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WHAT PEOPLE WITH HEART DISEASE NEED TO KNOW ABOUT COVID-19

WHAT TO DO IF YOU DEVELOP SYMPTOMS

SYMPTOMS OF COVID-19 INCLUDE²



fever



cough



sore throat



headache



shortness
of breath



tiredness



If you experience any new or worsening symptoms, contact your doctor¹



Stay at home¹



Drink enough fluids¹



Cover your mouth with a tissue when you cough or sneeze, or cough or sneeze into the inside of your elbow¹



As long as it does not make breathing more difficult, it is compulsory to wear a mask in public places and in the company of others¹



Keep taking your heart failure medication as normal¹



Self-isolate: avoid close contact with other people¹



Fever can be treated with paracetamol¹



After you have used a tissue, throw it away in the rubbish bin

IF YOU DON'T THINK YOU CAN MANAGE YOUR SYMPTOMS AT HOME OR YOU BECOME VERY SHORT OF BREATH CONTACT YOUR DOCTOR IMMEDIATELY¹

REFERENCES: 1. European Society of Cardiology (ESC). COVID-19 and Heart Patients (Q&A). 1 April 2020. <https://www.escardio.org/Education/COVID-19-and-Cardiology/what-heart-patients-should-know-about-the-coronavirus-covid-19>. Cited 7 April 2020. 2. Singhal T. A review of coronavirus disease-2019 (COVID-19). Indian J Paediatrics. Published online 13 March 2020. <https://doi.org/10.1007/s12098-020-03263-6>