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**Sent:** 19 March 2020 16:27  
**To:** trevor.davison@live.co.uk  
**Subject:** HSG Information and Support

Hi Trevor,

Hope you are keeping well in these difficult times. I am sure that you have heard and read a lot about coronavirus recently, and we've had many people getting in touch with questions regarding how it may affect someone living with a heart or circulatory disease. Our team of medical experts have put together a great article to help you understand what it is, how to reduce your risk of catching it and how it could affect you.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health>

This article is regularly updated so please do keep checking back for any new information, as well as regularly checking the information provided by the [UK government](#) and [NHS](#).

It's also very important to take care of your mental health and wellbeing during this time. Mind have a brilliant webpage with lots of different tips and advice to help you do this.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

We'll be sending out regular correspondence, but please remember our heart helpline (0300 330 3311/ [hearthelpline@bhf.org.uk](mailto:hearthelpline@bhf.org.uk) ) is open as usual if you would like to speak with a cardiac nurse. You can of course still continue to email [heartsupportgroups@bhf.org.uk](mailto:heartsupportgroups@bhf.org.uk) with any other questions.

Kind Regards,

Ailish