FALL 2020 RECOMMENDATIONS FOR OUR PATIENTS

5 WAYS TO KEEP PATIENTS SAFE THIS FALL
COVID-19 and the flu season pose a dual threat to everyone – especially for patients with cardiovascular disease

1. Recommend wearing a mask, distancing and hand washing
- Demonstrate how to properly wear a mask.
- Remind patients on sensible social distancing, and avoiding large gatherings.
- Recommend washing hands for 20 seconds.

2. Encourage influenza vaccination
- Emphasize the importance of getting a flu shot.
- Inform patients of the dual threat of influenza and COVID-19.

3. Allay fears and remind patients not to ignore symptoms or delay treatment
- Reassure patients that medical practices and hospitals are safe for people with non-COVID-19 emergencies, and if they have new/worsening symptoms, should immediately seek care.
- Utilize telehealth visits to connect with patients and ensure continuity of care.

4. Reinforce the importance of medication adherence
- Ensure that patients have ample supplies of their medications and continue to take them as directed.
- Help them find a local drugstore or mail-order pharmacy that can deliver their medications.

5. Assess how patients are coping, proactively address confusion and help find solutions
- Take time to offer reassurance and accurate information to help patients find the right balance between limiting their exposure to the virus, managing their condition and living a heart-healthy lifestyle.

For more information, visit ACC.org/COVID19