Tips for Protective Measures against the COVID-19

Patient and colleague safety is our top priority. We want to ensure that you are being safe in your daily life under the current pandemic, COVID-19. You may be at higher risk due to your diagnosis or the treatment that you are receiving because of your cancer diagnosis. Below is a list of tips that can help protect you against COVID-19:

1. Staying at home is your best defense.
2. Have a designated family member or individual who can do your errands and grocery shopping to limit your exposure outside of the home.
3. If you do not have a family member or individual who can do your grocery shopping, consider online ordering and pick up or a delivery service.
4. Do not have guests at your home.
5. If you must leave the home, we encourage you to wear a facemask, stay at least 6 feet away from others, wipe handles of baskets and carts while shopping, if you do not have gloves, wash your hands or use hand sanitizer frequently and do not touch your face. Once you arrive back home wash your hands with soap and water for 20 seconds.
6. After handling your mail, remember to wash your hands with soap and water for 20 seconds.
7. Set up a disinfecting station in a low traffic area of your home to disinfect packaged food and other packaged items. Also, remember to disinfect produce before putting away in your kitchen.
8. Disinfect everything you touch such as doorknobs, TV remotes, phones, keyboards, light switches, etc.
9. If you do not have a commercial disinfectant product, you can make your own disinfectant solution by using – 4 teaspoons bleach per 1 quart of water.
10. Launder clothes, bedding and towels on the warmest setting. Disinfect your laundry hampers or use a removable liner. Do not shake dirty laundry, as this will disperse particles into the air including any viruses that may be on your clothing.
11. If someone in your home becomes ill, consult with your physician. Isolate the ill individual in another room and when possible have them use a separate bathroom. Ask the ill individual to wear a mask if they have one. While the individual is ill, disinfect touched surfaces daily if not more frequently. Do not share anything with the ill individual. Wear gloves if you are doing their laundry. Continue to wash your hands frequently for 20 seconds.
12. If you have a pet, it is okay to supervise them in your back yard. It is okay to play with your pet outside. Wash your hands with soap and water for 20 seconds when you come back inside your home.