

## ONCOLOGY PATIENTS

# IMPORTANT SPECIFIC INFORMATION related to COVID-19

During this pandemic, it's very important to comply with the guidelines issued by Public Health. **Washing your hands often, coughing or sneezing into the crook of your arm, and respecting physical distance (2 metres) are some of the good practices to adopt.**

As you are currently undergoing cancer treatment, we also encourage you to follow guidelines that are more specifically related to your state of health.

1. Wear a procedure mask or face covering when you visit the hospital.
2. Practice voluntary isolation to limit the risk of contracting COVID-19:
  - Stay home or where you are staying for your treatments (do not go off the property).
  - Go out only to go to your treatment appointments (use private transportation, if possible).
  - Check with your oncologist to see if you can go to school or work.
  - Avoid public places and do not use public transportation, if possible.
  - Do not have visitors.
3. If avoiding contact with persons who might have been exposed is impossible, take these additional precautions:
  - Keep the time of contact to a minimum.
  - Stay in another room and use another bathroom whenever possible.
  - You and the other persons must wear procedure masks or face coverings.

## Reducing the Risk of Contracting the Disease

- Ask your spouse, a family member, neighbor, or friend to run essential errands for you (e.g., getting medication).
- Use food delivery services or shop online.
- Work from home.

## Staying in Shape

- Continue performing activities of daily living as your condition allows (e.g., housekeeping, meal preparation). Take breaks, as needed.
- Take a walk 2 or 3 times a day, as allowed by your health.

## Caring for Yourself during Isolation

- Practice relaxation, meditation, and mindfulness exercises. Several applications are available on the Internet that can guide you in practising these methods.
- Consult the Web site of the Ministère de la Santé et des Services sociaux (MSSS), which contains a wealth of useful information.

## Breaking the Isolation

Pair up with another person who has or has had cancer and understands your situation of isolation, or find a volunteer willing to support you.

Canadian Cancer Society  
**1-888-939-3333**

Quebec Cancer Foundation  
**1-800-363-0063**

Rose des vents  
**819-823-9996**

Leukemia & Lymphoma Society of Canada  
**1-833-222-4884, extension 1014**

## If **NEW SYMPTOMS** such as the following appear within **7 days** of your next treatment:

- Fever
- Cough or increase in chronic cough
- Shortness of breath or difficulty breathing
- Sudden loss of smell or taste
- OR two of the following symptoms:
  - Sore throat
  - Diarrhoea
  - Sudden headache
  - Muscle aches

**DO NOT GO** to your appointment, but **CALL** the following number:

Insert your department's number.