

## 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. Also, remember to get your flu vaccine.

2



### Wear a mask

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.

3



### Speak up and don't wait to get care

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 at once.

4



### Keep a supply of your medicines handy

Let your care team know if you need help with your medications.

5



### Find ways to move more

Regular physical activity can help keep your heart healthy and manage stress.

*We're all in  
this together.*

### Share your thoughts and worries.

Your care team will listen and help make you feel comfortable.



For more tips on how to stay heart strong during the pandemic,  
visit [CardioSmart.org/COVID19](https://www.cardiosmart.org/COVID19)

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