

COVID-19 and high blood pressure

Am I at risk?



PLATINUM
HEALTH

People with uncontrolled or untreated high blood pressure (hypertension) are at extreme risk of getting severely ill if infected with COVID-19.

If you suffer from high blood pressure, the most important step you can take is to manage it. Here's a reminder of the lifestyle choices that can help control high blood pressure:

- **Take your chronic medication as prescribed** and make sure to have at least a two-week supply.
- **Eat healthy.** Get plenty of vegetables, fruits, and whole grains. Choose non-fat dairy and lean meats.
- **Decrease salt intake** in your diet.
- **If you are obese, lose weight** as it reduces your blood pressure.
- **Do regular exercise** as it lowers blood pressure and helps with stress and weight loss.
- **Manage stress in healthy ways** such as deep breathing or meditation.
- **Quit smoking.** Tobacco causes blood pressure to rise and plaque to build up quickly in your arteries.
- **Avoid or limit alcohol.**

Did you know?

According to the Heart and Stroke Foundation, South Africa has one of the highest incidence of high blood pressure worldwide. A recent international study found that eight in 10 adults over the age of 50 in South Africa have high blood pressure.

Ideal blood pressure is 120/80mmHg.

Blood pressure higher than 140/90 is classified as high blood pressure or hypertension.

