



American Heart Association.

COVID-19 CVD Registry™

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Coronavirus: What Heart Failure Patients Need to Know

The American Heart Association wants to ensure that heart failure patients are appropriately informed during the Coronavirus COVID-19 Pandemic.

Individuals with an underlying heart condition might have a less robust immune system. If you are a patient with a diagnosis of Heart Failure, you are at higher risk of getting sick if you contract COVID-19, therefore, it is important to practice good hand hygiene, social distancing and stay at home as much as possible to reduce the risk of exposure.

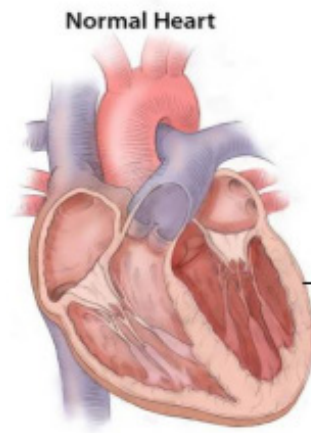
For people with underlying heart issues, the virus could affect patients in several ways. Although the virus mainly damages the lungs, this can make it harder for the heart to work and can lead to a worsening of heart failure symptoms.

What are the causes of Heart Failure?

The most common cause of heart failure is coronary artery disease (CAD). CAD occurs when arteries that supply blood to the heart muscle become narrowed by buildups of fatty deposits called plaque.

Other common risk factors that could lead to heart failure are:

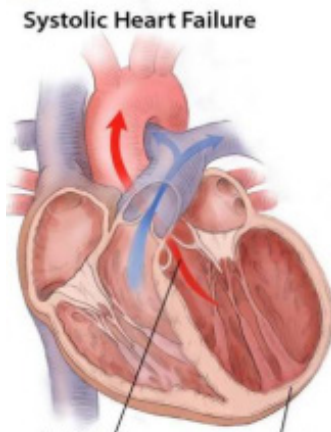
- Past heart attack has done some damage to the heart muscle
- High blood pressure
- Infection of the heart and/or heart valves
- Abnormal heart rhythm (arrhythmias)
- Being overweight
- Diabetes
- Thyroid problems
- Alcohol or drug abuse
- Certain types of chemotherapy



Normal Heart

The Normal Heart has strong muscular walls which contract to pump blood out to all parts of the body.

Heart muscle pumps blood out of the left ventricle.



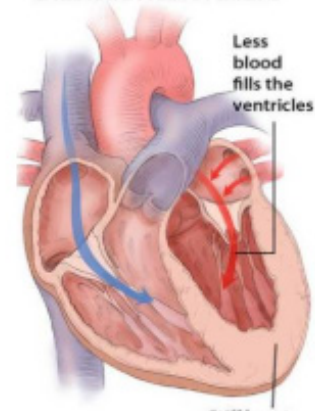
Systolic Heart Failure

Heart Failure with Reduced Ejection Fraction (HFrEF) also referred to as systolic heart failure occurs when the heart muscle does not contract effectively, and therefore less oxygen-rich blood is pumped to the body.

Less blood pumped out of ventricles

Weakened heart muscle can't squeeze as well

Diastolic Heart Failure



Less blood fills the ventricles

Stiff heart muscle can't relax normally

Heart Failure with Preserved Ejection Fraction (HFpEF) occurs when the heart muscle contracts normally but the ventricles are stiff and do not relax as they should.

Signs and symptoms of COVID-19

Symptoms may appear 2-14 days after exposure.

- Fever
- Dry Cough
- Shortness of breath
- Sore Throat
- New loss of taste or smell
- Headache
- Aches & Pains
- Nasal Congestion
- Tiredness
- Diarrhea
- Chills

When to seek medical attention?*

If you develop emergency warning signs for COVID-19 dial 911.

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

How is Heart Failure treated during COVID-19?

- Your heart failure treatment plan will continue unless there is a change in symptoms
- Your in person follow up appointment may be converted to a telephone or video call called telehealth.

What can I do to manage my Heart Failure during COVID-19?

- Practice social distancing.
- Maintain adequate supply of medications and ask for additional refills from providers.
- Take your medicines exactly as prescribed.
- Weigh daily to check for weight gain caused by increased fluid.
- Track your daily fluid intake.
- Keep track of missed appointment visits and reschedule once social distancing measures have lifted or relaxed.
- Monitor your blood pressure daily.
- Eat a heart-healthy diet that is low in sodium, saturated fat and trans fat.
- Get adequate rest.
- Make sure appropriate caregivers are available if needed.
- As part of home care precautions and recommendations, ensure household members cover coughs or sneezes, wash hands vigilantly, avoid touching the face and regularly wipe down surfaces with soap and water and/or household cleaners.

HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- 2 Visit our COVID-19 resource page at www.heart.org/en to learn of the latest updates and guidance.
- 3 To stay continuously informed regarding COVID-19 please visit cdc.gov/coronavirus/2019-ncov/index.html

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see or speak with your healthcare provider.

For example:

How much salt may I eat?

How much weight gain is too much?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.



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