

# CORONAVIRUS IF YOU HAVE A CHEST OR HEART CONDITION

## LOOKING OUT FOR CHANGES TO YOUR USUAL SYMPTOMS

The main symptoms of coronavirus are a new, continuous cough, a high temperature or fever or a loss of, or change in, sense of smell or taste (anosmia). If you have a chest or heart condition, the symptoms of coronavirus are the same for you as for everyone else. However, you might also experience changes to your usual symptoms:

- If you have a chest condition, your symptoms might become worse.
- If you usually feel breathless, your breathlessness might become worse.
- If you already have a cough, your cough might be different to your normal cough or your normal cough might feel worse than usual.
- If you have angina (chest pain), your chest pain might feel worse than usual.
- If you have heart failure, you might have more fluid retention or feel more breathless than usual.



**If you think your chest or heart symptoms are getting worse or have changed, speak to your GP or a member of your specialist medical team for advice.**

### IF YOU THINK YOU HAVE CORONAVIRUS SYMPTOMS



- self-isolate and book a test online at [NHSInform.scot/test-and-protect](https://www.nhs.uk/inform/scot/test-and-protect) or call 0800 028 2816.
- if you test positive, continue to self-isolate for a total of 7 days
- your household members should continue to self-isolate for a total of 14 days
- if your symptoms get worse or do not get better after 7 days, call 111. Tell them you have a chest or heart condition.

### IF YOUR SYMPTOMS HAVE NOT CHANGED



- if your usual symptoms have not changed or you have not developed symptoms of coronavirus, continue to use your self-management plan
- make sure you know the signs of a flare-up or exacerbation and what to do if you have one, including when to get medical help
- have a plan in place for what to do if your situation changes.

## WHEN TO CALL 999

**If you have sudden chest pain or sudden breathlessness, or have symptoms of a heart attack or stroke, call 999.** Remember, symptoms can be different for everyone, do not wait. Call 999 immediately.

**Common heart attack symptoms** include pain, tightness or heaviness in your chest that doesn't go away. The pain might feel like it's travelling to your neck, jaw or back or down the left or both arms. You might feel breathless, sick or dizzy.

**Common stroke symptoms** include your face drooping on one side, weakness or numbness in one arm, difficulty speaking, sudden problems with your vision or a sudden bad headache.



For the latest information and advice about coronavirus, visit the NHS Inform website:

[www.nhsinform.scot/coronavirus](https://www.nhsinform.scot/coronavirus). For free, confidential information and support, call our Advice Line nurses on **0808 801 0899**, email [adviceline@chss.org.uk](mailto:adviceline@chss.org.uk) or text NURSE to **66777**.