COVID-19 Series for Individuals with 22q11.2 Differences

Heart conditions and COVID-19

Are people with heart conditions at a higher risk of catching COVID-19?

- No. Everyone can potentially catch COVID-19
- The best prevention is to **strictly follow the recommendations** (social distancing, frequent hand washing, self-isolation)

Are people with heart conditions at a higher risk of <u>developing severe</u> symptoms if they catch COVID-19?

- Most people who catch COVID-19 have mild symptoms or even no symptoms.
- The virus does not appear to infect implanted heart devices (pacemakers and cardioverterdefibrillators) or infect heart valves in those with valvular heart diseases.
- People with heart conditions may be at a higher risk of having severe symptoms.
- The <u>European Society of Cardiology</u> has identified patients with **congenital cyanotic heart disease** as a high risk group for complications. Congenital cyanotic heart disease includes **tetralogy of Fallot**, which is a feature in some people with 22q11.2 differences.
- Other comorbidities (such as immunodeficiency, diabetes, hypertension and/or being overweight) increase the risk of developing more severe symptoms.
- The best way to avoid getting severe symptoms is to not to catch COVID-19!

Can COVID-19 cause additional problems for the heart?

- Possibly. COVID-19 can cause inflammation in the body that may impair the function of the heart or possibly cause inflammation of the heart muscle.
- The best way to avoid getting additional problems is not to catch COVID-19!

Should I stop or change my medications?

NO. Please do NOT stop or change your medications such as those for your heart conditions and blood pressure, unless your doctor asks you to.

Should I stay home or go to the hospital?

- If you have mild symptoms, stay home and contact your primary doctor
- Call an ambulance to go to the hospital if you have severe symptoms.
- Doctors can help you but only if you get to the hospital in time.

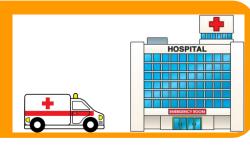
Stay home and contact primary doctor for

- Mild cough
- Manageable fever



Call 911 for severe symptoms

- · Worsening chest pain
- · Shortness of breath
- Palpitations
- Fainting / dizziness





The mission of the <u>International 22q11.2 Foundation</u> is to improve the quality of life for individuals affected by chromosome 22q11.2 differences through family and professional partnerships.

This information is brought to you by the Foundation for educational purposes only. It is <u>not</u> intended to be taken as medical advice. If you have concerns, please talk to your healthcare provider.