

INSIDE LOOKING OUT 2020



UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER
THE CANCER INSTITUTE

AN AFFILIATE OF THE UNIVERSITY OF MARYLAND
MARLENE AND STEWART GREENEBAUM
COMPREHENSIVE CANCER CENTER

STORIES OF **HOPE** AND **HEALTH** FROM THE CANCER INSTITUTE AT UM ST. JOSEPH MEDICAL CENTER



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Committed to Advanced Cancer Treatment for the Whole Person



UM St. Joseph's Cancer Institute is an affiliate of the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, one of the premier treatment and research centers in the country and a NCI-designated comprehensive cancer center. As a member of the University of Maryland Medical System's Cancer Network, UM St. Joseph has access to national experts, the latest treatments and clinical trials and offers an integrated and coordinated approach to cancer care.

The purpose and goal of *Inside Looking Out* is to provide a comprehensive overview and recap of the progress we are making, as an organization, for patients who turn to our Cancer Institute. Each year, as we collect our thoughts and ideas for the publication, we see the impact of our team's dedicated efforts in our patients' lives.

Our hospital remains a premier destination for cancer patients and their families to find answers, treatment and hope. We offer some of the most innovative and advanced medical care available in Baltimore, led by some of the region's most experienced and reputable oncologists. Our facilities are warm and welcoming. Our technologies are state-of-the-art. Compassionate care has ALWAYS been a top priority and we have taken this commitment to a new level. The new Barbara L. Posner Wellness and Support Center revolutionizes cancer care, offering holistic programs and support to patients and their families at every step in their journey. (You can learn more about the center and all that it offers on page 6.)

It's no secret that cancer care changes every day. We embrace this. Our team at the University of Maryland St. Joseph Cancer Institute is committed to forging new ground in the diagnosis, treatment and support of our cancer patients.

We hope you enjoy this issue of *Inside Looking Out*, and the stories that demonstrate how we are changing and saving lives.

Kimberly W. Schlesinger, MD
Medical Director

Monica Fulton, MBA, BSN, RN
Director of Operations

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A **QUALITY PROGRAM**
OF THE AMERICAN
COLLEGE OF SURGEONS



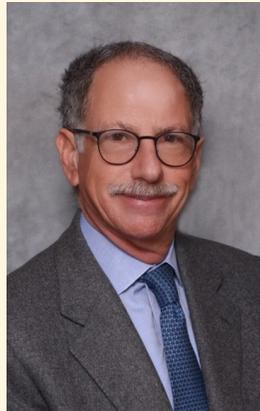
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Ask the Expert

with Dr. Harry Brandt
Understanding the Psychological Impact of Cancer



As Chief of the Department of Psychiatry at UM St. Joseph Medical Center since 1996, Harry Brandt, MD, has had the opportunity to work with hundreds of cancer patients. His focus is on understanding and addressing the psychological impact of cancer; that is, guiding patients through the wide range of emotions experienced after a cancer diagnosis. Here, he shares insights about the positive impact of holistic care on the patient experience as well as patient outcomes.

Q: A cancer diagnosis changes everything, but often, the immediate focus is on physical treatment.

Why is it vital to address the emotional impact of a diagnosis?

A: Learning you have cancer is one of the most heart wrenching and scary experiences a person can go through. On a scale from one to 10, it's an 11 in terms of the fear, sadness and other difficult emotions. Patients are worried about their health, their families, their careers, their finances...everything that folds into their future. It is critical to focus on these life issues and struggles to provide the best possible care.

Q: How is The Cancer Institute at UM St. Joseph well equipped to help patients cope with these emotions?

A: We have made specialized treatment options available to help every patient cope with his or her diagnosis and all of the psychological and emotional challenges that tend to go along with it. Our Barbara L. Posner Wellness & Support Center was built around that theme and goal. It's a place people can

go to talk openly and share their feelings with an experienced psychotherapist. Patients can take a yoga class or work on an art project, or participate in support groups. The focus here is on looking at the patient as a whole and finding ways to change their life for the better, even though they have cancer.

Q: In what ways do you see these new resources making a positive difference for patients?

A: For a long time, people believed that a cancer diagnosis meant death, period. This is no longer the case. We have made incredible advancements in cancer care, including the advent of holistic approaches, accounting for what patients need beyond physical medical care. It's not uncommon for cancer patients to experience depression, full-blown anxiety and stress that is completely consuming. When we address those issues through medication, therapies, or systems of encouragement and support, the patient typically responds better to his or her overall treatment plan.

Q: Why do these systems of support remain important, even after a patient goes into remission and survivorship?

A: Survivorship programs exist to remind us all that people with cancer can beat the disease and continue to live. However, many have ongoing challenges as part of their "new normal." They need to find new ways to cope and adjust. We are here to offer a full lifetime of support, education and resources to all patients, including those who previously turned to us for cancer care.

Q: What inspires you and makes you most proud as a physician who cares for cancer patients?

A: I know firsthand how important it is for cancer patients to work with a team of caregivers who come together and care, because this has touched my own family. My wife and brother were both diagnosed with cancer over the last several years, and thankfully, both are doing remarkably well. I know the work I am doing each day is important and makes a positive difference for people like them.



Cancer Institute Director Monica Fulton (center) welcomes (from left) therapy dogs Rocky and Addie, along with their respective people, Pets on Wheels volunteers Kathie Connelly and Chris Ellis.

The Healing Power of **Puppy Love**

Once a week, patients undergoing treatment at the UM St. Joseph Cancer Institute are greeted and given some extra special love by two furry visitors — English-cream golden retrievers Rocky and Addie. Their work goes a long way in spreading joy, not only for patients, but staff, too.

“We see people’s faces light up when we come in with the dogs, and every time that happens, it reminds us that the work we do is very meaningful,” said Chris Ellis, an active Pets on Wheels volunteer and the pups’ proud owner. “They bring a lot of joy to a lot of people.”

Ellis and her family have relied on UM St. Joseph for medical care for as long as she can remember. Her personal connections and gratitude for the hospital are the reasons she chooses to volunteer, with her pups in tow.

“I see this as a way to give back to the hospital, while also sharing my wonderful dogs with the community,” said Ellis, often joined by her friend Kathie Connelly, another Pets on Wheels volunteer. “They bring calm and happiness. And they have a way of bringing people together. That’s what this is all about.”

Introducing Our Newest Oncology Experts



Kimberly W. Schlesinger, MD
Medical Director of
the Cancer Institute

We are proud to announce the appointment of Kimberly Schlesinger, MD, as medical director of the Cancer Institute.

Board-certified in hematology, medical oncology and internal medicine, Dr. Schlesinger brings exceptional clinical leadership and experience to our oncology team, and plays an instrumental role as we maintain our focus on optimizing outcomes and enhancing the patient experience.

Dr. Schlesinger is a graduate of the University of Pittsburgh School of Medicine, where she also completed fellowship training in both hematology and medical oncology. Prior to joining UM St. Joseph, she served as medical director at the Riverside Tappahannock Cancer Center in Virginia, earning recognition as a “Top Doc” by *Virginia Living* magazine, *Northern Virginia* magazine, and *Hampton Roads* magazine.

Dr. Schlesinger is now accepting new patients. Appointments are available by calling **410-427-5585**.



Shruti Murali, MD
Medical Oncologist

We welcome Shruti Murali, MD, to the UM St. Joseph Medical Group. Dr. Murali earned her medical degree from Manipal University, American University of Antigua College of Medicine. She then

went on to complete residency training in internal medicine at the University of Connecticut, followed by a fellowship in hematology and oncology at the University of Maryland Greenebaum Comprehensive Cancer Center.

To schedule an appointment with Dr. Murali at the Cancer Institute, please call **410-427-5585**.

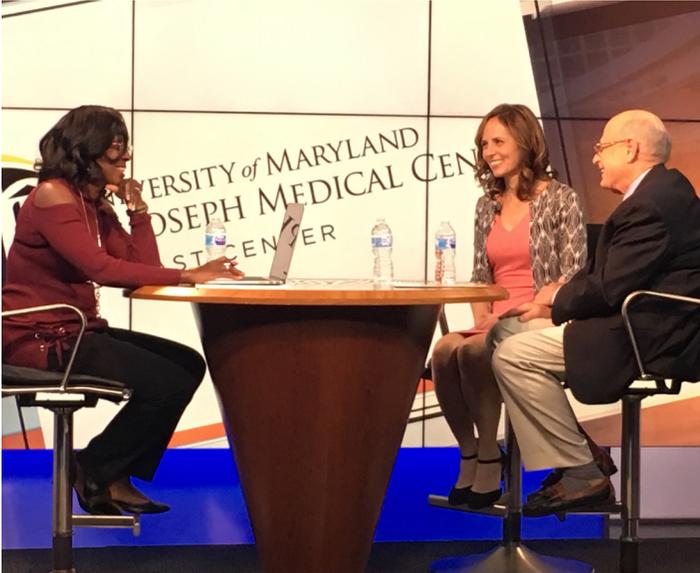


Victoria Lewitt, BS
Oncology Outreach Program
Manager

Victoria (Tori) Lewitt has been named Oncology Outreach Program Manager at the Cancer Institute. In this role, she oversees the One Voice

Program, a collaboration between the UM St. Joseph Cancer Institute and Nueva Vida, which offers free clinical breast exams, screening mammograms and diagnostic breast ultrasounds to uninsured Latinas who reside in Baltimore County. Additionally, Tori works with the hospital’s community outreach team to plan cancer screenings throughout the year, and connect newly diagnosed cancer patients with appropriate community resources. Before joining our team, she managed the Breast Link Program at Saint Agnes Hospital. Tori earned a bachelor’s degree in sociology from Marquette University.

Bringing Breast Health Awareness to Facebook



In honor of National Breast Health Awareness Month, Michael Schultz, MD, FACS, medical director of the Breast Center, and Kimberly Schlesinger, MD, medical director of the Cancer Institute, co-hosted a Facebook Live event with WMAR-TV Anchor Kelly Swoope on October 17 to encourage women—and men—to take charge of their breast health.

During the 30-minute broadcast, they provided expert information about breast health and screening, advanced and holistic cancer treatments, our exclusive “No More Sleepless Nights” program, our new Barbara L. Posner Wellness and Support Center, and more.

To access a recorded version of the broadcast, visit umstjoseph.org/InsideLookingOut.

Midday Maryland Puts the Spotlight on Pancreatic Cancer



UM SJMC Pancreatic Cancer patient Dale Jackson.

Experts from our Liver and Pancreas Center were featured on a Midday Maryland segment on WMAR-TV on November 12, in honor of Pancreatic Cancer Awareness Month. Featured doctors included surgeons Mark Fraiman, MD, and Richard Mackey, MD, along with medical oncologist Richard Schraeder, MD, and radiation oncologist Jason Citron, MD. They were part of the extraordinary team that provided lifesaving care to grateful patient Dale Jackson.

Visit umstjoseph.org/InsideLookingOut to hear Dale’s amazing story and follow his path to recovery.

The Cancer Institute

Celebrating Our “Top Docs,” Named by *Baltimore* magazine

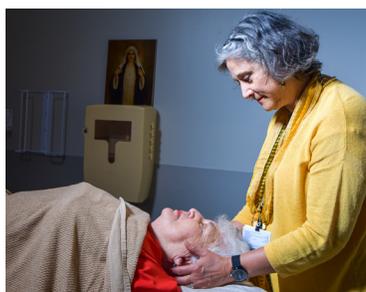
Each year, *Baltimore* magazine recognizes some of the most accomplished and esteemed physicians who practice medicine across the state of Maryland. Those named in the annual “Top Docs” issue consider it a privilege and honor. We are extremely proud of the following physicians, part of the UM St. Joseph Cancer Institute team, who were recognized in the November 2019 issue:

Andrea Bafford, MD
Linda Barr, MD
Howard Berg, MD
Joshua Seth Forman, MD
Mark Fraiman, MD
Joseph Friedberg, MD
Helen Minifie Gordon, MD
Nader Hanna, MD
Dwight Im, MD
Richard Mackey, MD
Jason Marx, MD
Richard Schraeder, MD
Michael Schultz, MD
Mitchel Schwartz, MD
Michele Shermak, MD
Mark Siegelbaum, MD
Shelby Stewart, MD
Robert Stroud, MD
Frederic Yeganeh, MD



Cancer Care for the Mind, Body & Spirit

Introducing the **Barbara L. Posner Wellness & Support Center**



When patients are diagnosed with cancer, they, understandably, have a lot of questions. What's my next step? What will my treatment plan look like? What are my chances of beating this?

But often, along with those medical questions comes a lengthy list of lifestyle concerns; issues that are not as focused on treating cancer, but instead on how to go on with life, despite cancer. How much will this cost? What portion will insurance cover? Is it okay to continue working? Am I going to lose my hair? What about pain management? What about stress management?

To help answer these questions—and more—the Cancer Institute at UM St. Joseph opened the Barbara L. Posner Wellness & Support Center in August 2019. The center was created to provide comprehensive, holistic care especially for our cancer patients; a place they can turn to for answers, guidance, resources and continued support, every step of the way. In meeting that challenge, the center's team merges their skills with their ability to nurture.

“It's important to recognize and manage all of the life changes that come along with a cancer diagnosis,” said Ginny Jump, nurse practitioner and the center's lead clinician. “Patients often come to us overwhelmed, with lots of questions, fears and needs. Then we step in with programs that can help them physically, emotionally and spiritually. Research shows the support and services we provide have the potential to change the way patients feel, think and manage their disease.”

Some take advantage of the yoga classes offered in the center. Others participate in wellness, nutrition, or stress management workshops, or schedule appointments for acupuncture and massage therapy. There is a “Survivors Offering Support” program that connects newly diagnosed breast cancer patients with cancer survivors.

Spiritual counseling is available, as are financial and mental health counseling. The list goes on...much of which has been made possible through the generosity of grateful patients who have contributed to the Geraldine G. Schultz Fund for Breast Cancer Survivors, an endowed fund that provides annual support for the



The Posner Wellness Center offers a full spectrum of health offerings to support patients' well-being and recovery.

Posner Wellness & Support Center. The center is named for Barbara L. Posner, a two-time breast cancer survivor whose personal experiences—including the exceptional care she received from Dr. Michael J. Shultz and the Breast Center team—inspired her to make a transformative gift to the Schultz Fund, ensuring its future ability to help others.

“Our new center is having a profoundly positive impact on patients, from the moment they walk through the door,” said Jump. “It’s calm. It’s welcoming. It feels like a healing space. A few patients have broken down in tears of relief, because they know they are in a safe place where everyone understands their feelings and what they are going through.”

One of those patients is Elaine Witman, age 73, who was diagnosed with breast cancer in 2017. Each week, she spends time with Kathy Fritze, RN, a holistic and integrative nurse whose healing touch therapy aims to create a sense of inner calm, peace and hope. Witman has also established a trusting and supportive relationship with social worker and mental health counselor Jody Tripple, and has received guidance on meditation techniques with a goal to better manage stress and anxiety.

“When I go into the Wellness Center, I feel whole again,” explained Witman. “The people there give me comfort and support that changes the way I feel both physically and emotionally. It’s an amazing gift for which I am deeply grateful.”

The Posner Wellness & Support Center is located on the third floor of the UM St. Joseph Cancer Institute, easily accessible for patients who wish to visit for services before or after appointments with their cancer care providers. The center also offers select services to cancer patients in our community who are receiving treatment elsewhere. Patients with all types and stages of cancer are welcome, and are gently encouraged to think about their diagnosis in a different light.

“Survivorship starts on day number one,” said Jump. “We make it a point to remind patients of that, along with the fact that we are here to support them, every single day of their journey.”

For more information, call **410-427-2598** or visit **umstjoseph.org/CancerWellness**.



THE BARBARA L. POSNER WELLNESS & SUPPORT CENTER

A Transformational Gift Ensures the Future of Integrative Care at UM St. Joseph

When Barbara moved from Baltimore to a beautiful home in Lakewood Ranch, Florida, three years ago, she most certainly did not retire to the Sunshine State. This successful businesswoman had relished her demanding career, rising to become chief operating officer and chief financial officer of a public corporation before acquiring her own companies. At a time when many executives might think about slowing down, Barbara continues to run her engineering firm headquartered in Pennsylvania and her staffing firm based in Bethesda.

Barbara is not only used to challenges, she thrives on them. But that quality did not protect her from the heart-stopping fear she experienced when Michael J. Schultz, MD, medical director of the Breast Center at UM St. Joseph Medical Center, confirmed her biopsy and told her

she had breast cancer in January 2006. “Of course, I was terrified,” recalls Barbara, “but his next words changed everything. He said, ‘You are 48 years old and you have your whole life to live. Trust me,’ and suddenly my fear lifted. Cancer was not going to overcome me.” Barbara was treated by Dr. Schultz, undergoing a lumpectomy and radiation. She was happily cancer-free for the next 11 years.

In December 2017, right before Christmas, Barbara learned that she had developed a new cancer in her other breast. “Again, Dr. Schultz said exactly the right thing to me: ‘You and I are going on this journey again, together, and we have a wonderful new weapon in our arsenal.’” Dr. Schultz was talking about SAVI Breast Brachytherapy. This leading-edge technology uses a strutted catheter

(From left) Michael J. Schultz, MD, Barbara Posner and UM St. Joseph President and CEO Thomas B. Smyth, MD, at the recent opening of the Barbara L. Posner Wellness & Support Center.

“ Through a bequest gift, made during my lifetime, I was able to make a larger gift than I had originally thought. Best of all, I know that I am ensuring the future of a program that means so much to me. ”

device to deliver high-dose radiation directly into the lumpectomy cavity with excellent results. The precision delivery means minimal side effects and takes only five days to complete. “This was a dream treatment,” says Barbara. “It was short and I had virtually no unpleasant side effects.”

However, Barbara insists the SAVI therapy is only one part of the equation. “All the technology in the world cannot cure the feeling you get when you learn you have cancer. Dr. Schultz and his team are the real miracle workers. Their love and empathy for their patients is a beautiful thing to experience. I am so pleased that I can support the Geraldine G. Schultz Fund for Breast Cancer Survivors, an endowment that offers healing programs to complement

their team’s clinical care. And, I am delighted that the Fund will be designated to the new Wellness and Support Center.” Barbara adds, “With my background in business, I am well aware that it takes a tremendous financial investment to make advances in cancer care. Cures don’t ‘just happen.’ What I learned is that through a bequest gift, made during my lifetime, I was able to make a larger gift than I had originally thought. Best of all, I know that I am ensuring the future of a program that means so much to me. You don’t need great wealth to be a philanthropist; you need passion and creativity. What the Breast Center team gave to me is priceless. I am thrilled to make this gift in their honor.”

Living with Lung Cancer

When Treatment Makes it Possible to Put Cancer on Hold



Juanita Wilmot relishes her “riding time” with granddaughter Lily, thanks to the care she’s received. “I’m very lucky,” she says.

In 2015, Juanita Wilmot got a cold that simply would not go away. Medications and inhalers prescribed by her primary care physician weren't helping, and her cough became so severe that it was keeping her up all hours of the night. At her wits' end, she decided to go to the emergency room at University of Maryland St. Joseph Medical Center, her lifelong "go-to" hospital. There, she received a bit of news that was the last thing she was expecting to hear.

"The doctor came into the room with my test results and told me that I have lung cancer," explained Wilmot. "I have no family history of lung cancer and although I had smoked cigarettes earlier in my life, I had quit 30 years prior. So, this wasn't on my radar at all."

Soon after, Wilmot had her first appointment with medical oncologist Richard Schraeder, MD, at UM St. Joseph, who initially recommended that treatment begin with chemotherapy. A year later, the plan changed, with CT scan results making her eligible for immunotherapy, a specialized medication that restores immune system function and increases the body's natural ability to fight cancer. Every two weeks since then, she has visited the Cancer Institute at UM St. Joseph for an infusion. Treatment makes her feel a bit tired, but fortunately, fatigue is the only real side effect she is experiencing.

"I'm not cured. This is cancer on hold," said Wilmot. "But I feel good. Life is pretty normal and for the most part, I can do whatever I want. So, I'll take it!"

Wilmot enjoys gardening, quilting, shopping, and taking her youngest granddaughter, Lily, to her horseback riding lessons. Oftentimes, as she stands alongside the fence at Tranquility Manor Farms, watching Lily ride, she reflects on how lucky she is to be standing in that spot and feeling well.

"Dr. Schraeder keeps telling me I am in good shape, but he also tells me not to worry because if for some reason this drug stops working, there are other options we can try," said Wilmot, age 71. "It goes a long way in making me feel confident and comfortable with where I am. I am very lucky."

Also giving Wilmot much-needed support are the people who surround her every day as she continues to live with and beat her cancer diagnosis: her husband, George, her two daughters, her five grandchildren, and the amazing team of care providers who work alongside Dr. Schraeder at the Cancer Institute at UM St. Joseph.

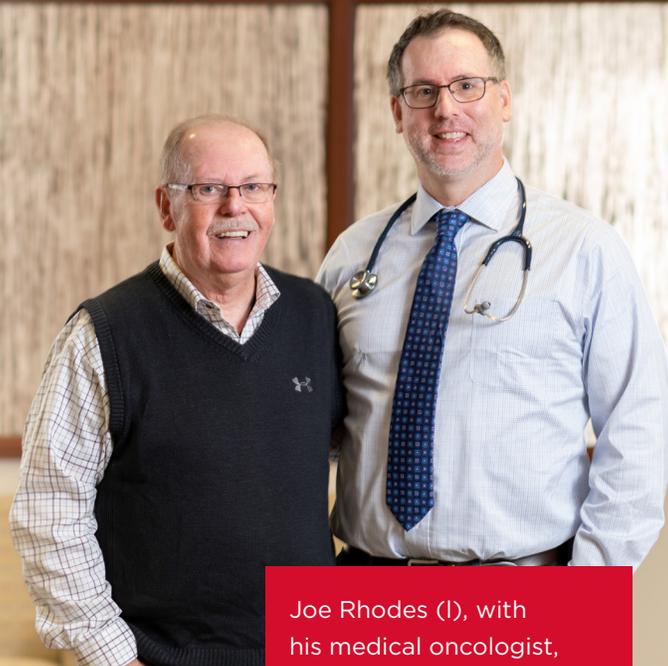
"When I go in for treatment, I feel like I am at home," said Wilmot.

"The people who work in the Cancer Institute are so caring and kind; they make me feel like I am part of a family. Being in a place where you are comfortable and well-loved has a lot to do with your well-being, and your ability to handle cancer emotionally. I mean it when I say that I go to the best hospital there is."

“When I go in for treatment, I feel like I am at home”

Shifting Gears

from Devastating
Diagnosis to Defying
the Odds



Joe Rhodes (l), with his medical oncologist, Richard Schraeder, MD.

Joe Rhodes will never forget how he felt the day he was diagnosed with stage 4, non-small cell lung cancer.

“I was absolutely devastated,” recalls Rhodes. “I was planning to retire four months later and was excited. Then this news came, and it was like everything I was looking forward to was being taken away. How could this be happening? Why me?”

Richard Schraeder, MD, a hematologist and medical oncologist at University of Maryland St. Joseph Medical Center, recommended an aggressive chemotherapy plan. The goal was to shrink the lung tumors already detected, while halting the development of any new cancerous lesions. He also connected Rhodes with Diana Smith, a patient navigator at the UM St. Joseph Cancer Institute, trained to help and support those diagnosed with the disease, every step of the way.

“Dr. Schraeder and Diana had a way of putting me at ease. They cared about me and made me feel like it was possible for me to beat the odds, and still live a happy and meaningful life, even though I had cancer,” said Rhodes. “Every few months I would go in for another scan, and I was fortunate to receive continued good news. The treatments were working. My tumors kept shrinking.”

The side effects of chemotherapy, however, were taking a toll on Rhodes’ overall wellness and quality of life. He was fatigued and nauseated, often. In 2017, Dr. Schraeder recommended a medication change—an immunotherapy approach that could be a game changer. It involved a series of infusions, to be administered every other week, long-term. But it was proving to be successful for other lung cancer patients, and the side effects would be minimal. Rhodes tried it. And it did the trick.

“I wasn’t cured, but I no longer felt like I was dying from cancer,” he said. “I wasn’t sick anymore. I got back out on the golf course occasionally. I started running a pool league at the American Legion. I could travel to Florida to spend time with my son. I started to live again.”

Today, visiting the hospital’s cancer center for treatment is no longer something Rhodes has to do. Instead, it’s something he wants to do. “Every person there is so giving, loving and supportive,” said Rhodes. “I know it sounds crazy, but I actually enjoy going. I get to see people that I have come to know and care about deeply. It’s a place where you can give hope, and also get hope in return.”

Rhodes’ wife, Barb, calls him her miracle. It’s a sentiment he agrees with whole heartedly. “I didn’t think I would be here, living life like this, four years after the day I got that terrible news,” said Rhodes, age 74. “I’ve never been a person who beats the odds, but I am beating them now, when it matters most. And I am so blessed and grateful.”



(From left) Cancer Institute Director Monica Fulton and Medical Director Kimberly W. Schlesinger, MD, proudly pose with the 2019 Cancer Institute Award recipients Nader Hanna, MD, Margie Jenkins, BS, CTR, and Cyndi Burton, MS, RN, CPHQ.

Uniting Care Providers for a day of

Cancer Education and Collaboration

Each year, UM St. Joseph hosts a half-day Cancer Symposium with a goal to unite primary care physicians, gynecologists, cardiologists and other specialty care providers for a day of education and fellowship. In November, more than 150 attendees gathered for the 13th annual event, “Navigating the Cancer Journey for Better Outcomes.”

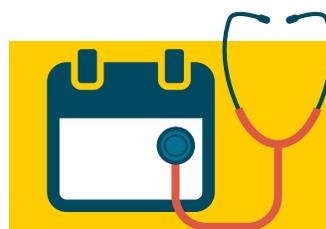
Guests were greeted by UM St. Joseph President and CEO Thomas B. Smyth, MD, and Cancer Institute Medical Director Kimberly W. Schlesinger, MD, who also addressed the changing landscape of medical oncology. The event’s keynote speaker was Giorgio Trinchieri, MD, Chief of the Laboratory of Integrative Cancer Immunology for the National Cancer Institute’s Center for Cancer Research. He discussed his research relative to the role of commensal microbiota — use of the body’s own microorganisms in immunotherapy cancer treatment.

Additionally, a panel of clinicians from UM St. Joseph and the University of Maryland Medical System spoke about some of the latest findings in cancer research. Topics included personalized medicine using next generation sequencing, psychiatric considerations that should be accounted for in the process of cancer treatment, complementary therapy modalities, and the latest findings about the use and impact of medical marijuana.

A Recap of Our 13th Annual Cancer Symposium

“The purpose of this event is to educate a wide range of medical care providers about the latest evidence-based treatments we use for our cancer patients, and the outcomes we are seeing as a result,” said Dr. Schlesinger. “It promotes collaboration and collegiality among our team of providers, who work shoulder to shoulder to meet the complex needs of our cancer patients and survivors.”

Annual Cancer Institute Awards were also presented during the event to publicly recognize three individuals who are making outstanding contributions to the progression of cancer care. The recipients of the 2019 awards were Nader Hanna, MD, former director of the UM St. Joseph Cancer Institute, whose work has helped grow the value and impact of the Cancer Symposium over the years; Margie Jenkins, BS, CTR, cancer registry supervisor, who led the implementation of a new, extremely robust technology and software platform to streamline data collection and reporting; and Cyndi Burton, MS, RN, CPHQ, quality and regulatory coordinator, who has spearheaded significant quality improvements since joining the organization two years ago.



The 14th Annual Cancer Symposium is scheduled for **Thursday, November 12, 2020.**

7501 Osler Drive
Towson, MD 21204

New Patient Referrals: 410-337-1338
Online: umstjoseph.org/Cancer

Protect Yourself during the **COVID-19** Outbreak!

What is coronavirus (COVID-19)?

Coronavirus 2019 (COVID-19) is an illness that, like the flu, can spread from person to person and cause mild to severe lung infection, which can lead to serious and life-threatening illness for people with weakened immune systems, including those in active cancer treatment. The virus is spread through droplet transmission— or when the drops from an infected person’s coughs or sneezes come in contact with another person’s eyes, nose or mouth.

How can I best protect myself?

- Wear a face mask when out in public, making sure to keep your mouth and nose safely covered at all times.
- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer with 60% or more alcohol if soap and water is unavailable.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces often. Regular household wipes and sprays will kill the virus. Be sure to clean high-touch surfaces such as doorknobs, phones, keyboards and light switches.
- Avoid contact with people who are coughing or sneezing. This includes no handshakes, hugging and standing or sitting close by (within six feet) people who show symptoms of illness.
- Take care of yourself: Get plenty of sleep, eat healthy foods, exercise and manage your stress.

If you are sick:

- Stay home.
- When you cough or sneeze, be sure to cover your nose and mouth. If you use a tissue, throw it away immediately. If you do not have a tissue, cough or sneeze into your elbow, facing away from anyone nearby.
- Call before going to your medical appointments. Let them know about recent travel or if you have had contact with a person with COVID-19.
- If you have concerning or severe symptoms, call your health care provider immediately.

For more information about staying healthy throughout the COVID-19 pandemic, visit umstjoseph.org/COVIDcancer.

