

Caring for Your Loved One After Transplant & Cellular Therapy

Caregivers: You must follow these precautions when caring for a patient after a transplant

1. Avoid exposure to the virus the best you can. Here's how the virus spreads:
 - ✓ Through close contact with another person (within about 6 feet)
 - ✓ Through respiratory droplets from an infected person
 - ✓ COVID may spread by people who are not showing symptoms (asymptomatic) but are infected with the virus.
2. Wash hands often: Wash hands for 20 seconds with soap and water or use a hand sanitizer that is more than 62% alcohol.
3. Avoid touching your face, nose, mouth, or eyes with unclean hands that have not been cleaned with soap/water or alcohol accordingly.
4. Avoid close contact with people who are sick or who live outside of the household. Maintain physical distancing of others and avoid large groups of people.
5. Cover your mouth and nose with a mask when around others, including your loved ones - the mask is meant to help your loved one from getting ill.
6. Clean and disinfect surfaces frequently touched (follow manufacturer instructions on the label about how to use the product).
7. Monitor your health every day, and watch for new symptoms that can be associated with COVID: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. If these symptoms occur, contact your physician who will advise you on the need for COVID testing.

If you live out of town and need to care for your loved one, follow these steps to ensure safety.

1. See if the location you are traveling from ("restricted" state) requires you to quarantine for 14 days when arriving to NYS: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>
 - a. The quarantine does not apply if you are just passing through (If you are in NY State for less than 24 hours.)

- b. The quarantine is not retroactive; it does not apply if the state you traveled from is added to the list after you already arrived in NY. However, travelers from those states are advised to self-monitor and get tested if they start to develop any symptoms within the 14-day timeframe.
- c. Quarantine means: You must not be in public or otherwise leave the quarters that have been defined as suitable for quarantine.
- Suitable quarters: Allows you to have a separate bathroom. If a separate bathroom is not available, then you should have disinfecting cleaning supplies to wipe down the bathroom after your use.
 - Self-quarantine from household members as soon as a fever or other symptoms develop (Use a separate room with a separate door).
 - Sleep in a separate room.
 - Food delivery (You must not go out to the grocery store or out to dinner during quarantine). Eat in a separate location than your loved one.
 - As always, use a facemask when near your loved one. Keep extra masks on hand for when you need to replace a mask.
 - Garbage must be bagged and left outside for routine pick up. If you must take your garbage to a dump, schedule someone to pick it up for you to dispose of properly.
 - Monitor your temperature and symptoms every day.
 - Have a back up plan. Who can care for your loved one if you get sick?
 - If your loved one has a medical appointment at Roswell during your quarantine period, arrange for someone else to bring them. Roswell Park restricts individuals accompanying patients if they have traveled to a restricted state and have not yet completed a 14 day quarantine.

Testing

You may choose to get tested to make sure you are COVID negative before or when you arrive in NY, to care for your loved one OR if symptoms develop while you are in NYS. **Please note, a negative test result does not mean your quarantine is ended.** The following locations are available to get tested for COVID, but the result may not be available for several days. You must take precautions until you get the result.

Erie County Department of Health contact number for assistance with scheduling: **716-858-2929**.

Website with maps of testing sites: <https://www2.erie.gov/health/index.php?q=covid-19-testing-information>

References

CDC: [“How to Protect Yourself and Others” www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

CDC: [“Prevent Getting Sick” www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/)
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