Making an impact against COVID-19
Why we’re committed to fighting coronavirus

40% of people hospitalized with COVID-19 had heart disease or a stroke.

Those at greatest risk of serious complications or death are:

- People with coronary heart disease or high blood pressure
- Stroke survivors may have a higher risk of complications
- People with diabetes
- People with severe obesity (BMI of 40 or higher)
- People age 65+
- People with serious chronic lung, liver or kidney conditions
- People with compromised immune systems

The long-term effects of COVID-19

- More people with heart disease, diabetes or high blood pressure are at risk
  - Fear of going out to get treatment/calling 911
  - Limited access to healthy food options, prescriptions and supplies

- Increases in unhealthy stay-at-home habits
  - High stress
  - Eating more unhealthy meals
  - Not being physically active
  - Could lead to future cases of obesity, high blood pressure and diabetes

- Increases the burden for those with the greatest need
  - Limited income due to layoffs or furloughs
  - Lack of savings
  - Restricted access to public transportation
  - Lack of free school meals

# How we’re making an impact:

## Research
- We’re investing $2.5 million to investigate the cardiovascular implications of COVID-19
- We’re helping to accelerate antiviral drugs
- We’re sharing our information around the globe through our scientific journals

## Meeting the needs of health care workers
- We’ve providing health care workers with free ventilator training
- We’ve developed a COVID-19 data registry through Get With The Guidelines® to better manage patients

## Teaching how to safely administer CPR
- We’ve established new guidelines for administering CPR
- We recommend extending instructor cards

## Supporting our schools and businesses
- We’re helping teachers and parents get kids moving through the virtual Kids Heart Challenge
- We’re providing resources to businesses to help their employees stay active and healthy

## Helping those in greatest need
- We’re championing federal and state actions to help individuals and patients get the resources/care they need
- We’re working with community groups to nourish families, support physical activity and reduce the burden of chronic disease
- We’re creating and curating content for survivors, those staying at home and those with essential jobs that are out working
- We’re utilizing our Support Network to share resources and help cope with social isolation

## Why your gift is critical now

### The COVID-19 Domino Effect
COVID-19 has the potential to drastically change the health and well-being of people living in the U.S. for many years, unless we work together to reduce the impact.

<table>
<thead>
<tr>
<th>COVID-19</th>
<th>Patients fear getting treatment/calling 911</th>
<th>Difficulty getting healthy foods, supplies and prescriptions</th>
<th>High stress, unhealthy eating habits and less physical activity from being stuck at home</th>
<th>High unemployment, lack of public transportation, lack of access to healthy foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>POTENTIAL FUTURE PROBLEMS:</td>
<td>Higher blood pressure rates</td>
<td>Increases in obesity</td>
<td>Increases in heart disease, stroke and diabetes</td>
<td>Fewer healthy life years and earlier deaths</td>
</tr>
</tbody>
</table>

When you give, you are saving and improving countless lives for years to come. Please consider making a gift today to the American Heart Association, so this important work can continue.

[heart.org/donate](http://heart.org/donate)

You can also give through your local American Heart Association office or virtual event. Reach out to your American Heart Association contact, or call 1-800-AHA-USA1 to talk with someone about other ways to give.