

# Preventing heart disease and strokes during the COVID-19 pandemic

*[Add your logo here]*

## 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:

*[Add a QR code or your local website 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:

*[Add a QR code or your local website 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:

*[Add a QR code or your local website 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.



Dial 999



Act FAST



Keep your appointments

## 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](http://www.happy-hearts.co.uk)
- **NHS website**  
[www.nhs.uk](http://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](http://www.cheshireandmerseysidepartnership.co.uk)) and Kaleidoscope ([www.kadm.co.uk](http://www.kadm.co.uk))