



# COVID-19 & Cancer

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**If you have cancer now or had cancer in the past, you may need to take special steps to protect your health. This is especially important for cancer patients who are treated with chemotherapy. They are more likely to get an infection because chemotherapy can weaken the immune system, and for the same reason the infection may be more severe.**

**If you have a cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.**



**Other symptoms include fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.**

**Get rest and stay hydrated.** If you are not sick enough to be hospitalized you can recover at home.

**Monitor your symptoms.** If your symptoms get worse, call your health care provider immediately.

**Seek medical attention immediately** if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## Take care of your health.

- Before going into your appointments for cancer treatment, ask your doctor how you can help protect yourself from catching COVID-19.
- Check if any oral medications that you are taking can be sent directly to you so that you don't have to go to the pharmacy or the clinic.
- Ask your doctor if there are other things that you should do to isolate yourself from others.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com) for Quit Your Way services.



**Stock up on 2–3 weeks** of non-perishable food, prescriptions and medical and health care supplies.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

**Stay up to date** with state and local guidance at [FloridaHealthCOVID19.gov](http://FloridaHealthCOVID19.gov) and CDC cancer guidance at [CDC.gov/Cancer/Survivors/Staying-Well-at-Home.htm](http://CDC.gov/Cancer/Survivors/Staying-Well-at-Home.htm).



**Wash your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Avoid touching your face** with unwashed hands.

**Cover your coughs and sneezes** with the inside of your elbow or a tissue.

**Clean objects or surfaces daily** that people touch a lot: door knobs, kitchen counters, key pads, etc.

**If you're sick, protect your family.** Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

## Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet

