

癌症与冠状病毒 (COVID-19)

有关癌症与 COVID-19 的信息及支持服务

癌症协会 (Cancer Council) 了解到，正在接受癌症治疗的澳大利亚人、癌症幸存者及其亲友可能对最近爆发的冠状病毒及其引起的疾病——COVID-19 怀有疑问。

癌症患者的免疫系统可能不像正常人那样强，因此，您可能会担心 COVID-19 所带来的相关风险。

一般情况下，癌症患者应继续遵循医护人员所提的具体建议或标准预防措施，以尽量减少治疗期间及治疗之后的感染风险。

如需了解更多信息，请浏览网站：cancer.org.au；如需进一步协助，请致电 Cancer Council (电话号码：13 11 20)，以获得癌症信息及支持服务。

如出现症状

您如果出现感染的症状(如发烧、咳嗽、喉咙痛及气促)；或曾与冠状病毒检查呈阳性的人士接触，则请与您的治疗团队联系。请尽量通过电话而不是亲身求诊的方式获取建议，以降低您本人及他人暴露于病毒的风险。

如正在接受癌症治疗

您如果目前正在接受治疗，可使用以下一些实用的方法来限制接触病毒的风险：

- 用肥皂和水洗手 20 秒；如果无法立即洗手，可使用酒精类搓手液。随身携带搓手液是个好主意。进食或喝水之前必须洗手——这点尤为重要。
- 避免触摸眼鼻口，因为这样做可能会从物体表面传播病毒，并增加感染的风险。
- 避免接触那些患病或身体不适的人士，或曾接触过病毒的人士，或由于近期曾去过高风险国家而面临较高风险的人士。
- 经常触碰的物体和表面(如桌子、凳子、电灯开关、门把手、水池、马桶、遥控器、手机或餐台)要进行清洁消毒。戴手套(尽量使用一次性的)。用肥皂和水清理明显的残渣。用 70% 酒精溶液或每公升水与 4 茶匙漂白剂兑和的溶液清洁。
- 避开人群和人多拥挤的场所；避免不必要的肢体接触，如握手、拥抱或亲吻。如果您目前正在接受化疗或处于后期治疗(如骨髓移植术后)，则这一点对您来说尤为重要。
- 与他人保持 1.5 米的身体距离，并避免诸如亲吻或握手等的社交习惯。

- 请咨询您的医生或治疗团队的成员，以了解治疗过程中感染风险最高的时期，令您可以做好相应的活动计划。(很遗憾，除了遵循健康的生活方式以外，并无增强免疫系统的捷径)。
- 请致电联系治疗团队，以了解是否可以通过电话、Skype 或 Facetime 远程就诊。
- 请尽量留在家里，避免不必要的外出，如果可以的话尽量避免乘坐公共交通工具。

做好准备

您如果服用处方药或非处方药，则需确保在家里或您可以出入的安全的地方储备充足的药物。最好是准备一个月的供应量。

对于家人、朋友及照顾者

您如果曾接触过冠状病毒感染风险较高的人士，则须避免接触正在接受癌症治疗的患者。

请咨询医护服务提供者，了解如何尽早在流感季节接种流感疫苗，以避免传播其他传染病，并增加您本人或亲友需要就医的风险。

获得支持

您如果感到焦虑、有疑问或需要支持，则请在办公时间拨打 **Cancer Council 的支持及信息热线**，电话号码为 **13 11 20**。我们训练有素的专业团队可以为您提供情感上的支持，并为您提供在这个时期降低感染风险的实用技巧。

从哪里获得进一步的信息？

澳大利亚政府卫生部 (Australian Government Department of Health) 已发布有关 COVID-19 的公共卫生信息，网址为：

www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

您也可以拨打冠状病毒卫生信息热线 (Coronavirus Health Information Line)，电话号码为：**1800 020 080**

或拨打电话号码：**13 11 20** 与 Cancer Council 联系，以获得癌症信息及支持服务。

有关冠状病毒及其相关疾病——COVID-19 的知识更新变化迅速；保护您安全的公共卫生建议亦是如此。请多留意政府网站，以获取最新的信息。我们也将每天综合回顾这些信息。



如需用自己的语言咨询建议，请致电 **13 14 50**，接通后即要求转接到癌症协会或冠状病毒卫生信息热线。

Cancer and Coronavirus (COVID-19)

Information and support regarding cancer and COVID-19

Cancer Council understands that Australians undergoing cancer treatment, cancer survivors and their families and friends may have questions in relation to the recent outbreak of Coronavirus and the illness it causes, COVID-19.

If you have cancer your immune system may not be as strong as it is normally so you may feel concerned about the risks associated with COVID-19.

Generally, people with cancer should continue to follow any specific advice or standard precautions recommended by their health care practitioners to minimise your risk of infection, during and after treatment.

Visit cancer.org.au for more information and if you need further assistance call Cancer Council on 13 11 20 for any cancer-related information and support.

If you are experiencing symptoms

If you are currently experiencing symptoms of infection (e.g. fever, cough, sore throat, shortness of breath) or are aware you have been in contact with someone who has tested positive for coronavirus please contact your treatment team. Where possible obtain advice over the phone rather than attending in person to lower your risk of exposure and to reduce the risk of exposing others.

If you are undergoing cancer treatment

If you are currently undergoing treatment some practical ways to limit your risks of exposure include:

- Wash your hands with soap and water for 20 seconds, or if not immediately available use an alcohol-based hand rub. It's a good idea to carry this with you. It is especially important to wash your hands before eating or drinking.
- Avoid touching your eyes, nose and mouth as this can transfer the virus from surfaces and increase the risk of infection.
- Avoid contact with those who are sick or unwell or have been exposed to the virus or may be at higher risk due to recent travel to a high risk country.
- Clean and disinfect frequently touched objects and surfaces (tables, benches, light switches, doorknobs, sinks, toilets, remotes, such as your mobile phone or eating surfaces). Wear gloves (disposable if possible). Clean obvious debris with soap and water. Clean with a 70% alcohol solution or a mix of 4 teaspoons of bleach per litre of water.
- Avoid crowds and crowded areas and avoid unnecessary physical contact, such as shaking hands, hugging or kissing. This is especially important if you are currently having chemotherapy or are post treatments such as bone marrow transplantation.
- Maintain a 1.5 metre physical distance between yourself and others and avoid social habits such as kissing or handshakes.
- Talk to your doctor or member of your treatment team about the times in your treatment when you may be at the highest risk of

infection so you can plan your activities accordingly. (Unfortunately, there are no shortcuts to boosting the immune system beyond adhering to a healthy lifestyle).

- Call your treatment team to see if you can do some of your consultations remotely via phone, Skype or Facetime.
- Stay home as much as possible and avoid non-essential travel and avoid public transport if you can.

Be prepared

If you do take prescription or over-the-counter medication, make sure you have enough at home or in a safe place that you are able to access. A one month supply is ideal.

For family, friends and carers

If you have had contact with a person who could be at an increased risk of having the coronavirus, avoid any contact with the person who is receiving cancer treatment.

Talk to your health care provider about receiving the influenza vaccination as early in the flu season as possible to avoid passing on other infections and increasing the risk that you or your family member or friend will need healthcare.

Get support

If you are feeling anxious, have questions or need support, please remember that **Cancer Council's support and information line is available on 13 11 20** during business hours. Our specially trained team can provide emotional support as well as practical tips for minimising the risk of infection during this time.

Where can I get further information?

The Australian Government Department of Health has issued public health information on COVID-19 at:

www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

You can also contact the Coronavirus Health Information Line on 1800 020 080

Or call Cancer Council on **13 11 20** for any other cancer-related information and support.

Knowledge of coronavirus and the associated illness, COVID-19, is changing rapidly as are the public health messages that keep you safe. Keep checking the Government website for updated information. We will also review this information daily.



If you would like to speak to someone in your own language, please call **13 14 50** and ask for Cancer Council or the Coronavirus Health Information Line.