



COVID-19 (Coronavirus) and Inherited Heart Rhythm Conditions

STARS and Arrhythmia Alliance are aware that inherited heart rhythm disorder patients and their carers might have questions and concerns regarding the current COVID-19 pandemic.

At present, there is no evidence to suggest that patients living with inherited heart rhythm disorders are at any higher risk of complications associated with COVID-19 than any member of the general public.

Some conditions including coronary heart disease, hypertension and heart failure have been associated with increased risk of contracting the virus or developing complications from it. However, many patients with inherited heart rhythm disorders do not have these conditions and are not at an increased risk.

We must remind those living with Long QT Syndrome (LQTS) or Brugada Syndrome of the importance of avoiding certain medications that might increase the risk of dangerous heart rhythms. It is important that you consult the 'medications to avoid list' with your doctor before taking anything to treat flu-related symptoms.

For those living with Brugada Syndrome, we must also highlight the importance of treating a fever immediately with paracetamol.

During this pandemic, you should be aware that any clinic appointments may be changed to phone appointments or even postponed.

We support all advice provided by the government and other agencies. We cannot provide advice for a specific condition so will therefore not be able to answer queries or discuss it.

We recommend that everyone takes the same precautions (i.e. good hygiene - wash your hands frequently for a minimum of 20 seconds with soap and water) and minimize the risk of exposure where possible. We are not trained or able to deal with specific cases, even if you have a condition that we provide information on. If you have symptoms such as a dry cough, sore throat, breathlessness or fever, then please self-isolate and only if necessary, seek advice from NHS 111.

For the latest advice, please visit the Public Health England website at;

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

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