



Prevention Tips for Patients with Cancer

1. Avoid close contact with people who are sick
2. Avoid touching your eyes, nose, and mouth with unwashed hands (or at all)
3. Stay at home when you are sick
4. Cover coughs and sneezes (If you must cough or sneeze, use a tissue. Then throw the tissue away. Or, cough or sneeze into your elbow rather than your hands)
5. Patients who are at higher risk should avoid travel and crowds during the outbreak
6. Wash your hands often with soap and water for at least 20 seconds
7. Use an alcohol-based sanitizer that contains at least **60% alcohol** when soap and water are not available
8. Practice social distancing
9. Avoid public transportation (Discuss alternate options with care team)

References: CDC: Coronavirus Disease 2019 (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.fredhutch.org/en/news/center-news/2020/03/coronavirus-what-cancer-patients-need-to-know.html>