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

1. Wear a mask, keep a safe distance from others, and wash your hands
   • Wear a mask that you can throw away or wash. Make sure your mask fits well over your nose and under your chin.
   • Try to be 6 feet away from others not in your household and do your best to avoid large groups.
   • We know that handwashing and wearing a mask are good ways to protect yourself from germs.

2. Get a flu shot
   • If you have a heart condition, it’s even more important than ever to get the flu vaccine this year. Ask your doctor’s office or local pharmacy to get vaccinated early.

3. Speak up and don’t wait to get care
   • Stay in touch and keep appointments with your care team in-person or through virtual visits. Share your thoughts and worries. Medical offices and hospitals have rules in place to safely care for you.
   • If you notice something new or worse with your health, don’t wait to call your doctor’s office. If you think that you may be having a heart attack or stroke, dial 911 immediately.
4. Keep a supply of your medications handy
   - Talk with your care team and pharmacist about how to make sure you have enough medications on hand. Ask about home delivery, if that’s helpful.
   - Let your care team know if you have any trouble with your medications and the instructions you’re given to follow.

5. Stay active and stay calm
   - Regular exercise can help keep your heart healthy and manage stress. Talk with your care team if you are finding it difficult to stay active or are worried about your health.

We’re all in this together.

Share your thoughts and worries.
Your care team will listen and help make you feel comfortable.

For more information, visit CardioSmart.org/Coronavirus