

## COVID-19 (Coronavirus) Information for Cancer Patients on VICC.org Updated March 25, 2020

The Vanderbilt-Ingram Cancer Center is following the COVID-19 pandemic closely and taking steps to protect our patients and our staff. Please be assured that we are here for you. Answers to the questions below will be updated regularly as we learn more about COVID-19. Visit: <https://www.vumc.org/coronavirus>

### What is COVID-19?

COVID-19 is a new kind of coronavirus. This virus infects the respiratory system, which includes the airways from the nose through the lungs.

### What are the symptoms of COVID-19?

COVID-19 may cause flu-like symptoms like fever, a new cough, and new shortness of breath. In rare cases, it can lead to severe respiratory problems, kidney failure or death.

### How is COVID-19 spread?

The virus usually spreads from close person-to-person contact through respiratory droplets from coughing or sneezing. When these droplets enter someone's eyes, nose or mouth, that person may become infected.

People may develop symptoms up to 14 days **AFTER** being infected with the virus. In other words, even a person without symptoms may be contagious.

### Are there treatments for COVID-19?

Currently there is no cure for COVID-19. Treatment is supportive care, meaning treatment of symptoms and complications.

### Are cancer patients at higher risks for COVID-19?

Some types of cancer and treatments such as chemotherapy can weaken your immune system and may increase your risk of any infection, including COVID-19. If you are receiving chemotherapy, there will be times in your treatment cycle when you are at increased risk of infection.

Adults and children with serious chronic health conditions, including cancer, are at higher risk of developing more serious complications from contagious illnesses such as COVID-19.

### What should cancer patients do to protect themselves from COVID-19?

Follow the preventive tips below and follow any rules for your state and local community. Stay updated as the guidance changes over time.

- Wash hands **frequently** and **well** using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.
- Practice social distancing by:
  - Avoiding all crowds and any place with five or more people in a closed space
  - Avoiding public places (schools, public transportation, church, theaters, etc.)
  - Keeping a distance between yourself and other people
- Avoid close contact with people who are sick, sneezing or coughing
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Clean and disinfect surfaces and objects people frequently touch
- Cough or sneeze into a tissue or flexed elbow then throw the tissue in the trash

- Stay home when you are sick
- For COVID-19, only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms
- If your cancer health care team suggests using a mask due to your cancer, please follow their instruction

### **Do I need to change my cancer treatment because of COVID-19?**

Each patient's cancer diagnosis and treatment needs are unique. Possible exposure to coronavirus also poses a unique risk to each patient. Your cancer doctor will help you weigh the pros and cons of continuing or changing your personal treatment plan.

Please contact your cancer doctor if you have any questions or concerns about your current treatment plan before making any changes. You can send a message through [MyHealthatVanderbilt.com](https://myhealth.vumc.org) or call (615) 936-8422. If you do not have a [MyHealthatVanderbilt.com](https://myhealth.vumc.org) account already, we encourage you to create an account on this website to make communication with your healthcare team easier.

### **Do I need to cancel my cancer appointments because of COVID-19?**

Please talk to your physician about the risks and benefits of continuing chemotherapy in the midst of the pandemic and make assessments according to your medical needs. Visits will be postponed if the timing of the visit is flexible.

If you need to come in for treatment, know we are maximizing the safety of our patients and healthcare staff:

- Valet staff will be wearing masks and changing gloves between patients  
\*\*As of March 24<sup>th</sup>, valet services are only offered at the Vanderbilt-Ingram Cancer Center entrance on Pierce Avenue. Please see more details here: <https://www.vumc.org/coronavirus/latest-news/suspension-valet-services>
- Patients and visitors will be screened at all entry points
- If patients coming to VICC locations have a positive COVID verbal screen, they will be assessed onsite and tested
- Chairs in waiting areas are spread out as per social distancing practices
- All staff are using thorough cleaning and infection control practices
- We are expanding options for telehealth visits through My Health at Vanderbilt, when it is appropriate for each patient's personal healthcare needs

Please call (615) 936-8422 prior to your appointment if you have respiratory symptoms and you will be triaged from there. If you have symptoms, do **NOT** come to clinic unless instructed by the clinic staff to do so.

If you do not have symptoms, plan to come to your appointments unless we call you to reschedule or to offer a telehealth visit, especially if you are in active cancer treatment.

For now, we are limiting the number of people who come with you to clinic to **ONE** person who does not have symptoms.

### **What do I do if I'm on a clinical trial?**

We are committed to continuing life-changing research through clinical trials while maximizing the safety of our clinical trial patients.

- Your research team will let you know if certain visits can be changed to Telehealth visits.
- If your study drug is a pill, your research team will let you know if they can ship it to your house.
- It is more important than ever to let your research team know of any symptoms you are experiencing.
- If you have concerns about continuing on your specific trial, please discuss with your cancer doctor or

research team.

### **What should I do if I get respiratory symptoms?**

If you have fever, cough or shortness of breath and are concerned about the coronavirus, call one of these numbers to be assessed:

- Vanderbilt patients: (888) 312-0847 (Available daily, 7 a.m.-10 p.m.)
- Non-Vanderbilt patients: (877) 857-2945 (Available daily, 10 a.m.-10 p.m.)

### **If I get tested for COVID-19 outside of Vanderbilt Health, will Vanderbilt Health automatically get my test results?**

No, Vanderbilt Health will not automatically receive results from any COVID-19 test done outside of the Vanderbilt Health system, such as tests provided by health departments or other clinics. If another lab notifies you that you tested positive for COVID-19, please contact your cancer doctor immediately by sending a message through [MyHealthatVanderbilt.com](https://myhealth.vanderbilt.edu) or calling (615) 936-8422.

### **For more information about COVID-19 for cancer patients, visit these websites:**

National Cancer Institute:

<https://www.cancer.gov/contact/emergency-preparedness/coronavirus>

American Cancer Society:

<https://www.cancer.org/latest-news/common-questions-about-the-new-coronavirus-outbreak.html>