

DO YOU FALL IN THE VULNERABLE GROUP?



If you fall in the following “vulnerable” group, your chances are extremely high of getting severely ill, being hospitalised or even dying, should you contract Covid-19.

- People aged 50 plus

- People who suffer from comorbidities such as:

- High blood pressure (hypertension)
- Diabetes
- HIV/AIDS
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Obesity
- Heart disease
- Lung disease
- Kidney disease
- Liver disease
- Dementia

The more comorbidities you have, the greater the risk of severe Covid-19.

- People who Smoke

WHAT YOU CAN DO TO PROTECT YOURSELF:

- Get vaccinated if you haven't already done so.
- Remember: the vaccine gives you maximum protection 21 DAYS after you get vaccinated and is sustained for up to 90 DAYS!
- If you take chronic medication, continue with your treatment and never skip a dose!
- Continue to adhere to Covid-19 precautionary measures, e.g., wearing a mask, washing/sanitising of hands, keeping a safe social distance and avoiding crowded places.

Platinum Health members who want to get vaccinated but are unsure where to go, can contact Case Management on 014 590 1700 or 080 000 6942.