

TIPS FOR PEOPLE LIVING WITH CONGENITAL HEART DISEASE

TO MANAGE YOUR HEALTH DURING THE COVID-19 PANDEMIC

We are still learning how COVID-19 affects people. Some children and adults living with congenital heart disease (CHD) may be at higher risk for more severe symptoms and complications due to COVID-19, specifically those living with the following conditions¹:

- Complex defects
 - e.g. single ventricle, cyanotic heart defects and double-outlet ventricle
- Significant valvular disease (e.g. severely leaky valve)
- Low oxygen levels or being blue (chronic cyanosis)
- Heart failure or reduced heart strength (cardiomyopathy)
- High blood pressure in the lungs (pulmonary hypertension)
- Other health conditions
 - e.g. chronic kidney disease, diabetes, or chronic lung disease
- Heart transplantation or recent heart surgery
- Heart rhythm problems (arrhythmias)

¹Tan W, Aboulhosn J. Int J Cardiol. March 2020.

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