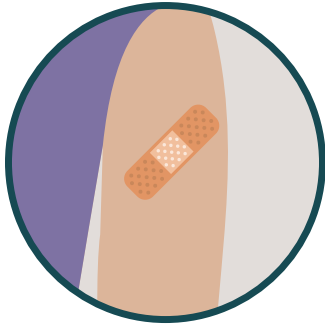


5 WAYS TO KEEP YOUR HEART SAFE THIS FALL

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