

COVID-19 & VADS: How to Stay Healthy



Wash your hands for 20 seconds and don't touch your face.

Please be cautious and make sure to wash your hands often, especially when getting labs drawn from a hospital.

Make sure to have at least 30 days of medicine on hand.

Continue to take your blood pressure medicine, if on one.

At this time the AHA recommends you stay on your blood pressure medicines (ACE Inhibitors: Lisinopril, Enalapril).



Keep more space between yourself and others.

Social distancing rules apply to all VAD patients. Stay at home. Please limit any unnecessary exposure to COVID-19 by staying at least 6 feet apart from people that don't live in your house.



Use masks and gloves during dressing changes.

Even during a shortage of masks and gloves, driveline dressing care should still be done using both. We don't recommend cloth masks, but IF you run out of masks, it is okay to use cloth masks, or to reuse a disposable mask up to 3x. Reuse masks worn for dressing changes ONLY. Don't use masks worn outside for dressing changes.



Call your care team if you have any COVID-19 symptoms.

*Symptoms may include: fever, cough, diarrhea, fatigue. **For Fevers: ONLY take Acetaminophen (Tylenol).***

Use telehealth to talk with your care team.

Your in-person appointments may need to be rescheduled using telehealth in order to prevent the spread of the virus. Develop a plan to contact your care team in case of an emergency.



Wipe down everything.

It's important to clean the outside of your equipment and bag with sanitizing wipes daily to prevent exposure to germs.



Your care team is here for you.

To keep your care team healthy, they may be short staffed or working from home. Please be patient with them and try to plan ahead for your VAD needs.



If you get sick, your transplant listing status may change.

If you are currently eligible and active on the transplant waiting list, and you become ill, your status may be temporarily affected. Call your care team with any concerns or questions.