

#4

WHAT DOES COVID-19

MEAN FOR PEOPLE WITH HEART DISEASE?

KNOW
HOW TO
LOOK AFTER
YOURSELF¹

1



Keep taking your heart failure medication as instructed by your doctor

2



Make sure you have enough heart failure medication to last you for at least a month

3



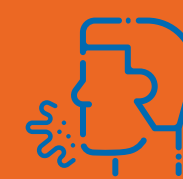
Avoid unnecessary visits to the clinic or hospital

6



Eat healthily

5



If you suspect you might have been infected, avoid contact with others and contact your doctor

4



If you have a scheduled appointment, ask your doctor if it is necessary for you to meet in person

7



STAY ACTIVE
exercise at home

8



Keep in contact with others

!

IF YOU EXPERIENCE ANY NEW OR WORSENING SYMPTOMS, CONTACT YOUR DOCTOR¹

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.

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