Today our hearts are focused on millions across the nation.

These days, there are many unknowns. What is known: Current information and clinical experts suggest COVID-19 poses greater risks to older adults and people with serious underlying medical conditions, including heart disease. We have important roles in getting the word out to those at risk and their care teams.

For people who have serious heart conditions it is more important than ever to:
- Stay home if possible.
- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm lengths) with other people.
- Clean and disinfect frequently touched surfaces.
- Avoid at casinos and non-essential air travel.
- Call a healthcare professional if you have concerns about COVID-19 and your underlying condition if you are sick.

COVID-19 is a rapidly evolving situation related to a novel virus. Our goal is to share up-to-date information and recommendations as well as important resources to help you stay informed. We appreciate your commitment to health and safety and your continual focus on preventing cardiovascular events in our nation. We understand the unique demands and responsibilities for those serving our population through public health and health care.

In this unprecedented time, it is important to reach out to each other. Focus on your health and that of your family, friends, colleagues, and community. Although there is continued emphasis on social distancing, we need social support more than ever. Let’s approach these challenges one day at a time, with compassion and concern.

For more information on how you can serve to protect yourself, see CDC’s How to Protect Yourself resource.

With heartfelt appreciation and support,
Laurence Sperling, M.D., FACC, FACP, FAHA, FASPC
Executive Director, Million Hearts®

The Science of Million Hearts®

Community health centers play a critical role in the COVID-19 response. The National Association of Community Health Centers (NACHC) has partnered with the Health Resources and Services Administration (HRSA) to host weekly COVID webinars and share resources to educate and inform community health centers.

CMS releases a list of telehealth services covered by Medicare. The Centers for Medicare & Medicaid Services (CMS) released a list of telehealth services and the corresponding codes that are payable under the Medicare Physician Fee Schedule. The list includes support for self-measured blood pressure monitoring and tobacco cessation counseling.

Quick Fact
Get the latest facts about COVID-19 cases in your state at https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html#reporting-cases

Do This!
See How to Make Your Own Face Covering.

The Science of Million Hearts®
Stay up to date on COVID-19 with CDC’s latest MMWRs. (MMWR)
People with underlying health conditions, including CVD, may be at higher risk for severe COVID-19. (MMWR: Jul 3)
Cardiovascular implications of fatal outcomes of patients with coronavirus disease 2019 (COVID-19). (JAMA Cardiol)
CARDIA study: Assessing systolic blood pressure variability may help identify young adults at higher risk for CVD later in life. (JAMA Cardiol)
Coronaviruses and the cardiovascular system: acute and long-term implications. (JAMA)

Tools You Can Use
Review CDC’s communication resources related to COVID-19.
The Centers for Disease Control and Prevention (CDC) offers free resources, including videos, fact sheets, and posters. Above are links to current communication tools and resources available for use and distribution.

Get timely information about public health emergencies with Clinician Outreach and Community Activity (COCA) calls, webinars, and resources.
COCA prepares clinicians to respond to emerging health threats and public health emergencies, such as COVID-19. By communicating relevant, timely information related to disease outbreaks, disasters, terrorism events, and other health alerts, COCA helps ensure that clinicians and their patients can access the latest information and expert advice.

Stay up to date on COVID-19 with CDC’s latest MMWRs.

Million Hearts® in the Community

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