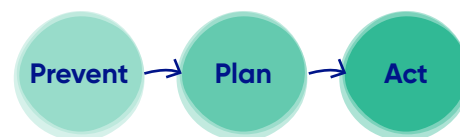


My COVID 19 Action Plan

For people living with Blood Cancer

Making a COVID-19 action plan can help you:

- Plan what you want to discuss with your treatment team
- Know what to do if you test positive for COVID-19
- Seek treatment while symptoms are mild & improve recovery
- Care for your health if you become unwell




Key Contacts

Care coordinator/CNC/RN		GP	
Haematologist:		Emergency contact:	

Prevent

Remember to:

- Wash hands regularly / wear a mask / avoid crowded places / avoid infected people
- Make sure your COVID-19 vaccinations are up to date & recorded here
- Look for more helpful tips [here](#) 

My COVID-19 Vaccination dates

1st:	2nd:	3rd:	4th:	5th:
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Plan

There are antiviral and antibody treatments available for people with blood cancer to prevent and treat COVID-19.

The timing for when these treatments are given is important.

Contact your treatment team / GP to explore what is available for you and plan.

Discuss:

- Your vaccination status / needs
- New medications that may be suitable to help prevent & treat COVID-19 for you
- What is available where you live and how to get this
- Visit leukaemia.org.au/bloodandviruses for information on new COVID -19 treatments that are available.

Write down your plan here: (for example: name of medication / where and when to access)

My COVID 19 Action Plan

For people living with Blood Cancer

Act

Isolate and contact your treatment team as soon as possible if you test positive to COVID-19.

Your treatment team will:

- Discuss your action plan
- Consider if your cancer treatment should be interrupted or changed
- How to best manage your COVID-19 care

They may consider some of the following things:

- Whether your COVID-19 symptoms are mild or severe
- Your vaccine status. How many vaccinations you have had and how long it has been since your last vaccination
- How suppressed (low) your immune system is
- The type of cancer treatment you are having
- The stage of cancer you have and where you are in your treatment cycle
- Other underlying health conditions, such as diabetes and high blood pressure

If you are known to be neutropenic or are having treatment expected to cause neutropenia, and you become unwell or develop a temperature of 38C or higher (even if it returns to normal) you should contact your treatment team or hospital for advice immediately:

Call 000 immediately If you develop any severe symptoms

- Difficulty breathing / Chest pain / Feeling faint / Feel something is wrong
- You or your family are worried you are getting worse & need help immediately

Care

- Follow your state / territory directions for testing positive
- Seek support from family / friends / services if you need help with essential supplies
- Focus on your health and wellbeing, get plenty of rest, eat well and drink lots of fluids
- Take your regular medications as discussed with your treatment team
- Share this plan with your family / carer / GP so that they know how to help you
- For further information / support call the Leukaemia Foundation 1800 820 420

Resources *click on each resource to follow the link* 

- [National Coronavirus Helpline, Australian Government Department of Health](#)
- [COVID-19 Vaccine Information, Australian Government Department of Health](#)
- [National Centre for Immunisation Research and Surveillance](#)