



European Independent Foundation  
In Angiology/Vascular Medicine

Education, Research, Prevention

## **COVID 19 - What Recommendations for Vascular Patients?**

1. Follow epidemiological recommendations for prevention, as the course of COVID-19 infection in vascular patients may be more severe. Take into consideration that they protect both yourself as well as your family and your country.
2. Do not stop your usual medication.
3. Keep your physical activity during quarantine. Even if in small spaces, walk trying to make your 6000 steps a day (around 3 kms), going up and down. As usually, if you have pain (patients with Peripheral Arterial Disease), stop and start again. If you have limitations, the number of steps depends on your possibilities; following the indications you previously had by your specialist. Using an exercise bike, if available, can also provide adequate exercise.
4. Avoid smoking. Try to use this period to stop, if you are still smoking. For your benefit and for people around you. Take into consideration that smoking both involves lungs as well as circulation that are attacked by Corona virus. There are also some published data reporting a higher sensibility of smokers to Corona virus, facilitating its link to cell receptors.
5. Eat well, healthily. Avoid extra sugars, fats or alcohol and maintain regular meals.
6. Remain positive, and find some activity you can do even if at home (music, reading, take care of plant, of your home, maintain by phone or web your relationships...). Do not be anxious and if you feel it could help, call free numbers for psychological help or ask your GP.
7. In case of acute worsening of the symptoms of vascular disease, as a first step, use telemedicine, if active, or seek specialist or GP advice to decide what to do next.