

TIPS FOR PEOPLE LIVING WITH CONGENITAL HEART DISEASE

TO MANAGE YOUR HEALTH DURING THE COVID-19 PANDEMIC

We are still learning how COVID-19 affects people. Some children and adults living with congenital heart disease (CHD) may be at higher risk for more severe symptoms and complications due to COVID-19. We have prepared some tips for managing your health during this challenging time:



Continue medications

Continue all regular medications unless your doctor tells you otherwise. Keep your medication supply current and ask if your pharmacy offers home delivery.



Ask about virtual care

If an upcoming appointment, test or surgery can be safely postponed, your doctor will confirm that with you. For care that is deemed necessary, ask your health team about the safest way to do so, be it in person, or via phone or video.



Stay connected and supported

Stay connected with family and friends for support. Join an online community like [Heart & Stroke](#), [Braveheart Support Society](#) or [Fondation En Coeur](#) to find support from people in similar health situations.



Contact your health team

If any symptoms of your condition worsen, or if new symptoms develop, contact your health team to discuss. If you develop COVID-19 symptoms, immediately self isolate and then contact your health team to discuss.



Practice distancing and hygiene

Follow the guidelines from the [Public Health Agency of Canada](#) and your public health authority to reduce your risk of contracting COVID-19.



An emergency is always an emergency

Dial 9-1-1 immediately if you become blue or breathless, or are experiencing signs of heart attack or stroke.

Visit our partner websites for more information and support

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