

LCRF is committed to helping lung cancer patients, your families and caregivers, especially at this critical time when the lung cancer community may be among the most vulnerable.

Below are some tips for keeping yourself and your loved ones healthy and safe.

What is the novel coronavirus disease (COVID-19)?

COVID-19 is a respiratory disease that affects your breathing and spreads from person-to-person contact. How it affects each person varies from mild to severe illness or death. Currently, there is no vaccine or treatment for COVID-19. The majority of individuals who get COVID-19 experience mild illness that can be monitored at home. Individuals who experience severe illness need to be hospitalized.

What can I do to reduce my risk of getting or spreading COVID-19?

It is critically important to practice what is called **“social distancing.”** This means you stay inside your home as much as possible and avoid any non-essential gathering where you will be in close contact with others. Reducing the number of people you come into contact with will reduce your risk of getting and spreading COVID-19 to others. Social distancing is especially important if you are feeling symptoms.

If you must travel outside of your home for important medical appointments, etc. please keep at least 6 feet distance between you and others, cover your coughs or sneezes with a disposable tissue, and avoid touching your face and others with unwashed hands.

How do I practice social distancing while in treatment for lung cancer?

Please talk to your doctor about if you need to change how or when you receive your current treatment(s). Your doctor will make the decision on how to deliver your care safely and effectively while keeping you safe from COVID-19.

I have lung cancer, do I need to be tested for COVID-19?

The CDC continues to update the list of conditions or scenarios that would put someone in a high risk category. Please see the full list at [LCRF.org/CDC-increased-risk](https://www.cdc.gov/coronavirus/2019-ncov/index.html). In some scenarios, lung cancer patients who are currently on an immunosuppressing medication can be at high risk or of a certain age, etc.

What are some of the most common symptoms of COVID-19?

Common symptoms include fever, cough, difficulty breathing, fatigue, body aches, new loss of smell or taste, and more. The CDC has a symptom self-checker that you can find at this link: [LCRF.org/CDC-symptoms](https://www.cdc.gov/coronavirus/2019-ncov/index.html).

NOTE: If you feeling sick and need medical attention, please call your doctor **right away**. Your doctor will decide if testing is right for you.

Is it safe to continue my treatments/medical appointments?

If you have any questions or concerns you should speak with your doctor. Questions to consider asking your doctor can include:

1. If I get COVID-19, how will it affect me since I am a lung cancer patient/survivor?
2. If I am exposed or have symptoms of COVID-19, what should I do?
3. How can I safely continue my treatment while reducing my exposure to COVID-19?
4. Do you recommend any other methods for staying safe while at home?
5. What supplies do I need at home to keep me healthy?

Sources:

1. CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
2. NYC Health coronavirus fact sheet: <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coronavirus-factsheet.pdf>