

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

COVID-19
is the flu-like
illness caused by
the *novel corona*
*virus*²

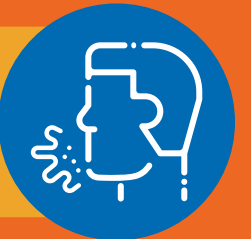


People with heart disease may be
at **increased risk of serious illness**¹



It can infect you through contact
with your mouth, nose or eyes²

It is spread by **coughing, sneezing** or
touching your face if the virus gets
on your hands²



The virus can survive for a few
days on surfaces, like table-tops
and door handles²



Symptoms include **fever, cough,**
tiredness, headache, sore throat and
shortness of breath²



8 out of 10 people who catch the
virus have mild illness and recover
without needing medical assistance³



PNEUMONIA

A few people may develop pneumonia,
making it difficult to breath and this
can be fatal²

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. 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> 3. National Institute for Communicable Diseases (NICD). Coronavirus disease 2019 (COVID-19) Frequently Asked Questions. https://www.nicd.ac.za/wp-content/uploads/2020/03/NICD_2019-nCoV_FAQ_final.pdf. Cited 7 April 2020.