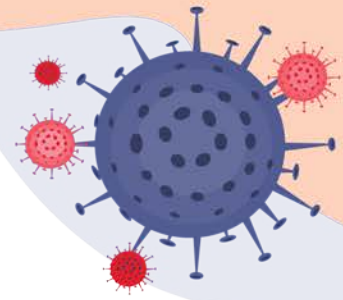


What you Need to Know About Living During the COVID-19 Pandemic



EVERYDAY LIFE

- Follow all social distancing regulations in your community – stay home as much as possible and only go out for essential errands.
- Stay isolated and inside if you are experiencing symptoms of COVID-19.
- Avoid touching frequently used areas in public places, like door handles, elevator buttons, etc.
- Wash your hands often and avoid touching your face.
- Wear a mask or cloth face covering (not a surgical or N-95 mask) when you must go out for essential purposes.



MANAGING HEALTH AND STRESS

- Take care of your body by practicing self-care (i.e. meditation and deep breathing), eating healthy, getting exercise and plenty of sleep.
- Make time to do other activities and hobbies you enjoy—reading, crafting, or singing
- Stay connected to your loved ones and others in your support network—via phone, video chat, text, social media or email. Social distancing does not mean social isolation.
- Connect to other women with heart disease through WomenHeart's virtual support services, including [SisterMatch](#) (one-on-one support), [HeartSisters Online](#) (virtual peer support group), and [Inspire](#) (an online patient community). Learn more at [womenheart.org/find-support/](https://www.womenheart.org/find-support/)

SEEKING MEDICAL CARE

- **If you're feeling symptoms of a heart attack** – chest pain or pressure in your chest, shortness of breath, dizziness or nausea – seek emergency medical care. (Read more about the signs and symptoms of a heart attack at [womenheart.org](https://www.womenheart.org))
- **Routine medical visits and elective procedures** – If you have an appointment scheduled, call your doctor to see if you can have your appointment over the phone, via telemedicine or reschedule. The goal is to avoid hospital visits whenever possible.
- **If you think you have been exposed to COVID-19 and you do not have symptoms**, current recommendations are that you do not need to be tested nor seen by a medical professional. You should monitor for symptoms, wash your hands and practice social distancing.
- **If you think you have been exposed to COVID-19 and you develop symptoms**, such as cough, fever and shortness of breath, call your health care provider or local emergency room for instructions before visiting the hospital if possible.
- **If you experience severe symptoms that you think are related to COVID-19**, such as difficulty breathing, new severe chest pain, or confusion, call 911 and seek emergency medical care without delay.

TAKING MEDICATION

- Continue taking your prescribed medications. If you develop COVID symptoms, discuss with your health care provider which medications to continue.
- Ensure you have at least 1 month of medications on hand; try to get a three-month supply if you are able.
- Continue taking angiotensin-converting enzyme (ACE) inhibitors or angiotensin-receptor blockers (ARBs) as prescribed. These medications—often used to treat heart failure, hypertension, and diabetes—are important for many patients with heart disease. Only stop treatment if told to do so by your doctor.

WOMEN WITH HEART DISEASE AT RISK

People with heart disease, adults 65 and older, those with diabetes and those with high blood pressure are among those at risk of serious illness from COVID-19.

All forms of heart disease appear to increase risk of serious illness from COVID-19. Women with serious heart conditions, such as heart failure and those who have had a heart attack, stent, or bypass surgery, should take every precaution to reduce exposure to COVID-19.

See more information on this topic at [CDC.gov](https://www.cdc.gov)



WOMENHEART
THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

