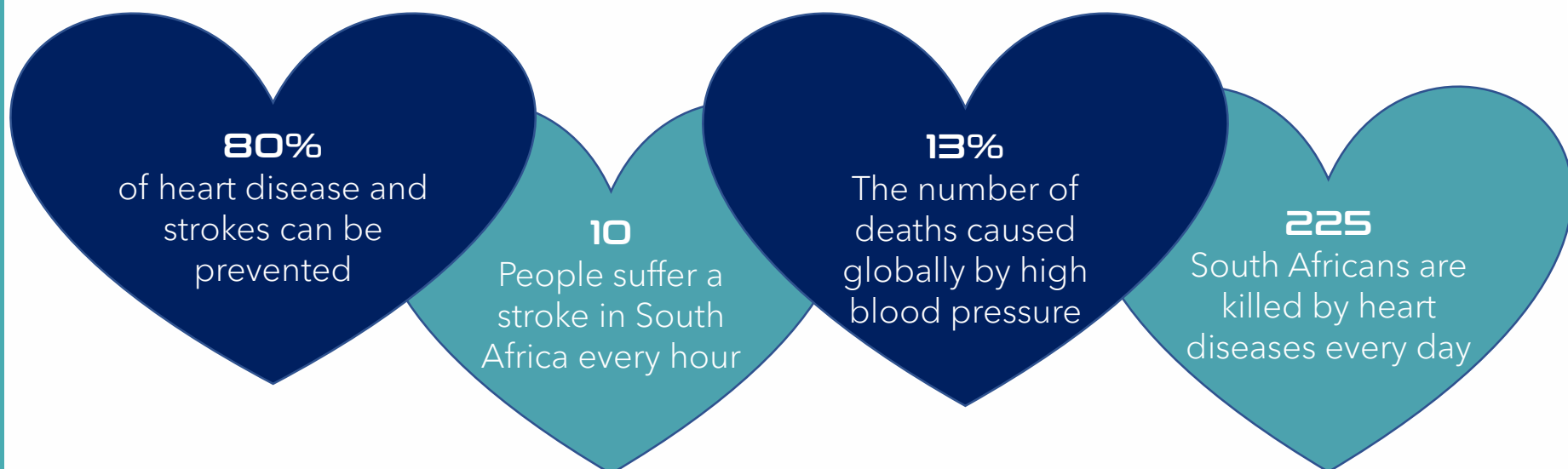


COVID-19 and Heart Disease

Am I at risk?

According to the South African Heart and Stroke Foundation, people who have a heart condition or vascular disease, or who have had a stroke, are at higher risk of complications if they are infected with COVID-19.



UNDERSTAND YOUR RISKS TO PREVENT A HEART ATTACK

Major risk factors

- Tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Obesity and being overweight
- Diabetes

TAKE CARE OF YOURSELF BY:

- EATING A HEALTHY DIET
- EXERCISING REGULARLY
- STOP SMOKING
- ADHERING TO COVID-19 HEALTH PROTOCOLS

Talk to a Platinum Health Healthcare Provider for more information or assistance.