

Tip Sheet on COVID 19 for Cancer Patients

Preventing the Spread of Infections

The best way to prevent an infectious illness is to avoid being exposed to germs. Some simple steps you can take to protect yourself and others while you're at home include—



Clean your hands often.

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing or sneezing. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.



Avoid close contact.

Avoid close contact with people who are sick, and practice social distancing (put space between yourself and others). Follow government guidance about staying home and only go out for necessities like grocery shopping.



Cover coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw away used tissues and wash your hands. Avoid touching your face. The CDC recommends that everyone over the age of 2 years wear a mask in public.



Clean and disinfect daily.

Every day, clean and disinfect surfaces that are touched often, like tables, refrigerator doors, remote controls, doorknobs, light switches, countertops, handles, phones, toilets, and faucets.

Who is at increased risk of developing a serious form of COVID-19?

Older populations and health-compromised groups may be at higher risk of getting very sick with COVID-19. **Specifically, individuals with lung cancer, individuals with lung disease, such as COPD (chronic obstructive pulmonary disease), and individuals in active cancer treatment/s may be susceptible to a more serious form of the infection.**

Information on the COVID-19 pandemic continues to change regularly, especially during flu season. Please contact your doctor with questions or concerns.

Sources: <https://www.cdc.gov/cancer/survivors/staying-well-at-home.htm>
<https://www.umms.org/coronavirus/what-to-know/prevention-safety/protect>
<https://go2foundation.org/resources-and-support/lung-cancer-and-coronavirus/lung-cancer-and-coronavirus-frequently-asked-questions/>