none"> • HYPERTENSION treatment is always initiated and monitored by a health care provider or at the health facility • TAKE medications regularly as prescribed. This will help to keep the blood pressure under control and avoid complications

	<ul style="list-style-type: none"> KEEP 3 months' supply of medications
<p>What to do to lower the risk from COVID-19?</p>	<p>WHO recommends</p> <ol style="list-style-type: none"> KEEP a safe distance of at least 1 meter and avoid touching surfaces with your hands. WASH hands often with soap and water or use alcohol-based hand rub. COVER the mouth when coughing (fold of the elbow or disposable handkerchief). Anyone that feels SICK, should stay at home and call a doctor or local emergency number Anyone with COVID like symptoms should: <ul style="list-style-type: none"> Stay at home, self-isolate and monitor symptoms (if symptoms are minor), such as a slight cough or a mild fever. When attending the health facility, wear a mask. Seek immediate medical care if you have difficulty breathing or pain/pressure in the chest. <p>More information can be found on COVID-19 and on NCD on the following links: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses https://www.afro.who.int/health-topics/noncommunicable-diseases</p>