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BACKGROUND

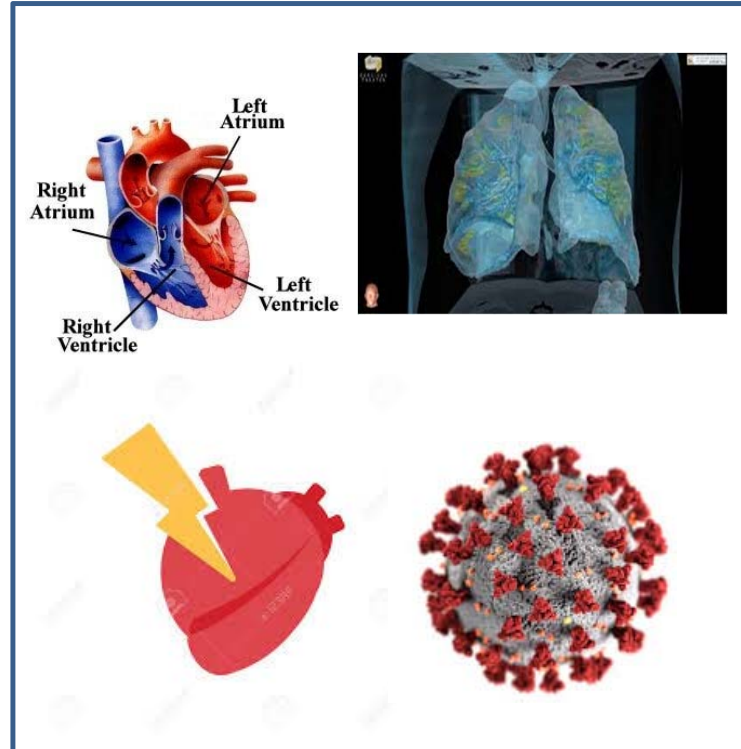
Although both diseases are upper body related, Atrial Fibrillation upper heart chambers and Covid-19 upper respiratory, a lung disease. This link is the high risk factors related to underline health problem, such as high blood pressure, which a simple fix is following your doctors medical orders, and this may prevent severe or critical problems for both illnesses.

PURPOSE

Knowing how to take your pulse along with knowing your heart rhythm and heart rate could quickly detect Atrial Fibrillation as for Covid-19 keeping high risk underline health issues controlled or at a non-existence place is necessary. Personal self care needs is a priority.

METHODS

Atrial Fibrillation and Covid-19 are two complex but very different diseases, but with quick reactions much may be resolved. Atrial Fibrillation is an electrical arrhythmia of the heart, early detection is key. Seek for a cardiologist and under his/her care medication or surgery may be prescribed. Covid-19/Sar Cov2 is a potentially severe upper lung disease, a matter of self care is of high priority. Following your doctors orders on social distancing, wearing facial mask and washing hands frequently are of the most importance.



RESULTS

Even through both diseases are upper body health issues they don't automatically make you a candidate for one or the other. Having heart disease, such as Atrial Fibrillation, which is known for being undiagnosed until a person suffers a stroke or heart attack. Over 2.5 million American adults are effected by Atrial Fibrillation and many are undiagnosed. Covid-19 is one of the worlds greatest mysteries, much research is needed at this time, although much is known, self care is a good place to start. The new normal in todays world is social distancing , wearing facial mask and washing hands frequently.

CONCLUSIONS

Knowledge and self care are the greatest attributes in these times. Diseases may be preventable from becoming a death sentence, more personable care is the key. Staying involved in your health is a must. Learning how to care for yourself in ways that may save your life. Learning life saving techniques such as how to take your pulse may detect a health problem early and having a good doctor to guide you is important.

REFERENCES

Arrhythmia Alliance
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AFAssociation, www.stars-us.org
Shutterstock.com, Atriumhealth.org

