

## Strategies for Safer Living During the COVID-19 ERA (After an organ transplant)

### THE BEST WAY TO PROTECT YOURSELF

Safety during the COVID-19 pandemic requires you and those around you to adopt the following behaviors:



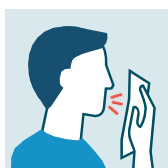
#### Handwashing

Everyone should wash their hands with soap & water or a hand sanitizer often.



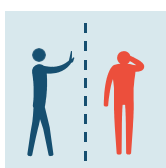
#### Wear a cloth face mask

You and those around you should wear a facemask to prevent the spread of the virus.



#### Cough or sneeze

Cough into a tissue or bent elbow. Throw the tissue into the trash right away.



#### Physical Distancing

Stay 6 feet from other people. Avoid crowds and groups of people.



#### If you feel sick

Stay home and away from others. Call your healthcare team.



#### Do not touch your face

Wash your hands before touching your face.



#### Clean and disinfect

Sanitize frequently touched objects and surfaces.

### EVERY DAY LIFE DURING A PANDEMIC

**Healthcare** - Telemedicine is the safest way to receive routine medical care. When you need to come to the office or hospital we have taken steps to create a clean and safe environment. Talk with your transplant team about which routine or preventative care services should be scheduled or postponed. It is very important for you and your family to get your yearly flu vaccine.

**Shopping** - Use shops that deliver or offer curbside pick-up. If you and your household members must go to the store, go during off peak hours, wear a mask and clean your cart before using it. All household members should try to use retail stores that require masks for all customers. Wash your hands after opening packages and after putting items away.

**Work Remotely** - We recommend working from home. If you cannot work from home it is important to follow the safety guidelines above to protect yourself. If you cannot work from home we can help you advocate for proper protection and distancing at work.

**Travel & Transportation** - Use of public transportation is a high risk activity. If possible do not use public transportation. If you must travel or use public transportation, ask your transplant team how to do this more safely.

**Food Safety** - Food is not a major way in which COVID-19 is spread. It is important to follow all food precautions that you would usually follow. Wash your hands after opening packages and after putting away groceries. It is safer for you and your family to eat at home than at a restaurant.

**Children's Activities** - Children can spread COVID-19 and not have symptoms. Children should follow the guidelines in this document. Remote learning is the safest option during the COVID-19 pandemic.

**Social Activities, Religious Services and Recreation** - Transplant patients and their families should not invite people into their home or attend large gatherings of people. For example, birthday parties, funerals, weddings, indoor restaurant dining etc. Virtual options are often available. Do not shake hands or hug others.

**Emotional Health** - Take care of yourself and family emotionally during this time. Please contact your transplant team when you need help.