COVID, FLU, AND YOUR HEART

5 ways to keep your heart safe

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

1. Get your vaccines
   They are your best protection from serious illness.
   - You need a flu shot each season, ideally in October.
   - A new COVID booster will help you fight more recent strains of the virus.

2. Wear a mask
   Even when you’re up-to-date with your COVID vaccines, mask up indoors in public spaces if there is a high number of COVID or flu cases in your community.

3. 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 right away.

4. Take heart medicines as directed
   Let your care team know if you need help with your medications, including getting refills or paying for them.

5. Boost your body’s ability to fight infections
   Focus on being active, getting good nutrition, quality sleep, and lowering stress to strengthen your immune system.

If you get sick with flu- or COVID-like symptoms, tell your doctor. There are medicines to help, but they need to be started early in your illness.

For more tips on how to stay heart strong visit CardioSmart.org/COVID

Information provided for educational purposes only. Please talk to your health care professional about your specific health needs.
To download or order posters on other topics, visit CardioSmart.org/Posters