

## COVID-19 FAQs for Patients before Transplant

During these times of uncertainty, the **Patient Support Center** is here for you and your loved ones. Here are some frequently asked questions:



### Will I still be able to get a transplant?

Your doctor will make sure you are getting the treatment you need. Talk with your doctor about your specific treatment plan. Our volunteer couriers have air travel waivers from the U.S. and international governments so they can still deliver donated blood or bone marrow to you.



### How are you protecting my donor's health (and my new cells)?

Our teams are in frequent contact with donors to provide support and answer their questions during these challenging times. We follow the Centers for Disease Control (CDC) guidelines for social distancing, travel and preparation to make sure you get the treatment you need. As always, we are also making sure that they are fully informed and consented and update them when we get more information.

We ask donors about their risk of exposure. We give that information to your doctor so they can choose the best donor for you. These guidelines are reviewed and updated daily. If your donor has been exposed or

diagnosed with COVID-19 (the disease caused by the new coronavirus), your doctor will decide the best treatment option for you. Your doctor may find another donor or re-schedule your transplant.



### Do I need to take extra precautions to protect myself from infection?

There are 5 key things you can do:

1. Follow instructions from your doctor about precautions, like wearing a mask, limiting appointments, avoiding gatherings and staying at least 6 feet way from anyone you don't live with.
2. Avoid spending time with people who have a cough, fever, or other cold or flu symptoms.
3. Take your medicines as prescribed.
4. Wash your hands.
5. Call your doctor if you have fever, cough, or other cold or flu symptoms. Call your doctor before visiting the clinic to prevent the spread of disease.



### Should I get tested for coronavirus?

You should get tested if you have symptoms of COVID-19 or have had close contact with someone who has COVID-19. Visit the [CDC website](#) for a full list of symptoms and a coronavirus self-checker.

Also, tell your doctor or transplant team about any new symptoms or symptoms you're worried about.



### Will my medicines change?

Continue taking your current medicines as prescribed. Your doctor will talk with you if there are any changes. Call your doctor if you are not able to keep taking your medicine. Do **not** take supplements or vitamins without talking to your doctor first.

Also, be sure to tell your transplant doctor about any plans or questions you have about the COVID-19 vaccine.



### What if my caregiver is exposed to or diagnosed with COVID-19?

Your caregiver will not be able to care for you. Follow instructions from your doctor. Your caregiver will need to find a replacement during this time.

### How can I cope with stress?

Here are 4 helpful tips for coping with stress:

1. Get at least 7 hours of sleep every night.
2. Do something relaxing that you enjoy (reading, listening to music, cooking, etc.).
3. Get your information from trusted sources (your doctor or the CDC) rather than social media.
4. [Contact us for emotional support.](#)



### Where can I go for more information?

You can:

- Call or text us at 1 (888) 999-6743 or (763) 406-3410. We're available Monday through Friday, 8 a.m. - 5 p.m. Central time.
- Email us at: [patientinfo@nmdp.org](mailto:patientinfo@nmdp.org).
- Visit: [www.cdc.gov/coronavirus/2019-ncov/about](http://www.cdc.gov/coronavirus/2019-ncov/about)



### AT EVERY STEP, WE'RE **HERE TO HELP**

Be The Match has a team dedicated to providing information and support to you before, during, and after transplant. You can contact our Patient Support Center to ask questions you may have about transplant, request professional or peer support, or receive free patient education materials.

CALL: **1 (888) 999-6743** | EMAIL: [patientinfo@nmdp.org](mailto:patientinfo@nmdp.org) | WEB: [BeTheMatch.org/one-on-one](http://BeTheMatch.org/one-on-one)



Every individual's medical situation, transplant experience, and recovery is unique. You should always consult with your own transplant team or family doctor regarding your situation. This information is not intended to replace, and should not replace, a doctor's medical judgment or advice.