

COVID-19 & HEART DISEASE



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COVID-19 can strain all of the systems in the body, and this puts additional stress on the heart. If you have heart disease, COVID-19 can make it more likely that your heart won't be able to keep up with the needs of your body.

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.



Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Take care of your health.

- Make sure your vaccinations, including your pneumonia and flu shot, are up to date.
- Take your medications on time and as directed, and maintain your treatment plan.
- Measure your blood pressure if you have hypertension.
- Use telemedicine/telehealth for medical visits if your insurance offers it.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit TobaccoFreeFlorida.com for Quit Your Way services.



Stock up on 2–3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Stay up to date with state and local guidance at FloridaHealthCOVID19.gov and CDC travel guidance at CDC.gov/coronavirus/2019-ncov/travelers.



Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your face with unwashed hands.

Cover your coughs and sneezes with the inside of your elbow or a tissue.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

If you're sick, protect your family. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).



Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet

