
OCC Patients COVID 19 Advisory

COVID-19 is the cause of a current global pandemic. The situation is constantly evolving. The Ottawa Cardiovascular Centre continues to monitor the situation closely to ensure we protect our patients and ourselves during this crucial time, while still providing the highest quality patient care possible.

We are following official guidance from the College of Physicians and Surgeons of Ontario (CPSO), the Ontario Medical Association (OMA), and the Public Health Agency of Canada (PHAC) and shutting down all but essential services.

WE WILL PROVIDE REGULARLY SCHEDULED VIRTUAL CLINIC APPOINTMENTS

Please be at home at the time of your clinic visit and **have your medications available** to review. You will receive a phone call within 30 minutes of your scheduled appointment. If by some chance your appointment is missed it will be rescheduled.

COVID 19 Patient Information: COVID 19 is a respiratory virus that can cause an illness like a common cold. In some cases, the virus may cause a more severe respiratory infection leading to hospitalization and respiratory and cardiac failure. Patients at greatest risk include those with:

- Cardiovascular disease
- Diabetes
- Chronic respiratory disease
- Hypertension
- Cancer

Symptoms of COVID 19 include:

- Fever
- Cough (productive or non-productive)
- Fatigue and muscle pain
- Difficulty breathing
- Headache
- Nausea/vomiting
- Diarrhea
- Runny nose
- Abnormal Chest XR
- Respiratory failure

To protect yourself against COVID 19, you should:

- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based (minimum 60% alcohol) hand sanitizer if soap is not available.
- Cover your coughs and sneezes with a tissue or your arm, not your hand.
- Avoid touching your face unless your hands are clean.
- Stay at home as much as possible, especially if you are sick.
- Avoid public gatherings and maintain social distancing (minimum 6 feet separation).

SICK DAY MEDICATIONS: As well, we would like to remind our diabetic patients that certain medications should not be taken while you are sick due to risk of dehydration and kidney injury. The following medications should not be taken while sick, and can be restarted once you are better:

- Sulfonylureas: e.g., Gliclazide, Glyburide
- ACEIs: e.g., Ramipril, Enalapril, Perindopril, Trandolapril
- Diuretics: e.g., Furosemide, Spironolactone, Eplerenone
- Digoxin
- Metformin
- ARBs: e.g., Azilsartan, Candesartan, Valsartan, Telmisartan, Irbesartan
- Entresto: Valsartan/Sacubitril
- NSAIDs: e.g., Ibuprofen, Celecoxib, Diclofenac
- SGLT2 inhibitors: Canagliflozin, Dapagliflozin, Empagliflozin

If you have any of the following symptoms:

- Fever
- New or changing cough
- Shortness of breath
- Difficulty breathing

OR

If you have:

- Travelled outside Canada (including by cruise ship) in the last 14 days, or
- Been in close contact with someone who has travelled outside Canada in the last 14 days, or
- Been in contact with someone with confirmed or suspected COVID-19 infection

We kindly ask that you isolate yourself **DO NOT** present to clinic. **INSTEAD:**

- Contact TeleHealth (1-866-797-0000), your family doctor, or Ottawa Public Health (613-580-6744)