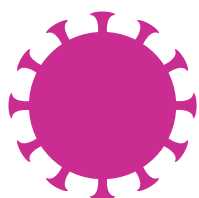


CORONAVIRUS

Chest
Heart &
Stroke
Scotland



What to do if you are living with a heart condition



WHAT IS CORONAVIRUS?

Coronavirus (COVID-19) is a new virus that can affect your lungs and airways. The symptoms of coronavirus are similar to flu: a cough, a high temperature (fever) and feeling short of breath. There is currently no cure or vaccine for coronavirus, but there is a lot of support and advice available.

Most people recover quickly from coronavirus but for some people it can be much more serious. If you are already living with a heart condition, there is a higher risk that coronavirus could make you more ill and lead to complications.



I HAVE A HEART CONDITION. WHAT SHOULD I DO ABOUT CORONAVIRUS?

If you have an existing heart condition, it is normal to feel worried about how coronavirus might affect you. However, the most practical thing you can do is to follow NHS advice and take steps to reduce your chances of getting coronavirus.



Reducing your risk of coronavirus

You can reduce your risk of catching and spreading coronavirus by:

- washing your hands regularly with soap and water or using a hand sanitiser if you are out and about
- avoiding touching your face
- covering your nose and mouth with a tissue or your sleeve if you cough or sneeze
- avoiding contact with people with a cold or the flu, or anyone who has coronavirus symptoms.

Staying well and planning ahead

You should keep monitoring how you feel and whether there are any changes to your health. You should also have a plan in place for what you will do if your health gets worse.

Start thinking about plans if you need to self-isolate. This includes how you will get your medications, food and other essential items, and how you will stay in touch with family and friends.



WHAT SHOULD I DO IF I THINK I HAVE SYMPTOMS OF CORONAVIRUS?

If you think you have symptoms of coronavirus, you should self-isolate. This means you should stay at home, not go to work, and avoid public places or using public transport or taxis.

Call your GP, or NHS 24 on **111** if your GP is closed. They will tell you what to do next. You should not visit your GP practice.



WHERE CAN I FIND SUPPORT OR MORE INFORMATION?

For the latest information and advice about coronavirus, visit the NHS Inform website: **www.nhsinform.scot/coronavirus**.

The NHS has also set up a free coronavirus helpline to provide general information. Please call **0800 028 2816**. The helpline is open every day from 8am to 10pm.

If you are living with a heart condition or are caring for someone who is, you can find up-to-date information and support at **www.chss.org.uk/coronavirus**.

For free, confidential support and information, call our Advice Line nurses on **0808 801 0899**, email **advice@chss.org.uk** or text NURSE to **66777**.