

Coronavirus information for AFib patients

COVID-19, or the coronavirus, is a highly contagious, novel virus spreading rapidly around the world.

Who is most at risk?



There is limited information regarding risk factors but based on currently available information and clinical expertise, older adults and people of any age who have **serious underlying medical conditions, including heart disease**, may be at higher risk for severe illness from COVID-19¹.



How should you prepare?

- 1 Have a plan if you get sick.**
Determine who can care for you if you or your current caregiver gets sick.
- 2 Stay home.**
COVID-19 is highly contagious so staying home and practicing social distancing will help delay the spread of the disease.
- 3 Have supplies at home.**
Contact your healthcare provider to ask about obtaining extra necessary medications as needed and be sure you have enough groceries and household items.
- 4 Wash your hands often.**
Wash your hands for at least 20 seconds frequently throughout the day.
- 5 Stay in touch with others by phone, email, or video.**
Some video apps allow for multiple users at one time so you can create virtual memories with your family and friends.

6 things to do to help prevent the spread of COVID-19

The best way to prevent illness is to avoid being exposed to this virus.



Stay home except to get medical care

If you do go out, **wear a face mask** and stay **6 feet away** from others



Wash your hands often with soap and warm water for **20 seconds**

Avoid touching **your face**



Disinfect all **"high-touch"** surfaces everyday

Monitor your **symptoms**



What should you do if you feel sick?

Consider your symptoms and seek medical care as needed.

Feeling **mild** symptoms of COVID-19

Common symptoms include²:

- Cough
- Fever
- Shortness of breath

Stay at home and call your doctor

immediately to let them know about your symptoms. Follow your doctor's recommendations and be sure to isolate yourself from others in your home and do not go out.

Feeling **severe** symptoms of COVID-19

Call 911. Do not drive yourself to the hospital. Emergency personnel are following sanitization protocols to ensure safety for themselves and patients.

Severe symptoms of COVID-19 include²:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Feeling symptoms of **AFib**

- If you have an AFib episode, have had them before and your symptoms are recognizable, follow your normal treatment regimen, whether that's taking medications or eliminating the trigger that caused your AFib. Call your doctor if you need medications or medical advice.
- If you believe you are having an AFib episode for the first time, call your doctor immediately to discuss your symptoms. In lieu of going to the doctor's office or hospital, telemedicine may be an option available to you.
- **If you are feeling severe symptoms of AFib, call 911.**

Feeling symptoms of a **stroke**

Call 911. If you are feeling any symptoms of a stroke, it is important you call 911 and seek treatment immediately. Symptoms of a stroke include³:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden loss of vision
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination



Telemedicine

Many hospitals and physicians are turning to telemedicine as an alternative to seeing patients face-to-face.

Telemedicine allows health care professionals to evaluate, diagnose and treat patients in remote locations using video-conferencing tools such as FaceTime, Skype, and Zoom. Ask your doctor if telemedicine is available for you.

Tips for patients using telemedicine

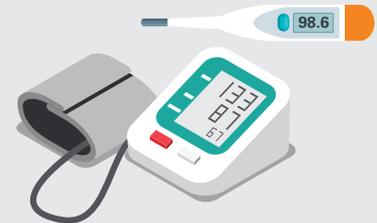
Write down questions for your doctor beforehand.



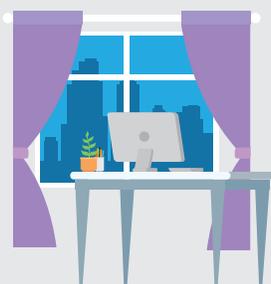
Have a family member join with you if you feel comfortable doing so.



Have helpful tools on hand such as a blood pressure cuff, thermometer, mobile EKG, etc.



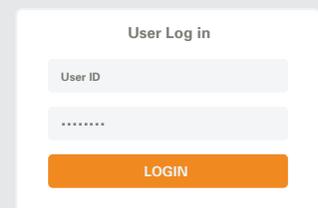
Be sure to find a quiet, private place for your discussion.



Test out all of your equipment before you start.



Login to your telemedicine platform a few minutes early to make sure everything is working appropriately.



1. People Who Are at Higher Risk for Severe Illness. Center for Diseases Control and Prevention website.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>. Updated April 15, 2020. Accessed April 16, 2020.

2. What to Do If You Are Sick. Center for Diseases Control and Prevention website. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. Updated April 13, 2020. Accessed April 16, 2020.

3. Stroke Symptoms. American Heart Association website. <https://www.stroke.org/en/about-stroke/stroke-symptoms>. Accessed April 16, 2020.

Caution: US law restricts this device to sale by or on the order of a physician.

Important information: Prior to use, refer to the instructions for use supplied with this device for indications, contraindications, side effects, warnings and precautions.

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