



# COVID-19 & Heart Disease

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**COVID-19 can strain all of the systems in the body, and this puts additional stress on the heart. If you have heart disease, COVID-19 can make it more likely that your heart won't be able to keep up with the needs of your body.**

**If you have a cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.**



**Other symptoms can include fever, chills, shaking, muscle pain, headaches, sore throat and a new loss of taste or smell.**

**Get rest and stay hydrated.** If you are not sick enough to be hospitalized you can recover at home.

**Monitor your symptoms.** If your symptoms get worse, call your health care provider immediately.

**Seek medical attention immediately** if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## Take care of your health.

- Make sure your vaccinations, including your pneumonia and flu shot, are up to date.
- Take your medications on time and as directed, and maintain your treatment plan.
- Measure your blood pressure if you have hypertension.
- Use telemedicine/telehealth for medical visits if your insurance offers it.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com) for Quit Your Way services.



**Stock up on 2–3 weeks** of non-perishable food, prescriptions and medical and health care supplies.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

**Stay up to date** with state and local guidance at [FloridaHealthCOVID19.gov](http://FloridaHealthCOVID19.gov) and CDC travel guidance at [CDC.gov/coronavirus/2019-ncov/travelers](http://CDC.gov/coronavirus/2019-ncov/travelers).



**Wash your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Avoid touching your face** with unwashed hands.

**Cover your coughs and sneezes** with the inside of your elbow or a tissue.

**Clean objects or surfaces daily** that people touch a lot: door knobs, kitchen counters, key pads, etc.

**If you're sick, protect your family.** Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

## Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet

