



Covid-19 infection in cardiac patients

COVID-19 is a new flu-like illness that particularly affects the lungs and airways. It is caused by a virus called coronavirus. Although there is some evidence the illness is milder in children, there is limited information about how this virus affects patients with congenital heart disease.

The guidance for cardiac patients is as for the general public and can be found within the Government and NHS guidelines which are being continually updated:

- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Key prevention measures:

- *wash your hands with soap and water often*
- *always wash your hands when you get home especially before eating*
- *use hand sanitiser gel if soap and water are not available*
- *cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze*
- *put used tissues in the bin immediately*
- *try to avoid close contact with people who are unwell*

Symptoms:

- *cough*
- *high temperature*
- *shortness of breath*
- *runny nose*

Who to contact:

- *if you have symptoms suggestive of coronavirus you should contact the NHS 111 by phone or online (first line)*
- *your specialist cardiac nurse (for specific cardiac-related questions)*
- *but the advice is that you shouldn't go to your GP surgery, pharmacy or hospital*

If you or your child develops flu-like symptoms and you are concerned, please follow the Government and NHS guidelines which details the process for self-isolation and treatments. Please be mindful of avoiding putting yourself in a position that increases your risk.