WHAT IS HEART FAILURE?
Heart failure is a severe failure of the heart to pump enough blood around the body. Symptoms include breathlessness, fatigue and swollen limbs.

THE REALITY

26M
Heart failure patients worldwide

>37.7M
The estimated prevalence due to undiagnosed cases

1 in 5
The lifetime risk of developing heart failure is

>50%
Patients are rehospitalized for heart failure within 6 months of discharge.
WHAT YOU CAN DO TO PREVENT HEART FAILURE

- Exercise regularly
- Maintain a heart healthy diet
- Don’t smoke
- Keep an eye on your body weight
- Reduce your blood pressure
- Control your diabetes
- Manage your cholesterol
- Take heart protective medications as prescribed

HOW TO PROTECT YOURSELF AGAINST COVID-19

WASH YOUR HANDS FREQUENTLY
Use soap and water for at least 20 seconds

MAINTAIN SOCIAL DISTANCING
Avoid greetings and keep over 2 meters apart

AVOID TOUCHING YOUR FACE
Especially your eyes, nose and mouth

COVER UP TO PROTECT OTHERS
Always cough or sneeze into a tissue or your elbow

SEEK MEDICAL ADVICE EARLY
Call your doctor if you have a fever, cough or difficulty breathing

STAY AT HOME, STAY INFORMED
Follow advice from authorities and health professionals

Sources: