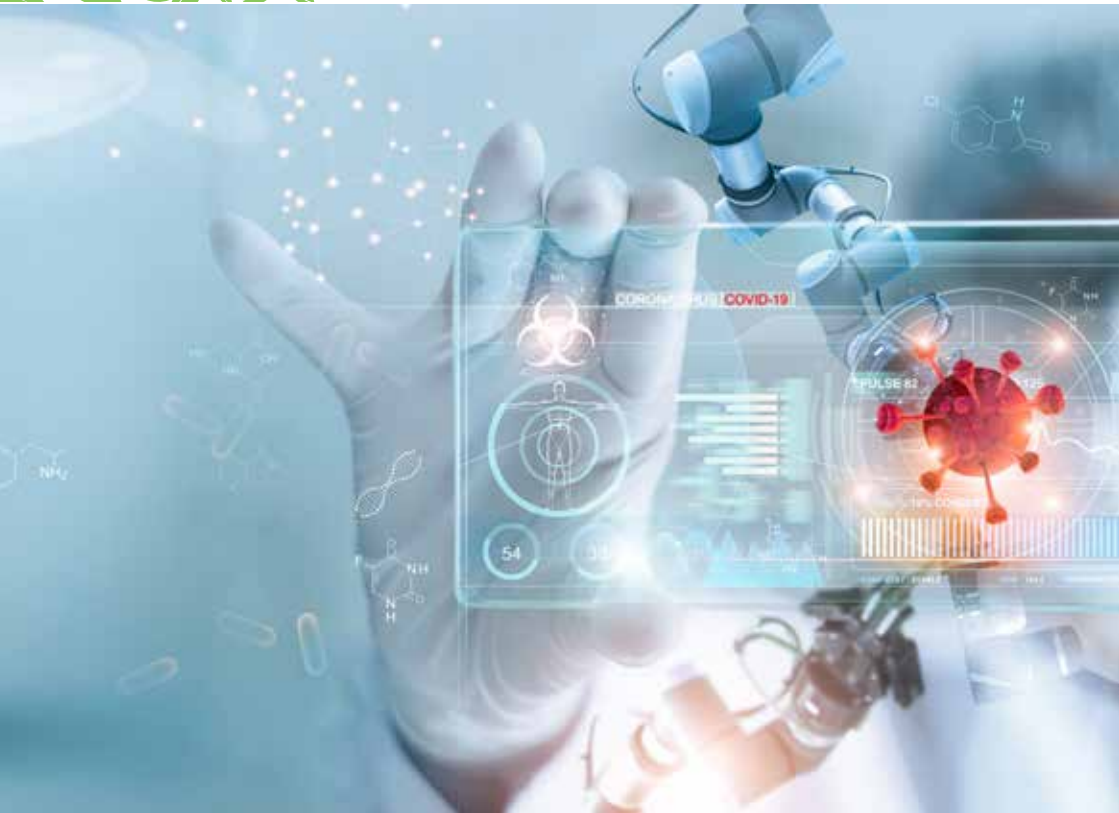


# Educational Pamphlets on COVID-19 Pandemic for Patients with Cancer

People who are at higher risk for severe illness



المركز الوطني لعلاج وأبحاث السرطان  
National Center for Cancer Care & Research

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# Educational Pamphlets on COVID-19 Pandemic for Patients with Cancer

COVID-19 is a new disease and there is limited information regarding risk factors for such a severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based upon available information to date, those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include but not limited to:
  - People with chronic lung disease or moderate to severe asthma
  - People who have serious heart conditions
  - People who are immunocompromised including cancer treatment
  - People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease.
- Pregnant women should be monitored since they are known to be at risk with severe viral illness, however, to date, data on COVID-19 has not shown any increased risk.



Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

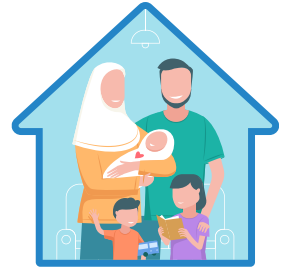
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### What You Can Do

Stay home and avoid close contact, especially if you are at higher risk of severe illness.

Steps you can take include:

- Stay home.
- Wash your hands often.
- Keep social distancing
- Avoid close contact (6 feet, which is about two arm lengths) with other people.
- Clean and disinfect frequently touched services.
- Avoid unnecessary visits such as social gathering.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.



### Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



## Take steps to protect yourself

### 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 are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact
- Avoid close contact with people who are sick
- Keep sufficient distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
- Take steps to protect others
- Stay home if you're sick
- Stay home if you are sick, except to get medical care.
- **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 used tissues in the bin and make sure it is well covered.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



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- Wear a facemask if you are sick or taking immune suppression medication
- If you are sick or taking immune suppression medication: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's facility. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask).



### Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



### To disinfect:

Most common EPA-registered household disinfectants will work.

- Use disinfectants appropriate for the surface.
- Follow manufacturer's instructions for application and proper ventilation.
- Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Unexpired household bleach will be effective against coronaviruses when properly diluted.

## Alcohol solutions.

Ensure solution has at least 70% alcohol.

- Other common household disinfectants.
- Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

## General Recommendations for Routine Cleaning and Disinfection of Households

- Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics) with household cleaners that are appropriate for the surface, following label instructions.
- Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- For electronics follow the manufacturer's instructions for all cleaning and disinfection products. Consider use of wipeable covers for electronics.
- If no manufacturer guidance is available, consider the use of alcohol-based wipes or spray containing at least 70% alcohol to disinfect touch screens.
- Dry surfaces thoroughly to avoid pooling of liquids.

## How do patients get more information?

You can find trustworthy information about COVID-19 by visiting [www.moph.gov.qa](http://www.moph.gov.qa)

## References:

- BC Cancer Agency:  
<http://www.bccancer.bc.ca/about/news-stories/news/2020/covid-19-and-cancer-treatments>
- Centers for Disease Control and Prevention (CDC):  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html>

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