

FACT SHEET

Coronavirus (COVID-19), Lymphoma/CLL & Supportive Care



OVERVIEW

The coronavirus (COVID-19) has raised many questions and concerns about what precautions those affected by lymphoma/CLL should be taking, to help prevent contracting the virus. The concerns are understandable, and this fact sheet will highlight some of the ways that you and your loved ones can remain healthy and educated with the right information. We also hope to help you feel supported with some practical and emotional advice during this time. These include:

WASH YOUR HANDS with soap and water for 20 seconds or use alcohol-based hand wash. Wash your hands when you come into contact with others, before eating or touching your face, after using the bathroom and upon entering your home.

AVOID TOUCHING YOUR FACE as the virus is transmitted droplets that are often left on surfaces and then touching your face.

CLEAN AND DISINFECT YOUR HOME to remove germs. Practice routine cleaning of frequently touched surfaces such as; mobile phones, tables, doorknobs, light switches, handles, desks, toilets and taps.

KEEP A SAFE DISTANCE between yourself and others. Maintain social distancing outside of your home by leaving at least 1.5 meters distance between yourself and others

AVOID PEOPLE WHO ARE UNWELL If you are in public and notice someone coughing/sneezing or visibly unwell, please move away from them to protect yourself. Ensure that family/friends do no visit if they are displaying any symptoms of illness such as fever, coughing, sneezing, headache, etc.

AVOID CROWDS especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick. Government restrictions apply (see website for current information)

AVOID ALL NONESSENTIAL TRAVEL by staying close to home, plane trips, and especially avoid embarking on cruise ships.

STAY HOME as much as possible to reduce the risk to you and your loved ones.

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PRACTICAL TIPS TO KEEP HEALTHY

- Get your annual influenza vaccination as soon as it is available
- Be sure you have over the counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms.
- Ensure you have at least 2-3 weeks supply of prescribed medications
- Practice good hygiene to prevent infections
- Eat a healthy balanced diet to help strengthen your immune system
- Drink plenty of fluids
- Ensure you wash and cook food thoroughly
- Get plenty of sleep and manage stress
- Keep physically active if safe to do so
- Reduce visits to the supermarket or crowded areas by stocking a week or two at time
- Practice good respiratory hygiene by covering your mouth and nose with a flexed elbow or tissue when coughing or sneezing, discarding used tissues immediately into a closed bin.
- You do not need to wear a face mask if you are healthy. Try and organize alternative care/carers if you are unwell or isolate yourself in the house if possible.

RESOURCES AND SUPPORT

GOVERNMENT SERVICES

For more information and real time updates please visit:

Coronavirus Health Information Line: 1800 020 080

Australian Government Health: <https://bit.ly/2xvH5r7>

LYMPHOMA SUPPORT

Lymphoma Australia offers a wide variety of resources and support for people with lymphoma or CLL and their carers. Please visit our website www.lymphoma.org.au for further information, fact sheets & booklets including:

- Coronavirus (COVID-19) and Lymphoma/CLL
- Coronavirus (COVID-19) precautions poster
- Coronavirus (COVID-19): Precaution door poster & alert card
- Emotional impact of diagnosis, treatment, after treatment and living with lymphoma
- Caring for someone with lymphoma

FACT SHEET

- Self-care and lymphoma

<http://www.lymphoma.org.au/page/1218/fact-sheets>

Lymphoma Australia YouTube Channel. Presentations and interviews on a variety of topics about lymphoma subtypes, management and supportive care. Including:

- Coronavirus (COVID-19) and lymphoma/CLL – what does this mean? Presented by A/Prof Chan Cheah, Perth

<https://www.youtube.com/user/LymphomaAustralia>

Lymphoma Nurse Support Line. Lymphoma Australia has a dedicated support service that ensures that anyone across Australia can speak to a specialist lymphoma care nurse, regardless of where they live and their financial situation

- Telephone (Mon-Fri 9am-5pm AEST): 1800 953 081
- Email: nurse@lymphoma.org.au

Lymphoma Down Under. Lymphoma Australia's online private Facebook group that is dedicated to those affected by lymphoma or CLL/SLL including patients and their carers. It is a supportive environment where you can meet others from across Australia, to discuss your concerns and ask questions to others who are going through a similar situation to you. Visit: <https://bit.ly/2UmDjtq>

PRACTICAL LYMPHOMA SUPPORT

IMBRUVICA (Ibrutinib) Home Delivery Service

Given the current circumstances of COVID-19, we want to remind all CLL patients on PBS (non-clinical trial) IMBRUVICA are eligible for a home delivery service free of charge through the existing You&I program.

- The You&I program is serviced by dedicated specialist nurses that can also provide telephone support and advice for those are on this medication.
- You&I program support number – 1800 861 502 (open Mon-Fri 9am-5pm AEST) please see their information flyer that is also available on the website. Visit: <https://bit.ly/33PRESj>

Woolworths Home Delivery. To ensure vulnerable customers in the community have access to delivery services at this time, Woolworths are providing a Priority Assistance service with dedicated delivery windows. Eligible customers include seniors, people with a disability and those with compromised immunity or who are required to self-isolate (not voluntarily).

- To register for Priority Assistance please log in, complete the form and include any supporting documentation to help their teams assess your request. Woolworths will review your

request and contact you within 48 hours to confirm your status. To apply: <https://bit.ly/39ImraF>

Gather My Crew connects people going through tough times with friends and family who want to provide practical help: Visit: www.gathermycrew.org.au

We Can is an Australian supportive care website to help find the information, resources and support services they may need following a diagnosis of cancer. Supports include emotional, physical, financial and practical supports and services in the community. Visit: www.wecan.org.au

EMOTIONAL SUPPORT

Beyond Blue provide phone, online and email support for those experiencing high levels of depression, anxiety, stress or suicidal thoughts. Call 1300 224 636 or visit: www.beyondblue.org.au

Calm is a free smartphone app which contains over 100 guided meditations for anxiety, stress and sleep management. From beginners to advanced listeners. Visit: www.calm.com

Cancer Council Australia offers a range of services to support people affected by cancer their families and friends. Services may vary depending on where you live. Visit: www.cancer.org.au or call 13 11 20.

CanTeen is an organization working with young people affected by cancer 12-25 years, including those who parents have cancer. They have resources, online support chat rooms, phone and face to face counselling as well as fun events and camps. There is also online support available for parents. Visit: www.canteen.org.au or email: support@canteen.org.au or call 1800 835 932

Headspace offer phone, face-to-face counselling and programs for those affected by mental health issues aged between 12-24 years. Call: 1800 650 890

Lifeline is Australia-wide 24-hour telephone crisis support and counselling for those in crisis or need of support. Call 13 11 14 (24/7)

MensLine is a telephone counselling service for men specializing in relationships, domestic violence, mental health, wellbeing and discussion forums. Call: 1300 789 978

Redkite provides essential support to children, young people and their family/friends from cancer diagnosis, treatment and after treatment aged 0-25 years. Visit: www.redkite.org.au or email: support@redkite.org.au or call 1800 REDKITE (1800 733 548).

This resource was last reviewed and updated 27 March 2020.