

CORONAVIRUS DISEASE (COVID-19) DON'T PANIC, PREPARE

HOW TO PROTECT YOURSELF WHEN YOU HAVE HEART DISEASE

The American Heart Association is advising caution and preparation for people who have **heart disease** because they are among those facing a higher risk of complications from the coronavirus COVID-19. People who have **survived a stroke** may also face a higher risk of complications.

For heart patients, prevention is key. Your risk is not higher for getting the coronavirus as a patient, but if you do get it, chances of complications are higher. Others facing higher risk include people with serious lung and kidney conditions, compromised immune systems, stroke survivors, people aged 60 and older, pregnant women and young children.

GET PREPARED AT HOME

Think about how you would manage your condition if for some reason you were advised to stay home for an extended time because of coronavirus. These tips can help you prepare for such a situation:

Make sure you can reach your doctor quickly.

Gather contact information for your health care providers and store it in an easy-to-locate place. Check to see whether electronic consulting or instant messaging options are available.

If you live alone, gather a list of support contacts

who you might call on if needed, such as friends, relatives, colleagues and neighbors. Keep this contact information all together in one easy-to-find place.

Take stock of your medications. Make sure you have enough for an extended time. Also, figure out how you would get refills if you couldn't leave home. Find out if your pharmacy can deliver refills. Your health care provider or health plan may help advise you here as well.

Take stock of food, beverage and hygiene supplies for yourself, your family and your pets.

REMEMBER THE BASICS IN YOUR EVERYDAY ACTIVITIES



STAY HOME FROM WORK IF YOU ARE SICK.



AVOID GOING OUT EXCEPT FOR GROCERIES AND MEDICATIONS. KEEP A 6 FT. DISTANCE BETWEEN YOURSELF AND OTHERS. AVOID TOUCHING SURFACES IN PUBLIC.



AVOID PEOPLE WHO SEEM VISIBLY SICK. BUT, REMEMBER MANY WHO HAVE COVID-19 MAY NOT SHOW SYMPTOMS.



WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS - ESPECIALLY AFTER BEING IN PUBLIC.



COVER YOUR COUGH OR SNEEZE WITH A TISSUE AND THEN THROW THE TISSUE AWAY.



TRY NOT TO TOUCH YOUR FACE AND EYES.