

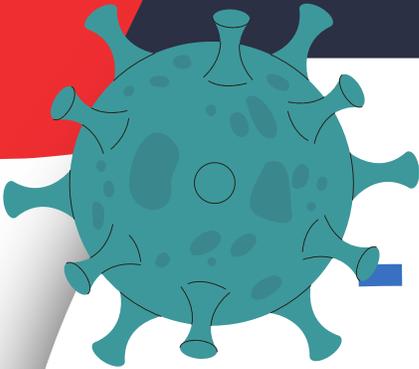
# COVID-19 and your heart

COVID-19 infection can affect more than your lungs.

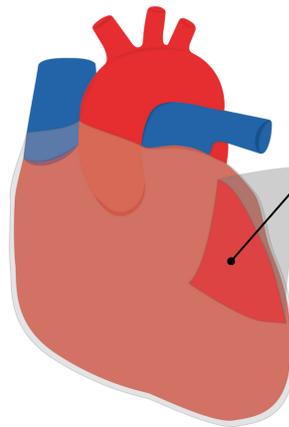
There is evidence that it affects other organs, including the heart.

## COVID-19 can put you at risk for CARDIOVASCULAR DISEASE

If you have cardiovascular disease and are exposed to COVID-19, you are more likely to be infected and have more severe complications, especially with repeat infections.



No matter your age, gender, or medical history, you can be at risk for heart disease (myocarditis and pericarditis) after a COVID-19 infection.



**Myocarditis:**  
inflammation of heart muscle

**Pericarditis:**  
inflammation of outer lining of the heart

**See a doctor if** you have one or more of these new or continuing **symptoms after COVID-19 infection**



Chest Pain



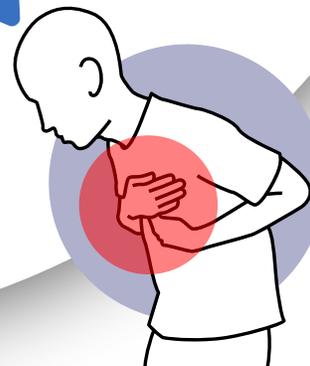
Trouble breathing



Inflammation



Tiredness



# Things you can do to protect your heart:

## Ways to protect yourself from COVID-19 infections include:

- Get all recommended COVID-19 vaccine doses.
- Wear a mask that filters well and fits snugly around your nose and mouth.
- Ask for COVID-19 treatment right away if you test positive, even if your symptoms are mild.



For more information about reducing your risk for COVID-19, visit: [ph.lacounty.gov/reducerisk](https://ph.lacounty.gov/reducerisk)

## Also:



Take prescribed medicines as directed by your healthcare provider



Be active



Eat more vegetables and fruits



Get a heart checkup

## References:

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## Acknowledgment:

- Kathy Martinez, Graphic Design Freelancer, Heart Diagram, page 1