

# Recommendations for Patient Safety

(Fall 2020 – Winter 2021)



## STEPS TO STAY SAFE

It is time to curb the disease transmission more than ever



**1**

### Cardiovascular care is safe

Dial 911 immediately if you or a loved one have symptoms of a heart attack or stroke

Attend your medical appointment(s), and contact your caregiver if you have health concerns

Act when you experience new or worsening symptoms like chest pain, pressure or shortness of breath

Canadian Hospitals and Emergency rooms have robust COVID-19 protocols for your protection



**2**

### Wash your hands and wear a mask

Wash your hands with soap and water or use hand sanitizer

Wear a mask to keep you safe and reduce the transmission of the virus



**3**

### Follow the recommendations of your provincial health office

For the safety of yourself, your loved ones, and your community:

Keep a safe distance from others ( $\geq 2m$ )

Avoid social gathering and proximity to others



**4**

### Take care of your heart

Always take your cardiovascular medication(s)

Medication(s) prescribed by your health provider will keep your heart safe

Do not miss your pills, review your supply and order refills as soon as possible

Medication can be safely obtained from your pharmacy



**5**

### Protect yourself

Prevent the extra threat of getting the flu by getting your flu shot

Get your COVID-19 vaccine once it is available

Encourage everyone to get vaccinated

## COVID-19 cases in Canada over time



First Wave

Second Wave

March 2020

June 2020

September 2020

November 2020

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