

# 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 developing severe 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 cardioverter-defibrillators) 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 [European Society of Cardiology](#) 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

