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 is the estimated prevalence due to undiagnosed cases
- 1 in 5 is the lifetime risk of developing heart failure
- NO.1 cause of hospitalisation
- >50% of patients are rehospitalized for heart failure within 6 months of discharge

PEOPLE WITH HEART FAILURE ARE MORE VULNERABLE TO COVID-19
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