

# PREVENTING HEART DISEASE AND STROKES DURING COVID-19

## Look after your health

Reduce the risk of heart attack and stroke by looking after your physical and mental health.



Eat well and drink sensibly



Make time for yourself



Get active and stop smoking

For information, support and services in your local area, **scan here:**



or go to: [happy-hearts.co.uk/emergency/public/health-wellbeing](http://happy-hearts.co.uk/emergency/public/health-wellbeing)

## Need more information and advice?

♥ Happy Hearts website  
[www.happy-hearts.co.uk](http://www.happy-hearts.co.uk)

♥ NHS website  
[www.nhs.uk](http://www.nhs.uk) search for 'atrial fibrillation' 'blood pressure' 'cholesterol'

♥ Arrhythmia Alliance/ AF Association  
01789 867501 / 02  
weekdays 9.00am – 5.30pm

♥ British Heart Foundation Heart helpline  
0300 330 3311 weekdays  
9am – 5pm, Saturdays 10am – 4pm

♥ Blood pressure UK helpline  
020 7882 6218

♥ Heart UK cholesterol helpline  
0345 450 5988 weekdays  
10am – 3pm

## Look after your condition

Atrial fibrillation, high blood pressure (BP) and high cholesterol increase the risk of heart attack and stroke. Simple actions can reduce the risk.



Know your BP and cholesterol



Take medications as prescribed



Get checked annually

For information about atrial fibrillation, high blood pressure and cholesterol during COVID-19, **scan here:**



or go to: [happy-hearts.co.uk/emergency/public](http://happy-hearts.co.uk/emergency/public)

## Stay safe from COVID-19

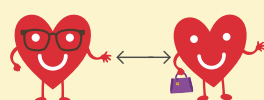
It is even more important if you have heart or circulatory disease. If you get COVID-19 symptoms, self-isolate and get tested.



Hands



Face



Space

For COVID-19 information and support from your local council, **scan here:**



or go to: [happy-hearts.co.uk/emergency/public/covid19](http://happy-hearts.co.uk/emergency/public/covid19)

## Heart attack

If you or a family member develop symptoms such as heavy or tight chest pain that may spread to your arms, neck or jaw, or make you breathless, sick, sweaty or light-headed and that doesn't go away, this could be caused by a heart attack.

**Dial 999 immediately.**

## Stroke

You can spot the symptoms of a stroke by using the FAST test:

♥ **Face** - is the face drooping/fallen on one side?  
Can they smile?

♥ **Arms** - can they raise both arms and keep them there?

♥ **Speech** - is it slurred?

♥ **Time to call 999** if you see any of the above signs

## Help us to help you get the right healthcare

### ♥ 999

For symptoms of heart attack, stroke and other life threatening emergencies call 999, even during COVID-19. Time matters! If possible, help emergency services to get in quickly. Go to hospital with the ambulance if advised.



Dial 999

### ♥ 111

NHS 111 online or phone service can give urgent medical advice for other issues.

### ♥ GP

To contact your GP practice go to the practice website or contact by app or phone. Attend your NHS Health Check when invited (eligible 40-74 year olds).



Keep your appointments

### ♥ Pharmacy

For advice about medicines and healthy lifestyle.