Persons with Non-communicable Diseases (PWNCDs) are at high risk for severe illness and death due to COVID-19 infection. To better protect PWNCDs from COVID-19 infection and to reduce disruption of health services, consider using these actions.

**Protect PWNCDs from COVID-19**

**Educate on preventing COVID-19 specifically:**
- Wash hands with soap and water or use hand sanitiser with an alcohol content of 60% to 80%
- Practice physical distancing by staying 6 feet apart from others
- Use face masks in health facilities and public places, according to national policies
- Cover coughs and sneezes with a tissue or use the inside of your elbow

**Educate PWNCDs to monitor and manage their disease daily:**
- Practice self-monitoring, self-treatment and self-management of health conditions (as instructed)
- Practice behaviours to promote a healthy lifestyle, e.g. exercising, eating healthy, limiting alcohol consumption
- Keep routine medical appointments; use phone or tele-health consultations where possible
- Seek medical attention if feeling ill
Protecting Persons Living with Non-communicable Diseases as it relates to the COVID-19 Pandemic
For caregivers and families

Prepare for your visit to the health facility
- Wash your hands at hand washing stations and/or use hand sanitisers with 60% to 80% alcohol provided
- Practice physical distancing by paying attention to the physical guides, such as tape on floors
- Follow the health and hygiene signs displayed
- Note any questions or concerns you may want to discuss with your health care provider, e.g. mental health support

Prevent and reduce disruption of services
- Consider phone and/or tele-health consultations where possible
- Get information from reliable sources, e.g. your health care provider, Caribbean Public Health Agency (CARPHA), Pan American Health Organization (PAHO), World Health Organization (WHO)
- Practice healthy lifestyle behaviours, e.g. healthy eating, physical activity, limiting alcohol consumption
- Stock up on more than one month’s supply of medication, if possible

Engage caregivers and other family members
- Listen and practice safe advice and support care instructions provided by health care professionals
- Reach out to non-governmental organisations and other organisations to support care for PWNCDs if needed
Provide hand washing stations and/or hand sanitisers with 60% to 80% alcohol.

Provide tissue and no-touch garbage cans at health facilities.

Limit number of persons in attendance at health facility based on national policies.

Provide physical guides, such as tape on floors, to promote physical distancing.

Consider providing phone and/or tele-health consultations or relocating services in areas where risk of COVID-19 transmission is low.

Consider hotlines or mobile apps for PWNCDs to get basic information and mental health support.

Consider providing more than one month’s supply of medication between routine appointments.

Develop a personal care plan with PWNCDs and their caregiver when possible.

Train family members and loved ones how to provide safe care to PWNCDs via webinar sessions and mentorship programmes.

Encourage non-governmental organisations and other organisations to support care for PWNCDs.

Prepare the health facility to see PWNCDs

Prevent and reduce disruption of services

Engage family and other stakeholders to support