

# Because you might have cancer or a history of cancer, these are steps you can take at home to stay safe during the COVID-19 outbreak

At Kaiser Permanente, the health and safety of our members is always our top priority. As your partner in health, we are here to help you through your cancer treatment, recovery and survivorship, especially during this challenging time of the COVID-19 virus. Here are important steps that you can take to protect yourself and your loved ones from this new virus.

- Try to sleep 7-8 hours at night to recharge your immune system; if you'd like, take a late morning or afternoon nap.
- If you're at a point where you're exercising, try to walk outside daily, while being mindful of social distancing.
- Try to eat a well-balanced healthy diet and drink plenty of water.
- Maintain social distancing of at least 6 feet from others (especially important for you right now).

## Personal and household hygiene

- Wash your hands frequently throughout the day, especially after handling items that others have touched. Also, don't touch your face. If you're going to be out, make sure you have hand sanitizer with you and wear a face mask.
- Clean items daily that you touch often, like your cell phone and the refrigerator handle.
- Wipe down your kitchen counters and other surfaces daily with sanitizing spray or wipes.
- When entering your home, take your shoes off.



For questions, contact your care team by sending an email through [kp.org](https://kp.org) or calling the appointment call center at 833-574-2273.

- Your immune system could be weakened, so you should be cautious about contact with others, even family members. Someone could be carrying the COVID 19 virus and not yet have any symptoms. You need to be extra careful!
- If someone in your household gets sick, use social distancing by isolating in a different room, including sleep time, if possible. At all times stay at least 6 feet apart when in the same room.

## Listen to your body

- If you get sick, let someone know. Contact your care team and tell them your symptoms. They may be able to help you through a phone visit and give you advice.
- If you feel that you need to get care right away because of a fever, cough, and/or respiratory symptoms, contact your care team immediately. They will guide you on getting the care or tests you need by letting you know exactly where to go. If you believe that you are having an urgent medical emergency, please call 911.

## Practice Social Distancing

- Avoid crowds. If you use public transportation, let your care team know so they can assess for other options of transport.
- For meals, consider take-out, or having food delivered by a local restaurant or grocery store. When you can, consider cooking at home.
- Wear a mask (even a home-made one) in public places during the COVID-19 pandemic. The CDC has a link to making your own mask, at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>