

Staying Safe After Chemotherapy During COVID-19

Recommendations from Your Health Care Team

Managing Side Effects of Chemotherapy

After chemo, your white blood cell and platelet counts may temporarily go down. This means your risk of infection and bleeding go up.

What you can do: If your white count is low, stay far away from people with colds or other infections. Wash your hands often with soap and water. Talk to your doctor before you have any vaccinations, such as flu shot. If your platelet count is low, be careful when handling sharp objects. Avoid situations that could cause bruising or injury. Use an electric razor.

Social Distancing – Recommendations from the CDC*

Due to the chemotherapy, your immune system is weakened and it cannot work as well as it used to.

- ✓ You must stay home and away from other people as much as possible.
- ✓ If you have to go out, keep your distance from others – **6 feet (2 meters) at all times**.
- ✓ Work or engage in schooling FROM HOME whenever possible.
- ✓ Avoid contact with people from outside your home.
- ✓ Avoid discretionary travel, shopping trips, and social visits. Consider asking a family member or friend to help with your grocery shopping.
- ✓ Practice good hygiene:
 - **Wash your hands, especially after touching any frequently used item or surface.** If you cannot wash your hands, use an alcohol-based hand sanitizer that contains 60-95% alcohol.
 - Avoid touching your face.
 - Sneeze or cough into a tissue, or the inside of your elbow.
 - Disinfect frequently used items and surfaces as much as possible.

* Centers for Disease Control and Prevention, part of the U.S. Department of Health & Human Services

When to Contact Us

Contact your health care provider **immediately**, day or night, if:

- you have any sign of infection such as a **fever of 100.4°F (38°C) or higher, chills, cough, shortness of breath**, sore throat, pain or burning when you urinate (pee); redness or tenderness along a vein, at an IV site, or at any other wound or skin irritation
- you are unable to obtain a thermometer and have chills (shivering), feel unusually warm (sweating), or have flushed cheeks. You can also consider obtaining a clean thermometer from a safe contact.

If you don't get through to your clinic, call Roswell's main number **716-845-2300**, which is open 24/7.