

PEOPLE WITH HEART FAILURE ARE MORE VULNERABLE TO COVID-19

WHAT IS HEART FAILURE?

Heart failure is a severe failure of the heart to pump enough blood around the body
Symptoms include breathlessness, fatigue and swollen limbs

THE REALITY



26M

heart failure patients worldwide²



>37.7M

is the estimated prevalence due to undiagnosed cases³



The lifetime risk of developing heart failure is

1 in 5⁵



NO.1

cause of hospitalisation

>50%

of patients are rehospitalized for heart failure within 6 months of discharge



WHAT YOU CAN DO TO PREVENT HEART FAILURE



Exercise regularly



Maintain a heart healthy diet



Don't smoke



Keep an eye on your body weight



Reduce your blood pressure



Control your diabetes



Manage your cholesterol



Take heart protective medications as prescribed

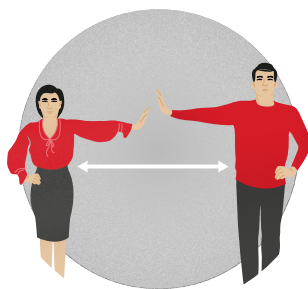


HOW TO PROTECT YOURSELF AGAINST COVID-19



WASH YOUR HANDS FREQUENTLY

Use soap and water for at least 20 seconds



MAINTAIN SOCIAL DISTANCING

Avoid greetings and keep over 2 meters apart



AVOID TOUCHING YOUR FACE

Especially your eyes, nose and mouth



COVER UP TO PROTECT OTHERS

Always cough or sneeze into a tissue or your elbow



SEEK MEDICAL ADVICE EARLY

Call your doctor if you have a fever, cough or difficulty breathing



STAY AT HOME, STAY INFORMED

Follow advice from authorities and health professionals

Sources

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