# COVID, FLU, AND YOUR HEART

**CardioSmart®**
AMERICAN COLLEGE of CARDIOLOGY®

# 5 ways to keep your heart safe

**COVID-19 and the flu season are a double threat to everyone – but especially if you have a heart condition.**

## 1. Get your vaccines

They are your best protection from serious illness.

- You need a flu shot each season, ideally in October.
- A new **COVID** booster will help you fight more recent strains of the virus.

## 2. Wear a mask

Even when you're up-to-date with your COVID vaccines, mask up indoors in public spaces if there is a high number of COVID or flu cases in your community.

## 3. Keep up with your health visits

Call your care team if you notice something new or worse with your health. If you think you are having a heart attack or stroke, dial 911 right away.

## 4. Take heart medicines as directed

Let your care team know if you need help with your medications, including getting refills or paying for them.

## 5. Boost your body's ability to fight infections

Focus on being active, getting good nutrition, quality sleep, and lowering stress to strengthen your immune system.

**If you get sick with flu- or COVID-like symptoms, tell your doctor.** There are medicines to help, but they need to be started early in your illness.
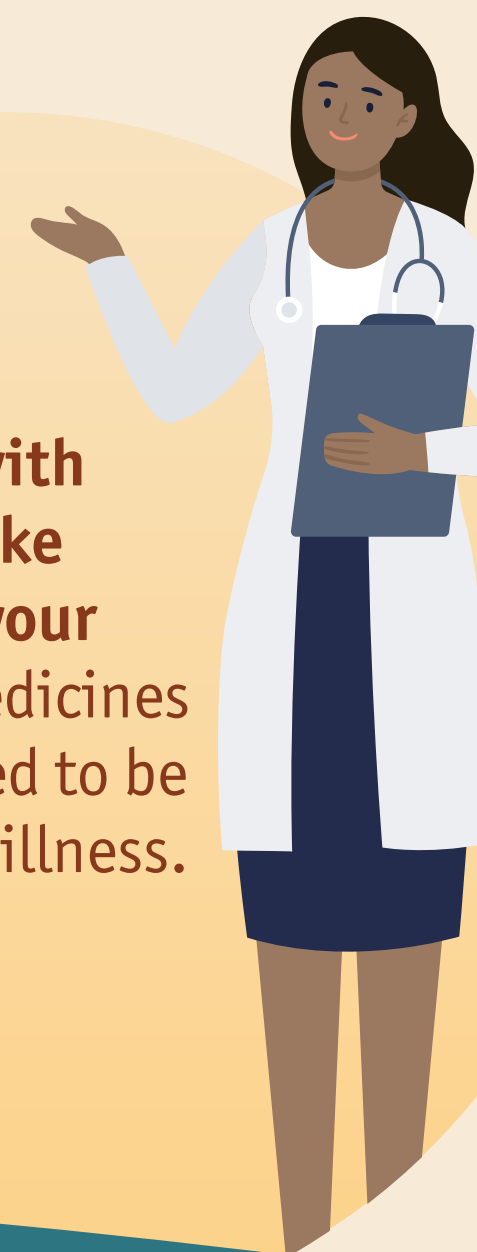
**For more tips on how to stay heart strong visit *CardioSmart.org/COVID***

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