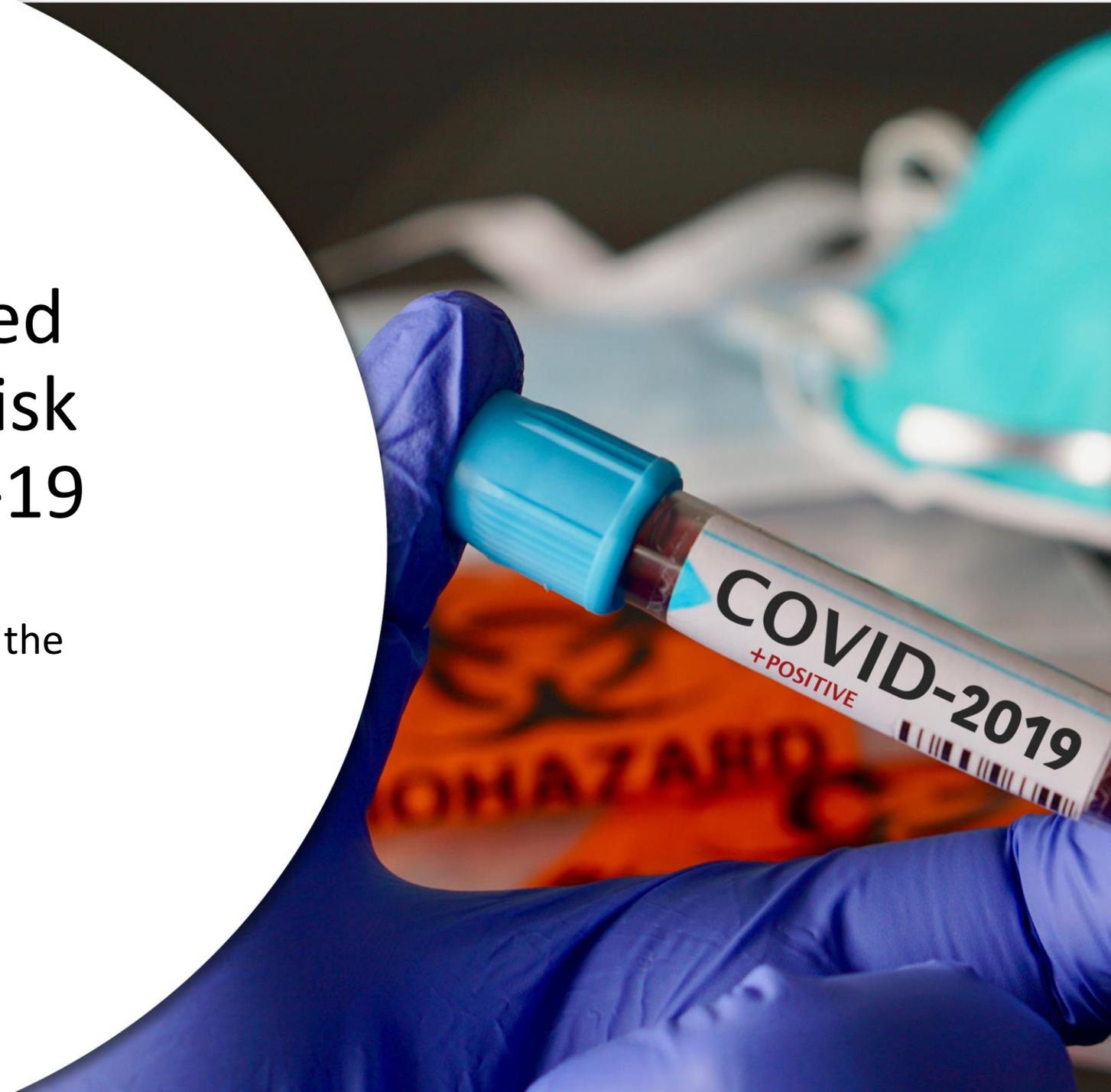


# Top Ten Ways an Immune-Compromised Patient Can Reduce Risk of Contracting COVID-19

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

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# 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](http://www.cdc.gov)
- World Health Organization (WHO): [www.who.org](http://www.who.org)
- National Cancer Institute (NCI): [www.cancer.gov](http://www.cancer.gov)
- RTAnswers – [www.rtanswers.org](http://www.rtanswers.org)
- American Cancer Society (ACS): [www.cancer.org](http://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.

