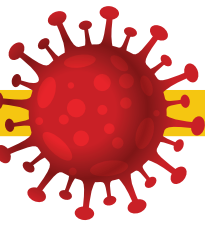


COVID can affect the heart



Had COVID?

No matter when you had COVID, if you still feel sick or have symptoms that won't go away, speak up!

Why?

- COVID doesn't just affect the lungs. It can affect the heart too.
- For some people, the virus can hurt the heart and may trigger other issues, including blood clots that can lead to heart attack or stroke.
- We're still learning about health effects from COVID.



Tell your care team if you have



Shortness of breath



Chest pain, tightness



Fainting or feel dizzy



Racing or uneven heartbeat



Trouble being as active as before COVID

... and get checked out!

What you can do

Myocarditis – inflammation of the heart muscle – is often talked about with COVID. It is rare, but serious. Other infections like the flu can cause it too.



Stay up to date with COVID vaccines and boosters.



Ask to see a heart doctor (cardiologist).



Consider joining one of many long-COVID studies if symptoms continue.



Keep an eye on COVID activity in your area to take steps to avoid it.



visit **CardioSmart.org/COVID** to learn more.

@ACCinTouch #CardioSmart

