



**For Immediate Release- November 6, 2020**

## **Public Health Alert: Covid-19 and Comorbidities – What you need to know.**

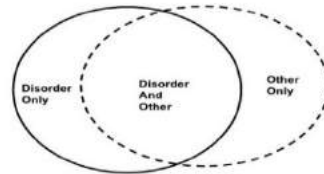
For more information, contact the Pascua Yaqui Community Health Nursing Department at 879-6119.

### **Facts about Comorbidities:**

- A comorbidity occurs when more than one medical condition is present in the same person at the same time.
- Conditions described as comorbidities are often chronic or long-term conditions.
- Although sometimes discovered after the principal diagnosis, comorbidities often have been present or developing for some time.
- Comorbidities tend to increase a person's need for health care and the cost of care while decreasing the person's ability to function in the world.



### **What is Comorbidity?**



### **What are some examples of Comorbidities?**

- Diabetes
- Heart Disease
- High Blood Pressure
- Obesity
- Rheumatoid Arthritis
- Liver or Kidney Disease
- Cancer
- Asthma

**\*This is not a complete list of comorbidities**

### **What can I do if I have a Comorbid condition?**

- Continue your medicines and your diet as directed by your healthcare provider.
- Stay in contact with your healthcare team as often as possible, especially if you have any new signs of symptoms or illness. Also reach out to them if you can't get the medicines or food you need.
- People who are inactive can experience many benefits from becoming more physically active (ask your doctor before starting any exercise program). Benefits of physical activity include; better weight control, reduced risk of other comorbidities, lower blood pressure, and improved mood.
- Continue following all social distancing guidelines, wear masks, and wash your hands often.

**We are learning more about Covid-19 every day. Adults of any age with certain underlying medical conditions are at increased risk for severe illness from the virus that causes Covid-19.**

*Information obtained from the Centers for Disease Control Website*

Nau te vo'oho'one allae'ewamta vetchivo

Together on the Journey to Health