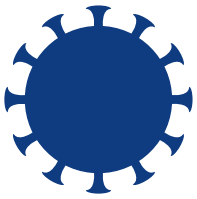


CORONAVIRUS

What to do if you are living with a chest, heart or stroke 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. Following this advice will help to prevent you catching coronavirus and know what to do if you do catch it.

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

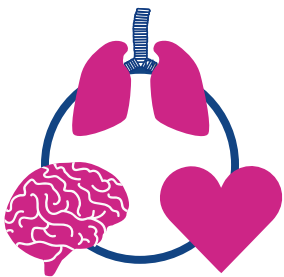
I HAVE A CHEST, HEART OR STROKE CONDITION. WHAT SHOULD I DO ABOUT CORONAVIRUS?

If you are living with a long-term health 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
- practicing social distancing - only leaving home to buy food, for health reasons or to exercise once a day, and staying at least 2 metres (3 steps) from anyone outside of your household.



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 need to self-isolate. This means staying at home and not going out at all for 7 days. Everyone you live with must stay at home for 14 days. You can find more information on what self-isolation means at www.chss.org.uk/coronavirus-info.



Phone 111 if your symptoms are severe or get worse, if you are short of breath or finding it difficult to breathe, or you are not better after 7 days.

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**.

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

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