

Important information for patients
with cardiovascular disease

Protect your heart from COVID-19



Why it's important to protect yourself from this
respiratory infection

COVID-19 can place severe strain on the cardiovascular system, both during the infection and in the long term – especially in people with cardiovascular disease. Those with cardiovascular disease are at particularly high risk of complications from the infection.

The most common symptoms include:

- | | |
|--|--|
|  Runny nose |  Fever |
|  Cough |  Headache and |
|  Sore throat | aching limbs |
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An infection with consequences – including for your own heart

-  People aged six months and over who are at increased risk of severe COVID-19 – including those with chronic cardiovascular disease.
-  Following an infection, there is an increased risk of cardiac arrhythmias, heart attack and myocarditis increases.
-  Inflammation can also put a strain on the heart and blood vessels.

Good for the heart:

Protection against COVID-19 through vaccination

A COVID-19 vaccination with an approved vaccine can protect you against severe illness – ideally with an annual booster in the autumn.

The Standing Committee on Vaccination (STIKO) recommends COVID-19 vaccine for:

- ♥ Everyone aged 75 and older
- ♥ People aged six months and over with chronic cardiovascular disease
- ♥ Close contacts of people with a weakened immune system

Good reasons to get vaccinated against COVID-19:

- ♥ Protection against severe COVID-19 infection
- ♥ Reduced risk of cardiovascular complications such as heart attack or thrombosis
- ♥ Reduced strain on the heart and blood vessels during an infection

Talk to your cardiologist about your COVID-19 vaccination status.

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