



# I HAVE HEART DISEASE...

## HOW DO I PREVENT AGAINST COVID-19



- Follow your treatment plan and take medications as directed.



- Ask your doctor about managing your condition virtually, so that you don't have to visit the clinic.



- Continue to practice healthy habits, including healthy eating, exercise, getting enough sleep, and managing stress.



OKLAHOMA  
State Department  
of Health



**THD**  
TULSA HEALTH  
Department

INFORMATION + UPDATES  
**CORONAVIRUS.HEALTH.OK.GOV**  
CALL CENTER: 877-215-8336 OR 2-1-1