

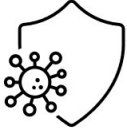
COVID-19 Vaccines

Information for Congenital and Rheumatic Heart Disease Patients



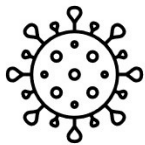
How do COVID-19 vaccines work?

Vaccines teach your body to recognize and fight off the COVID-19 virus. They do not make any other changes to your body.



Will the vaccine give me COVID-19?

COVID-19 vaccines cannot give you COVID-19. They do not contain any live COVID-19 virus.



How well will the COVID-19 vaccine protect me?

If you get the vaccine you are much less likely to get COVID-19. If you do get it, you are very unlikely to get severely ill or die.



If I have rheumatic or congenital heart disease (RHD or CHD) should I get vaccinated?

Unless your care team has told you not to, you should get vaccinated as soon as possible. You may have heart problems that can make you more likely to get very sick or die from COVID-19. [1-2] These include:

- Heart rhythm problems
- Problems with heart strength or heart failure
- Previous heart attack
- Previous stroke
- Having low oxygen or being “blue”
- Having one heart ventricle or Fontan

You may have other health problems that raise your risk. These include:

- High lung pressure or pulmonary hypertension
- Diabetes
- High blood pressure
- Kidney problems
- Being very overweight or obese
- Down Syndrome
- Age over 60
- Problems with your immune system



Are the side effects worse for heart patients?

People with heart conditions do not get worse side effects than heart-healthy people. [2]



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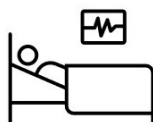
Should children with heart problems get the COVID-19 vaccine?

In most places children cannot get the vaccine yet. This is because it is still being tested in children. Children are much less likely to get very sick from COVID-19 than adults. This includes children with heart problems. We expect that the vaccine will be safe for children with heart problems. Your care team will let you know when your child can get a vaccine.



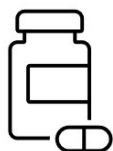
How do we know the COVID-19 vaccine is safe for heart patients?

COVID-19 vaccines have been tested on over a million people around the world. These included adults of all ages with all kinds of heart disease. The vaccine was safe for virtually everyone. People with heart disease did not have more problems from the vaccine than heart-healthy people. [4-7]



Will the vaccine make me feel sick?

Some people have a sore arm or feel tired. Less common symptoms include headache, body aches, and fever. Usually these go away in less than two days. Most people have no or mild side effects. Your healthcare team can tell you more about what to expect after the vaccine. [2]



Can people on blood thinners get the vaccine?

Yes. You may get a bigger bruise at the place where you got your shot. You may also have a little more bleeding at the injection site.



Can people on heart medications get the vaccine?

Yes. There are no heart medications that make it unsafe to get the vaccine.



I am still worried about getting the vaccine. What should I do?

Reach out to your care team if you have more questions or concerns. They know the most about your health. They can also tell you more about your risks from COVID-19 and why it is so important that you protect yourself.

For more information and references visit www.global-arch.org



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