Preventing heart disease and strokes during the COVID-19 pandemic

**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: [www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)

**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 prescribed medications
- Get checked annually

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

Or go to: [www.nhs.uk/conditions/cardiovascular-disease/](http://www.nhs.uk/conditions/cardiovascular-disease/)

**Stay safe from COVID-19**
This 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 information, support and services in your local area, scan here:

Or go to: [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)
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.

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).

Pharmacy  For advice about medicines and healthy lifestyle.

Heart attack
If you or your 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 lightheaded** and that doesn’t go away, this could be caused by a heart attack. **Dial 999 immediately.**

Stroke
You can spot symptoms of a stroke using the FAST test:
• **Face** – is the arm dropping/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

Need more information and advice?

- **Happy Hearts website**
  www.happy-hearts.co.uk
- **NHS website**
  www.nhs.uk
  search for ‘atrial fibrillation’ ‘blood pressure’ ‘cholesterol’
- **Arrhythmia Alliance/AF Association**
  01789 867501/02
  weekdays 9 am–5.30 pm
- **British Heart Foundation helpline**
  0300 330 331
  weekdays 9 am–5 pm, Saturdays 10 am–4 pm
- **Blood Pressure UK helpline**
  020 7882 6218
  weekdays 9 am–5 pm, Saturdays 10 am–4 pm
- **Heart UK cholesterol helpline**
  0345 450 5988
  weekdays 10 am–3 pm
- **Stroke Association helpline**
  0303 3033 100
  Mon/Thu/Fri 9 am–5 pm, Tue/Wed 8 am–6 pm,
  Sat 10 am–1 pm

Flyer, including Happy Hearts illustrations, adapted with thanks and permission from Cheshire and Merseyside Health and Care Partnership (www.cheshireandmerseysidepartnership.co.uk) and Kaleidoscope (www.kadm.co.uk)