

5 WAYS TO KEEP YOUR HEART SAFE THIS FALL

COVID-19 and the flu season are a double threat to everyone—but especially if you have a heart condition.



Wear a mask, keep a safe distance from others, wash your hands



Get a flu shot
Contact your clinician or pharmacy today.



Speak up and don't wait to get care
Keep your appointments and call if you notice something new or worse with your health. If you think that you may be having a heart attack or stroke, dial 911 immediately.



Keep a supply of your medicines handy
Let your care team know if you need help with your medications.



Stay active and stay calm
Regular exercise can help keep your heart healthy and manage stress.

We're all in this together.

Share your thoughts and worries.
Your care team will listen and help make you feel comfortable.



For more tips on how to stay heart strong during the pandemic, visit [CardioSmart.org/Coronavirus](https://www.cardiosmart.org/Coronavirus)

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