As you are aware that COVID-19 can be prevented with COVID-appropriate behaviour i.e., use of masks, hand washing and social distancing. The effective management of co-morbidities with Non-Communicable Diseases (NCDs) also play a significant role in the management of COVID-19 and preventing complications.

Various guidelines and advisories regarding COVID-19 have been issued by the Ministry of Health & Family Welfare and are available on the Ministry’s website https://main.mohfw.gov.in/. Healthy lifestyle including healthy diet, physical activity, less consumption of sugar and salt, avoidance of alcohol and tobacco, reducing stress and adequate sleep prevents the NCDs and increases the immunity as well. This is being promoted under the National Program for the Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) at various levels including Health and Wellness Centres. More than 76,000 Health & Wellness centers are operational and various health services at these centres should be continued without any interruption for general population.

Diabetes and Hypertension are treated with regular medication under the Health care delivery system. For uninterrupted treatment of diabetes and hypertension, regular supply of drugs should be ensured to the patients by the health facilities. In case of partial or full lockdown/ restrictions, doorstep delivery of medicines should be organised.

In COVID-19 patients, diabetes and hypertension are to be managed as per the protocols and guidelines according to the severity of the illness.

I would like to emphasize that awareness about NCDs and COVID-19 in the community is vital and therefore healthy lifestyle habits and COVID-19 appropriate behaviour needs to be propagated.

Yours sincerely,

(Vandana Gurnani)

To,

Additional Chief Secretary/ Principal Secretary/ Secretary (Health) all States/ UTs

Copy to
Mission Directors NHM, all States/UTs.