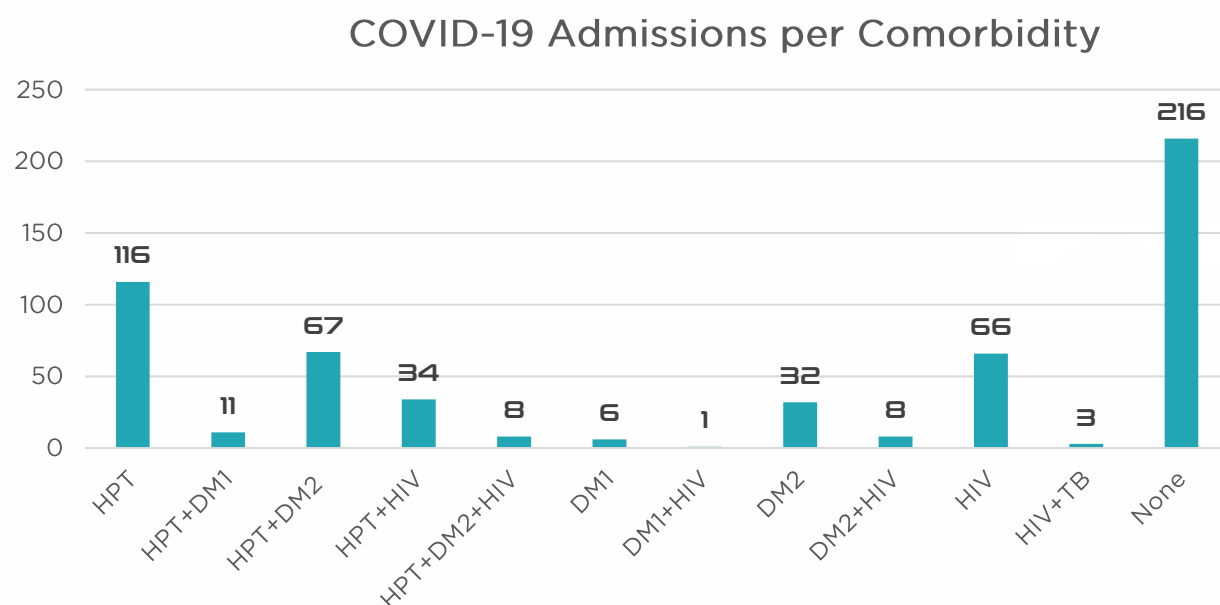


# HYPERTENSION, DIABETES AND HIV BY FAR THE BIGGEST RISK FACTORS IF INFECTED WITH COVID-19

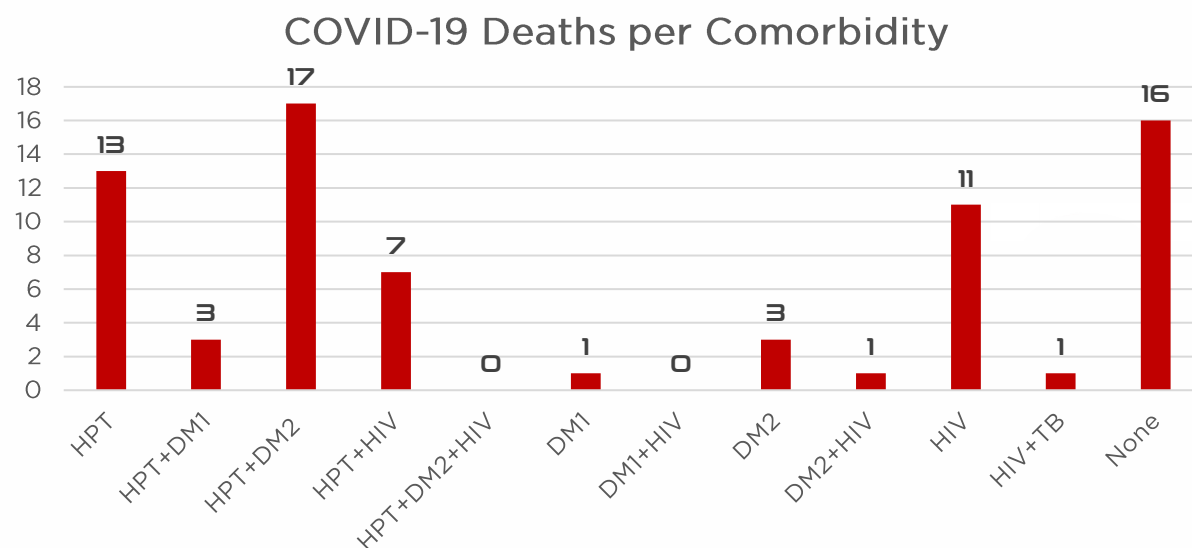
- A total of **568** members have been admitted to hospital as a result of COVID-19 related symptoms.
- Only **216** members that were admitted had no comorbidity.
- **61.9%** of all COVID-19 patients admitted had a comorbidity (Hypertension, Diabetes Type 1 or Type 2, HIV and TB).
- **132** COVID-19 patients admitted (**37.7%**) had more than one comorbidity.



- Breakdown of the number of COVID-19 patients which had comorbidities:

Comorbidity	No of Patients
Hypertension	234
Diabetes 1 and 2	133
HIV	112
TB	3

- A total of **73** patients died as a direct result of COVID-19 related symptoms.
- Only **16** patients that died had no comorbidity.
- **78%** of COVID-19 patients that died had a comorbidity (Hypertension, Diabetes Type 1 or Type 2, HIV and TB).
- **29** COVID-19 patients that died (**50.8%**) had more than one comorbidity.



- Breakdown of the number of COVID-19 patients that died which had comorbidities:

Comorbidity	No of Patients
Hypertension	40
Diabetes Type 1 and 2	25
HIV	20

The above analysis of COVID-19 admissions and deaths highlights that patients with hypertension and diabetes type 1 and 2, are by far at the biggest risk if they become COVID-19 infected. The majority of HIV patients admitted to hospital as well as those who died were either not on Anti-Retroviral Treatment (ART) or were not viral load suppressed.

What should patients with comorbidities do?

- Ensure you are on treatment.
- Collect medicine for Hypertension, Diabetes and HIV regularly from a Platinum Health Pharmacy.
- Ensure you take your medication as prescribed by your GP.
- Strictly adhere to COVID-19 prevention measures:
  - Wash and sanitise hands frequently.
  - Always wear your mask when at work or other public places.
  - Keep a safe distance (1.5m - 2m) when in public spaces.
  - Avoid going to public and social gatherings.