



## Had COVID?

No matter when you had COVID-19, if you still feel sick or have symptoms that won't go away, speak up!

## Why?

- COVID doesn't just affect the lungs. It can affect the heart too.
- In some individuals, the virus can lead to complications such as a heart attack, heart failure, or an irregular heart rhythm.



## Tell your care team if you have



Shortness of breath



Chest pain, tightness



Fainting or feel dizzy



Racing or uneven heartbeat



Trouble being as active as before COVID

## ... and get checked out!

## What you can do



Stay up to date with COVID vaccines.



Consider joining one of many long-COVID studies if symptoms continue.



Ask to see a heart doctor (cardiologist).



Take steps to avoid getting sick, especially when respiratory illnesses are spreading.



Myocarditis – inflammation of the heart muscle – is often talked about with COVID. It is rare, but serious. Other infections like the flu can cause it too.

visit **CardioSmart.org/COVID** to learn more.

@ACCinTouch #CardioSmart

