

## Am I more at risk for COVID-19 if I've been diagnosed with cancer?

Those with underlying health conditions and people with compromised immune systems are thought to have a higher likelihood of severe illness from COVID-19. Some types of cancer treatments, such as chemotherapy, can weaken your immune system. Take precautions to protect yourself from COVID-19 and contact your healthcare provider if you have any treatment concerns.

## How can I protect myself from COVID-19?

- Stay at home and practice [social distancing](#) (avoid crowds and stay at least 6 feet from others) when out of your home for grocery shopping, physical activity, and medical appointments. [Wear a mask](#) when social distancing can be difficult (grocery shopping, waiting rooms for medical appointments).
- [Wash your hands often](#) with soap and warm water for 20 seconds and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, sharing cups, or sharing eating utensils.
- [Clean and disinfect](#) frequently touched surfaces, such as toys and doorknobs.



Wash your  
hands



Cover your  
cough



Clean & disinfect  
your home



Follow the stay  
at home order

Learn more about slowing the spread of COVID-19 at [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)  
For questions call Nurse On Call at 1.800.848.5533 or visit [www.oakgov.com/covid](http://www.oakgov.com/covid)

## What about my current cancer treatment?

- Attend your scheduled appointments if you are receiving treatment. Arrive early to appointments in case your medical facility requires COVID-19 screenings for entry.
- Consult with your healthcare provider to see if follow-up and surveillance visits should be rescheduled.
- Make sure you have an adequate stock of essential medications (30 days or more).
- Prepare yourself by maintaining the following supplies:
  - A two-week supply of food and water at home
  - Copies and electronic versions of health records
  - Non-prescription medications routinely needed

## How can I manage stress and anxiety?

Increased fear and anxiety along with isolation and feeling disconnected can cause strong emotions. Here are some tips to cope:

- Stay connected to your friends and family either over the phone or online.
- Take breaks from Coronavirus (COVID-19) news and social media.
- Take care of your body. Eat well-balanced meals, exercise regularly, and get plenty of sleep.
- Tell your healthcare provider if you have feelings of sadness and anxiety that do not go away.



**Stay connected to friends & family**



**Eat well-balanced meals**



**Exercise regularly**



**Get plenty of rest and sleep**

Learn more about managing stress and anxiety during the COVID-19 Pandemic [here](#). If you or a loved one are feeling sad or overwhelmed, call Oakland Community Health Network's Resource and Crisis Helpline at 800-231-1127. If you have thoughts of suicide, call the National Suicide Prevention Hotline at 1-800-273-8255 or chat with them at <https://suicidepreventionlifeline.org/>