



مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة

Coronaviruses and People with Chronic Diseases



King Faisal Specialist Hospital & Research Center
P.O. Box 3354 Riyadh 11211
Kingdom of Saudi Arabia
Tel: +966 114647272
www.kfshrc.edu.sa

Until now, studies and researches have not proven that the risk of Coronaviruses infection, which causes illness ranging from common cold to more severe respiratory infection syndromes, is higher in people with chronic diseases like cancer, coronary heart diseases, diabetes, asthma and kidney or liver impairment.

However, complications of Coronaviruses infection could be more severe and serious in such a category of people.

The Following Are General Instructions to Minimize the Risk of Infection :



Clean your hands with soap and water for at least 20 seconds. If water and soap are unavailable, use hand sanitizer that contains at least %60 of alcohol.



Sanitize commonly used surfaces like door handles.



Stay at home. Do not leave the house unless necessary.



Avoid touching your eyes, mouth or nose as much as possible.



Follow recommended diet.



Engage in physical activity at home as per medical recommendations.



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Make sure you have enough supply of your prescribed medications and take them as instructed.



Instruct your family members or caregivers to adhere to the cough and sneeze etiquette.



Avoid direct contact with people who are having respiratory symptoms and keep a distance of at least 2 meters away from them.



Consult your primary physician about getting the seasonal influenza vaccine.

It is important to report to your doctor in case of developing any respiratory symptoms or having been exposed to an infected or suspected to be infected individual

Reference :
www.moh.gov.sa