

# COVID-19 and heart disease:

## What you need to know



### → Do I have a higher chance of getting very sick from COVID-19 if I have heart disease?

Most health researchers who have studied heart disease and COVID-19 have found that having heart disease:

- Does not raise your chance of **getting** COVID-19
- **May** raise your chance of getting very sick and dying if you do get COVID-19. This chance goes up more if you are over age 60



The 5 most common types of heart disease include:

- Coronary artery disease (CAD)
- Heart attack
- Congestive heart failure
- Heart valve disease
- Abnormal heart rhythms (arrhythmia)

### → How can I protect myself from COVID-19 if I have heart disease?



**Get the COVID-19 vaccine.** Staying up-to-date on your COVID-19 vaccines is the best thing you can do to protect yourself.



**Manage your heart disease.** Even a mild case of COVID-19 can make heart disease worse. Keep your heart as healthy as possible by:

- Taking your heart medicines exactly how your doctor tells you to
- Eating healthy and getting exercise every day. Talk to your doctor about which foods are best for you and safe ways to be active.

To protect yourself more, you can also:



**Wash your hands often**, especially before eating or after coughing and sneezing. You can also use hand sanitizer that is at least 60% alcohol.



**Wear a mask** that is comfortable and fits well when leaving home. Surgical masks and respirators (like KN95s or N95s) will give you more protection than a cloth mask.




**Worried about your chances of getting very sick from COVID-19?**

Talk with your doctor for advice.

Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.



 [bit.ly/3QME18B](https://bit.ly/3QME18B)



**Avoid large gatherings and crowded spaces.** If you must be indoors with other people, open a window to clear the air.



**Try to stay at least 6 feet away from others**



## What should I do if I have symptoms of COVID-19?



### 1. Get tested

Use a home COVID-19 test kit or go to an urgent care or other health care professional



### 3. Ask your doctor about treatments for COVID-19

You must start taking these medicines within 5 to 7 days of when your symptoms started



**2. If you test positive,** tell your doctor what symptoms you have and when they started



### 4. Take care of yourself

Rest and drink a lot of fluids



If your symptoms start to get worse quickly, call your doctor.



**If you're having symptoms of a heart attack or stroke, call 9-1-1 right away.**

Signs of a heart attack include:

- Chest pain, pressure, or discomfort
- Discomfort in other areas of your body
- Difficulty breathing, and dizziness
- Nausea (feeling sick to your stomach)
- Cold sweats

Signs of a stroke include sudden:

- Numbness or weakness in the face, arm, or leg, especially on one side of the body
- Confusion or trouble understanding speech
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, or loss of balance or coordination
- Severe headache with no known cause



## Learn how to take action

- Learn how to check your own blood pressure so you can better keep track of your health: Self-Measured Blood Pressure (SMBP) Monitoring [millionhearts.hhs.gov/tools-protocols/tools/smbp.html](https://millionhearts.hhs.gov/tools-protocols/tools/smbp.html)
- To find an updated COVID-19 vaccine near you, visit: [vaccines.gov](https://vaccines.gov)

