

# Resources to maintain healthy lifestyle during the COVID-19 outbreak

Stay healthy at home with tips from the American Heart Association



American Heart Association.



## Prevention is key in limiting the spread of coronavirus.

With more people working remotely or limiting their exposure to other people, it's important to maintain healthy habits at home.



## Wash your hands often & stay home when you feel sick.

Don't disregard your physical activity and healthy eating habits. These are the foundation to maintaining and improving your health.

## Here are some ideas to stay healthy and active at home:



**Create an at home circuit workout.** Select three or four exercises you can do at home like jumping jacks, lunges or jogging in place. Repeat the circuit 2-3 times. For more ways to stay physically active at home, [click here](#).



**Use shelf-stable ingredients to cook heart-healthy meals.** Canned, frozen and dried fruits and vegetables, frozen meat and dried grains are great shelf-stable options to have on hand for recipes. For shelf-stable recipes, [click here](#).



**Fight stress.** Use time at home as an opportunity to take action against stress. Take a few minutes each day to meditate, improve your sleep, and call friends and family to stay socially connected. For more ways to manage stress, [click here](#).

The American Heart Association is advising caution and preparation for **people who have heart disease or who have survived a stroke.**

Heart patients face a higher risk of complications if they get the virus, and stroke patients may face complications. Remember the basics in your everyday activities:



wash your hands often with soap and water for at least 20 seconds



practice social distancing



stay home from work if you are sick



avoid touching surfaces in public

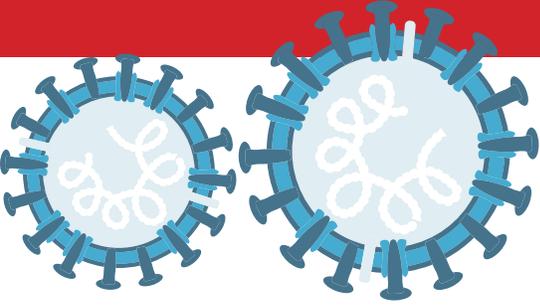


try not to touch your face



cover your cough with a tissue and throw tissue away

# Coronavirus precautions for patients & others facing higher risks



The American Heart Association is advising caution and preparation for elderly people with coronary heart disease or hypertension because they are more likely to be infected and to develop more severe symptoms. Stroke survivors may face increased risk for complications if they get COVID-19.

## Get Prepared at Home



**Make sure you can reach your doctor quickly.**



If you live alone, **gather a list of support contacts who you might call on if needed.**



**Take stock of your medications.** Make sure you have enough for an extended time. Also figure out how you would get refills if you couldn't leave home.



**Make sure you have plenty of food, beverage and hygiene supplies** for yourself, your family and your pets.

## What if you have symptoms of coronavirus?

Common symptoms include **fever** and **cough**. Contact your health care provider if you have these symptoms. **If you experience shortness of breath or other heart attack or stroke warning signs, call 911.**



Make sure appropriate caregivers are available at home.



Ensure there's a separate bedroom where the patient can recover without sharing immediate space with others.



Set up some basic rules for making sure the person being isolated can get food and other necessities with minimal risk.

