

癌症與冠狀病毒 (COVID-19)

有關癌症與 COVID-19 的資訊及支援服務

癌症協會 (Cancer Council) 了解到，正在接受癌症治療的澳洲人、癌症倖存者及其親友可能對最近爆發的冠狀病毒及其引起的疾病——COVID-19 懷有疑問。

癌症患者的免疫系統可能不如正常人那樣強，因此，您可能會擔心 COVID-19 所帶來的相關風險。

一般情況下，癌症患者應繼續遵循醫護人員所提的具體建議或標準預防措施，以盡量減少治療期間及治療之後的感染風險。

如需了解更多資訊，請瀏覽網站：cancer.org.au；如需進一步協助，請致電 Cancer Council (電話號碼：13 11 20)，以獲得癌症資訊及支援服務。

如出現症狀

您如果出現感染的症狀 (如發燒、咳嗽、喉嚨痛及氣促)；或曾與冠狀病毒檢查呈陽性的人士接觸，則請聯絡您的治療團隊。請盡量通過電話而不是親身求診的方式獲取建議，以降低您本人及他人暴露於病毒的風險。

如正在接受癌症治療

您如果目前正在接受治療，可使用以下實用的方法來限制接觸病毒的風險：

- 用肥皂和水洗手 20 秒；如果無法立即洗手，可使用酒精類搓手液。隨身攜帶搓手液是個好主意。進食或喝水之前必須洗手——這點尤為重要。
- 避免觸摸眼鼻口——因為這樣做可能會從物體表面傳播病毒，並增加感染的風險。
- 避免接觸那些患病或身體不適的人士，或曾接觸過病毒的人士，或近期曾去過高風險國家從而面臨較高風險的人士。
- 經常觸摸的物件和表面 (如桌子、凳子、電燈開關、門把手、水池、馬桶、遙控器、手機或餐檯) 要進行清潔消毒。戴手套 (盡量使用一次性的)。用肥皂和水清理明顯的殘渣。用 70% 酒精溶液或每公升水與 4 茶匙漂白劑兌和的溶液清潔。
- 避開人群和人多擁擠的場所；避免不必要的肢體接觸，如握手、擁抱或親吻。如果您目前正在接受化療或處於後期治療 (如骨髓移植術後)，則這一點對您來說尤為重要。
- 與他人保持 1.5 米的身體距離，並避免諸如親吻或握手等的社交習慣。

- 請諮詢您的醫生或治療團隊的成員，以了解治療過程中感染風險最高的時期，令您可以做好相應的活動計劃。(很遺憾，除了遵循健康的生活方式以外，並無增強免疫系統的捷徑)。
- 請致電聯絡治療團隊，以了解是否可以通過電話、Skype 或 Facetime 遠程就診。
- 請盡量留在家裡，避免不必要的外出，並且如果可以的話，盡量避免乘坐公共交通工具。

做好準備

您如果服用處方藥或非處方藥，則需確保在家裡或您可以出入的安全的地方儲備充足的藥物。最好是準備一個月的供應量。

對於家人、朋友及照顧者

您如果曾接觸過冠狀病毒感染風險較高的人士，則須避免接觸正在接受癌症治療的患者。

請諮詢醫護服務提供者，了解如何盡早在流感季節接種流感疫苗，以避免傳播其他傳染病，並增加您本人或親友需要就醫的風險。

獲得支援

您如果感到焦慮、有疑問或需要支援，則請在辦公時間撥打 Cancer Council 的支援及資訊熱線，電話號碼為 13 11 20。我們擁有訓練有素的專業團隊，可以為您提供情感上的支持，並為您提供在這個時期降低感染風險的實用技巧。

從哪裡獲得進一步的資訊?

澳洲政府衛生部 (Australian Government Department of Health) 已發佈有關 COVID-19 的公共衛生資訊，網址為：

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

您也可以撥打冠狀病毒衛生資訊熱線 (Coronavirus Health Information Line)，電話號碼為：1800 020 080

或撥打電話號碼：13 11 20，聯絡 Cancer Council，以獲得癌症資訊及支援服務。

有關冠狀病毒及其相關疾病——COVID-19 的知識更新變化迅速；保護您安全的公共衛生建議亦是如此。請多留意政府網站，以獲取最新的資訊。我們也將每天綜合回顧這些資訊。



如需用自己的語言諮詢建議，請致電 13 14 50，接通後即要求轉接到癌症協會或冠狀病毒衛生資訊熱線。

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.