

# COVID-19 CANCER PATIENTS PRECAUTIONS



Our lives are dedicated to yours



Cancer patients are more at risk for infection and complications because of the immunity deficit they have as a result of chemotherapy regimens.

Cancer patients should be extra cautious.

Patients with the most serious immunity deficit are the most at risk for complications especially patients under active chemotherapy and bone marrow transplant patients

**TO LIMIT EXPOSURE, THE MOST IMPORTANT PREVENTION IS STAYING HOME AND ABIDING BY ALL SOCIAL DISTANCING RECOMMENDATIONS.**

## What measures should I follow when visiting the hospital?

Prevention measures to limit exposure when visiting healthcare facilities:

Wear a mask when going out of the house. Place it appropriately and avoid adjusting it afterwards to limit any contamination with unwashed hands and avoid touching your eyes, nose, or mouth.



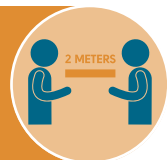
Limit the number of people accompanying you to one person only.



Wash your hands after touching any surfaces; clean your hands with sanitizers. Avoid touching your face with contaminated hands or when wearing gloves



Apply social distancing measures when at the Medical Center. Use elevators dedicated for cancer patients and keep a distance of two meters between you and other patients in waiting areas.



# What measures should I follow generally and when I go outside?

Previous and current cancer patients should avoid going to public spaces like the supermarket and are discouraged from using public transportation such as buses or taxis.



Sanitize any items purchased from the supermarket appropriately and discard used plastic bags.



Refrain from smoking & avoid staying close to people who smoke in the household. Any type of smoking puts you at a greater risk of serious illness from the virus (cigarettes & narjileh).



## Precautions at NKBCI facility

Precautions are being taken by:

- **Limiting access** to the Medical Center and the Cancer Institute.
- All areas are **kept well-spaced**.
- All healthcare workers caring for cancer patients are **using protective gear** as means of precautions.
- Patients with travel history are being asked to **isolate themselves for 14 days** prior to having any encounter at the center.
- Visiting regulations have been revisited and are now **restricted to one family member per patient**.
- Sick family members **will not be received into the cancer treatment center**, even if they only have minor symptoms.
- A **dedicated elevator was assigned for cancer patients** in order to reduce encounters with other patients.
- When arriving to the center, **patients are requested to stand on the designated footsteps marks** to keep the required distance between patients.

# Should I postpone appointments?

The healthcare team will get in touch with you before a scheduled appointment. Your routine appointment might be adjusted to a later date if you have no medical complaints in order to limit any risks.

# Will my treatment be postponed?

Treatment schedule will be revisited by your physician, and you will be informed accordingly.

# Are there any precautions to take with food?

Avoid eating raw food; meals should only consist of cooked foods.

# What should I do if I have symptoms?

Call your doctor if you develop any respiratory symptoms. Coronavirus symptoms are **fever, a dry cough, and shortness of breath**. Others also are: **tiredness, body aches, loss of taste & smell, a sore throat, nausea or abdominal discomfort**.

It might be the flu as it is also the season.

If you are feeling very ill, head to the Emergency Department.



Deep dry  
cough



High fever



Shortness  
of breath



Body aches  
and fatigue

# What if a family member develops symptoms?

If a household member is feeling sick, you should wear a mask and they should:

- **Wear** a mask.
- **Stay and sleep** in a different well-ventilated room away from you.
- **Avoid sharing** any items such as towels and dishes with you.
- **Wash** their hands frequently.
- **Seek medical attention** if their symptoms get worse.

# Online consultations

Naef K. Basile cares for its patients and their wellbeing. To safeguard and follow up on your health, you can now visit your doctor virtually. Our online consultation allow immunocompromised patients to reduce travel to the Medical Center and communicate with their physicians via “MyAUBHealth” application.

You can now call the center and schedule an appointment or you can schedule your own appointment using “ MyAUBHealth”.

**To access MyAUBHealth Homepage, please visit:**

[www.myaubhealth.org](http://www.myaubhealth.org)

**To download AUBHealth, please visit:**

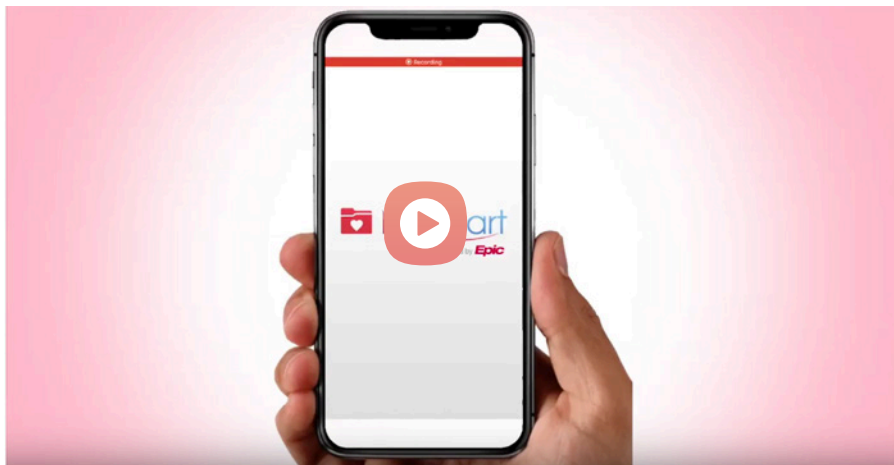
**Apple AppStore:**

<https://itunes.apple.com/us/app/mychart/id382952264?mt=8>

**Google PlayStore:**

<https://play.google.com/store/apps/details?id=epic.mychart.android&hl=en>

Please watch the video for a detailed guide to online consultations.



For more information, please contact:  
00961 - 1 - 374 374 ext. 7980  
Direct Line: 00961 - 1 - 759 618  
or email us on [nkbciaub.edu.lb](mailto:nkbciaub.edu.lb)