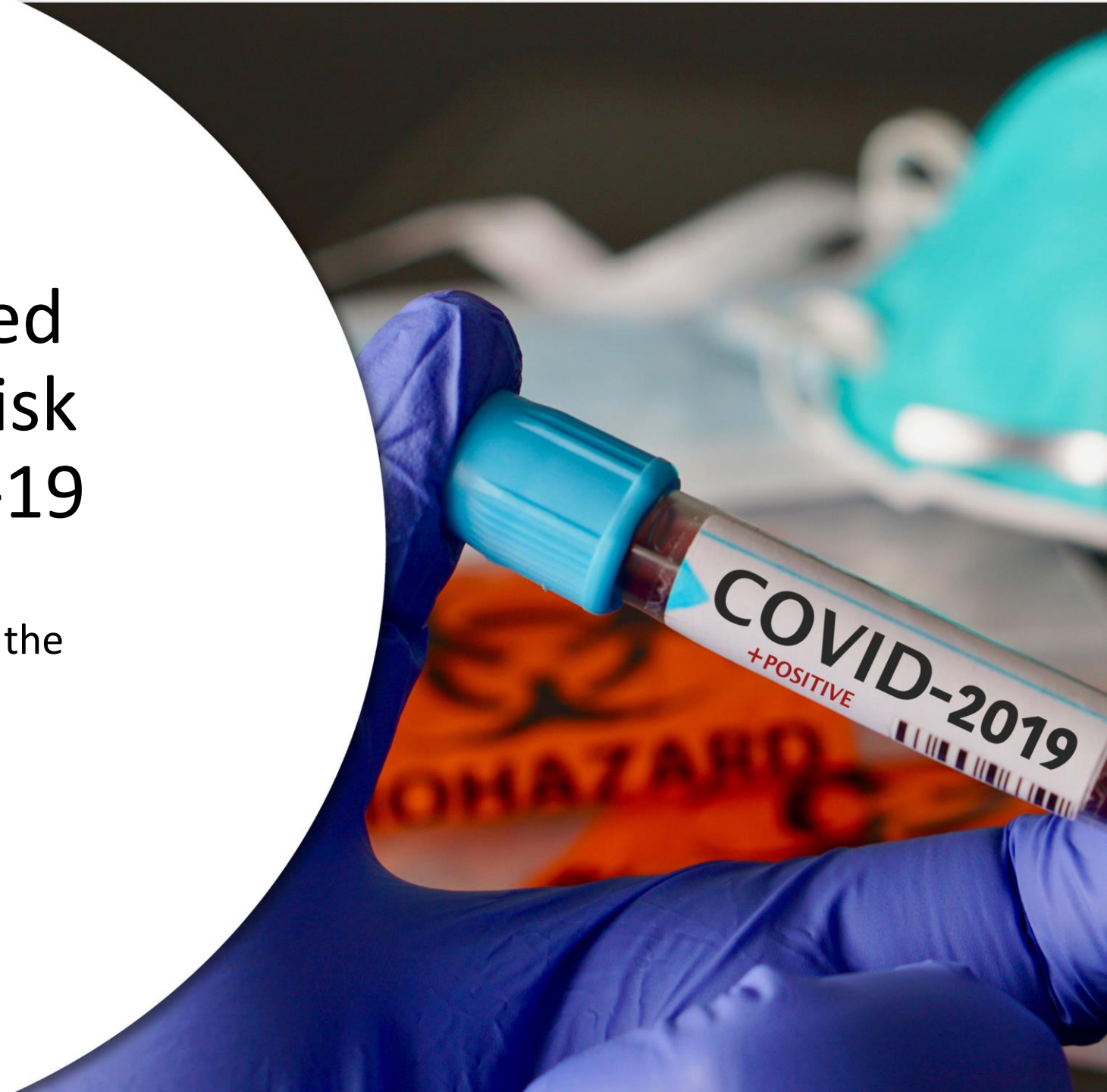


Top Ten Ways an Immune-Compromised Patient Can Reduce Risk of Contracting COVID-19

Information for cancer patients during the COVID-19 pandemic

May 1, 2020



Top Ten Ways an Immune-Compromised Patient Can Reduce Risk of Contracting COVID-19

1. Wash Your Hands
2. Hands Off
3. What About Masks
4. Disinfect Surfaces
5. Care, DON'T Share
6. Essential Travel Only
7. Stock Up
8. Minimize Contact in Public Places
9. Check With Your Doctor's Office
10. National Resources



Wash Your Hands

- Often. For 20 seconds.
- Assume that sneezes or germy hands have left infectious residues on every surface that you have not personally cleaned or seen cleaned (especially outside your home).
- Don't forget to wash between fingers and under nails. If soap and water is unavailable, you can disinfect hands with an alcohol-based hand sanitizer.
- Another option: If you have to turn a doorknob, put a clean tissue or paper towel between the knob and your hand.



Hands Off

- Don't shake hands, kiss or hug people.
- This is the time for social distancing. Keep interactions at least 6 feet apart.
- Try not to touch your face.
 - It's hard not to. Most people do it without thinking several times each hour.
 - Germs you pick up from touching a contaminated surface may begin reproducing as soon as they contact moist areas of our eyes, nose and mouth.



What About Masks

- Viruses can pass through the materials in most masks.
- There are some very expensive types (known as N-95 and N-99) that have been made to largely control exposure to disease.
 - During pandemic, they should be reserved to help those on the frontlines of disease — health care workers.
- Cheaper surgical masks can help healthy people. Their biggest benefit is stopping the spread of infection from one person to another.



Disinfect Surfaces

- These include desktops, phone keypads, computer keyboards, TV remotes, door handles and kitchen counters.
- Rub them down with a rag or paper towel that has been dampened with alcohol-based disinfectant.
- Don't get electronics wet. A damp rag is sufficient and won't harm your devices.



Care, DON'T Share (With Others Who May Be Sick)

- Don't eat food or handle dishes or utensils touched by a sick family member.
- Don't share a towel with anyone in your household who is sick.
 - Get your own and make sure it is washed regularly with hot water. Dry towels in the sun or a hot dryer cycle.



Essential Travel Only

- If you have a fever, don't travel. This symptom usually is a sign that your body is battling a major infection.
- If you discover such symptoms while flying, tell a crew member immediately. Once you have landed, consult a health professional.
- Let them know what areas you had visited before your flight.



Stock Up

- Moderate amount, enough to stay home for up to two weeks. Includes household supplies, medications, medical supplies should you get sick (tissues, OTC medication for cough and/or fever.)
- Consider early-hours or special shopping hours that many businesses are having for higher-risk populations.



Stock Up

- Consider shopping online or having items delivered if you can.
- For packages or food delivery, try to limit person to person contact at time of delivery through payment online.
- Consider wiping down packages received.
 - If non-perishable, consider leaving them for 1-3 days before opening to decrease chance of exposure.



Stock Up

- In obtaining supplies, ask for help - family members, relatives, friends, neighbors, church/synagogue/mosque members may be willing to help get supplies (especially if you are currently receiving cancer treatment or recovering from a cancer diagnosis).



Minimize Contact in Public Places

- If you need to go out where a lot of people will be, whenever possible, keep a cough's distance away from them — about 6 feet.
- Someone near to you may be infected and show no symptoms.



Minimize Contact in Public Places

- Wear gloves while out in public.
 - Any cotton, wool or lycra glove will do.
- Don't touch the outside of the gloves when you remove them.
 - Disposable latex or other types of plastic gloves can be reused several times if you spray the outside with an alcohol-based disinfectant right before taking them off.
 - Wash the gloves in hot water. Don't dry wool ones with heat or they'll shrink.



Check With Your Doctor's Office Before Going To Previously Scheduled Appointments

- Procedures have changed at hospitals and doctors' offices. Many elective procedures and routine follow ups have been delayed.



Telehealth May Be Available

- Telehealth may now be available now during the pandemic, even for routine care
- Telehealth may be the lowest risk option for your health care right now, so ask your physicians office if there is a telehealth option.



National Resources and Where to Find Them

- Centers for Disease Control and Prevention (CDC): www.cdc.gov
- World Health Organization (WHO): www.who.org
- National Cancer Institute (NCI): www.cancer.gov
- RTAnswers – www.rtanswers.org
- American Cancer Society (ACS): www.cancer.org



As We Recover

Recommendations will vary from area to area, state to state. Check recommendations from your physicians and local health officials for up to date, local recommendations.

