Coronavirus Update and Information

Dear member,

With the cases of COVID-19 (Coronavirus) growing within the U.S., Mended Hearts is aware that many of our members have concerns and questions. We want you to know that we are monitoring the information that is coming out and will share any important updates with you as the information changes.

We do have a few tips to help you navigate this health emergency, as well as for managing other communicable diseases.

1. Educate yourself with professional and trustworthy information. Avoid getting your information from social media, and rely on information that is coming from organizations that give medically accurate and reliable information. Some of these reliable sources are: your local hospital, the NIH (National Institutes of Health), The American College of Cardiology, The CDC (Centers for Disease Control and Prevention), and the American Heart Association.

2. Assure that you have food, water, and medications in your home for a few weeks. If you were to be placed in a quarantine position, you want to be prepared. This is good advice to follow during cold and flu season as well. It is always good protocol to avoid going out in public when you are ill so that you don't expose others or become exposed to different illnesses.

3. Do not panic. Use basic self-care: Wash your hands, cover your cough, and stay home when sick. These self-care principles can protect you from illness during the cold and flu season and are basic steps that everyone should take to protect themselves from any illness.

We understand that some members are concerned about visiting patients in local hospitals, and we believe that you should make the best decision for you and your family. If you are concerned about visiting, please talk with your visiting chairperson and request to take a leave of absence from visiting. We encourage members to do what makes them feel most comfortable and always follow hospital rules and precautions.

We have compiled resources below that can help you and your families understand how this virus may affect your community and what to do to protect yourself.

Sincerely,

Andrea Baer
Executive Director
Mended Hearts/Mended Little Hearts
What heart patients should know about coronavirus

By American Heart Association News

Information from the CDC on the COVID-19 directly on the Mended Hearts website. You can check in to this page for updated information.

The World Health Organization: A video explaining how to protect yourself against COVID-19

How is COVID-19 spread and how do you protect yourself against it?

The World Health Organization: A video explaining how to protect yourself against COVID-19
Busting the Myths of the Coronavirus!