



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
निर्माण भवन, नई दिल्ली – 110011

Government of India
Department of Health and Family Welfare
Nirman Bhavan, New Delhi - 110011

वन्दना गुरनानी, भा.प्र.से.

Vandana Gurnani, I.A.S.

अपर सचिव एवं मिशन निदेशक (रा.स्वा.मि.)

Additional Secretary & Mission Director (NHM)

D.O No.T.20015/190/2021-NCD.II

Dated : 14th May, 2021

Dear Colleague,

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.

with warm regards

Yours sincerely,


(Vandana Gurnani)

To,

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

Copy to

Mission Directors NHM, all States/UTs .

स्वच्छ भारत-स्वस्थ भारत

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