Our Mission
To inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education, and advocacy.

Our Vision
To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by heart disease across the lifespan.

The Mended Hearts, Inc.

Join Us Now!
Phone: 1-888-HEART99
Website: www.mendedhearts.org
1500 Dawson Rd., Albany, GA 31707

Learn more about COVID and CVD on our webinar with Drs. Ashraf Harahsheh and Arita Krishnan of Children’s National Hospital found on our website and Mended Little Hearts’ YouTube Channel.

Produced thanks to an educational grant from:
Bristol Myers Squibb
COVID in Children
In 2021, COVID-19 cases in children have been rising. COVID-19 is a virus where spike proteins bind to ACE-2 receptors in your body. These receptors are in your kidneys, blood vessels, lungs, small intestines and heart muscle, which is why they can be affected by COVID.

6.3 million
pediatric COVID cases in the U.S.*

25% of COVID cases are children 17 and under.*

Less than 2%
of children with COVID are hospitalized.*

Less than .03%
COVID deaths are children.*

Symptoms of COVID**
Most common symptoms include:
- Fever
- Dry cough
- Tiredness

Less common symptoms:
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A rash on skin, or discoloration of fingers or toes

COVID in Children
In 2021, COVID-19 cases in children have been rising. COVID-19 is a virus where spike proteins bind to ACE-2 receptors in your body. These receptors are in your kidneys, blood vessels, lungs, small intestines and heart muscle, which is why they can be affected by COVID.

6.3 million
pediatric COVID cases in the U.S.*

25% of COVID cases are children 17 and under.*

Less than 2%
of children with COVID are hospitalized.*

Less than .03%
COVID deaths are children.*

Symptoms of COVID**
Most common symptoms include:
- Fever
- Dry cough
- Tiredness

Less common symptoms:
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A rash on skin, or discoloration of fingers or toes

Cardiovascular Impact
Many people have no symptoms or mild symptoms of COVID-19. In some cases, however, it can impact the heart and cardiovascular system. COVID-19 can cause the following issues:

Possible effects on heart
- Heart functions--how well the ventricles squeeze and relax
- Pericardial effusions--fluid around the heart
- Heart valves may leak
- Blood clots
- Myocarditis
- Coronary artery aneurysm
- Arrhythmias

Most common tests for heart impact
- Blood test
- Chest x-ray
- Electrocardiogram (EKG or ECG)
- Echocardiogram (Echo)

Children with certain heart conditions are at higher risk for heart impact
- Single ventricle conditions
- Cyanotic (low blood oxygen)
- Cardiomyopathy
- Pulmonary hypertension
- Transplant
- Unrepaired congenital heart defect (CHD)

Multisystem Inflammatory Syndrome (MIS-C)
MIS-C is when different parts of the body (heart, lungs, eyes, kidneys, brain, skin, gastrointestinal organs) become inflamed in children who have been exposed to COVID or have COVID. It can be very serious but can be treated with prompt medical care.

Symptoms
- Ongoing fever
- Stomach pain
- Vomiting
- Diarrhea
- Skin rash
- Dizziness
- Bloodshot eyes

Long-Term COVID-19
Some children who get COVID-19 will continue to have symptoms (fatigue/tired, dizziness, chest pain, heart palpitations) even if all testing is normal.

Children can go back to play/sports when
- They had no symptoms for 10 days OR
- They are told they have no cardiac issues after testing by their doctor OR
- If they had MIS-C or were hospitalized, they should wait 3-6 months or until testing shows they are back to normal.

Vaccination, mask-wearing, hand washing, and social distancing can help prevent COVID-19.

*COVID-19 facts as of October 2021
**from World Health Organization (WHO)