5 WAYS TO KEEP YOUR HEART SAFE THIS FALL

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

1. Get your vaccines
   • Get your COVID-19 vaccine. Find out if and when you should get an additional dose or booster shot.
   • Remember to get your flu vaccine, too. Ask your doctor’s office or pharmacy to get vaccinated early.

2. Wear a mask, keep a safe distance from others and wash your hands
   • Even if you’re fully vaccinated, mask up indoors in public spaces if there is a high number of COVID-19 cases in your community.
   • Try to stay 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.

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 if your health worsens, 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 or the instructions you are given to follow.

5. Move more and eat better
   • Regular physical activity can help keep your heart healthy and manage stress. Heart-healthy eating is important, too.
   • Talk with your care team if you are finding it hard to stay active or eat healthy.

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/COVID19