Information Sheet for Cancer Patients, Families and Carers on COVID-19
A companion resource to the new Clinical Guidance for Haematology and Oncology on COVID-19

(For Australia)

Date stamp: 25 March 2020

As a person living with cancer, you and your family and carers will likely be concerned about the risks surrounding the novel coronavirus and the associated illness, COVID-19 (read more about COVID-19).

The purpose of this information sheet is to summarise for patients with cancer a list of messages about COVID-19 recently published as clinical guidance in “Managing haematology and oncology patients during the COVID-19 pandemic: Interim consensus guidance” (Medical Journal of Australia, 20 March 2020). The guidance provides advice for clinicians and their healthcare teams to help their patients and support initiatives to contain, delay and prevent the spread of COVID-19. The guidance will be updated regularly over the coming weeks and months.

The new clinical guidelines on COVID-19 were written by a group of senior specialists from Australia and New Zealand – including haematologists, oncologists and infectious disease physicians – and have been endorsed by multiple organisations.

Please note that the information regarding the COVID-19 situation may change frequently, so you should remain up-to-date with information and advice from the Australian government as well as state/territory and local advice for your location. We have provided a list of international, national, state/territory governments and organisations to help you stay up-to-date (see page 3).

If you are concerned, have questions or cannot access the internet, please call the Cancer Council support and information line on 13 11 20. If you are a young person with cancer or their carer, support is available through Canteen on 1800 835 932.

Developed by ALLG in collaboration with:
Key messages regarding COVID-19 for patients with cancer


Please note that your doctor or cancer centre/clinic may provide you with information about COVID-19, which is more specific to your cancer or treatment, or which is specific for your cancer centre/clinic – this information should take priority over the general advice here.

- Any person is at possible risk of infection with the novel coronavirus. As a person living with cancer, you may be at higher risk of infection with COVID-19. This could be due to the cancer itself and/or the treatment that you are receiving.
- Preventing the spread of infection should be a high priority for you and anyone in close contact with you, including carers, family and friends. You and those in close contact with you should review, monitor, and closely adhere to recommendations from the Department of Health (Australia) or Ministry of Health (New Zealand) regarding hand hygiene, social distancing and other measures to avoid COVID-19.
- If you are a smoker, you should stop smoking.
- No vaccine for COVID-19 is available, but your doctor may recommend that you receive a vaccination against influenza (and against other infections). Depending on your situation, your doctor may recommend additional measures to help reduce your risk of other infections.
- COVID-19 can cause fevers, a dry cough, and difficulty breathing. However, these symptoms can be caused by other conditions, including other infections, and can be side effects of some cancer treatments. If you are being assessed for possible COVID-19 disease, let the doctor or nurse know about your cancer diagnosis and its treatment.
- If you have symptoms that resemble those of COVID-19, or if you have had recent contact with a person with COVID-19, please do not arrive unannounced at your cancer centre or clinic, as you could put other patients at risk. In this situation, you should first contact your doctor (or cancer centre/clinic) for directions or follow national or regional advice for people with suspected COVID-19.
- If you are seeing or speaking with a doctor or nurse (in person or via phone/internet) who is not familiar with your medical history, you should tell them about your cancer diagnosis and any current or recent treatments. It may be helpful for you to carry a copy of a recent letter from your clinic that describes your diagnosis and treatments.
- If you experience difficulty obtaining medicines due to increased demand or supply issues, contact your doctor or cancer centre/clinic; they may be able to suggest alternatives.
- Before considering domestic or overseas travel, check governmental advice, speak with your clinician, and ensure you have enough medication for your journey and any required periods. Check the restrictions of any travel or medical insurance policies carefully.
- If you are feeling concerned or distressed, please seek assistance from one or more of the resources provided (see list below).
- You can find a list of online resources related to COVID-19 on the next page. Additionally, your cancer centre/clinic may direct you to patient information resources tailored to a particular type of cancer.

References


Organisational Endorsements of Interim Guidance

- Australasian Leukaemia & Lymphoma Group (ALLG) www.allg.org.au
- Australian and New Zealand Children’s Haematology/Oncology Group https://anzchog.org/
- Bone Marrow Transplantation Society of Australia and New Zealand https://www.bmtsanz.org.au/
- Cancer Society of New Zealand www.cancernz.org.nz
- Haematology Society of Australia and New Zealand www.hsanz.org.au
- National Centre for Infections in Cancer https://cancerandinfections.org/
- New Zealand Society for Oncology http://www.nzsoncology.org.nz/
- Palliative Care Australia https://palliativecare.org.au/

Posted by Cancer Council Australia on cancer.org.au 25 March 2020
List of Helpful Sites Regarding COVID-19

AUSTRALIA

- Australian Government, Department of Health and Human Services [https://www.health.gov.au/]

FOR HEALTHCARE WORKERS

- Your affiliated professional society
  - Haematology Society of Australia & New Zealand (HSANZ) [https://www.hsanz.org.au/index.asp]
  - Bone Marrow Transplant Society of Australia & New Zealand [https://www.bmtsanz.org.au/]

FOR PATIENTS

- Lung Foundation Australia – Information and Support Centre 1800 654 301 [https://lungfoundation.com.au/]
- Lymphoma Australia [http://www.lymphoma.org.au/]
- Myeloma Australia [https://myeloma.org.au/]
- Oncology Social Work Australia and New Zealand [http://oswa.net.au/]

ADDITIONAL RESOURCES FOR YOUNG CANCER PATIENTS

- Canteen Connect – Online community and counselling for young people impacted by cancer, also on 1800 835 932 [https://canteenconnect.org/]
- Youth Cancer Services – Specialist treatment and support for young cancer patients aged 15-25 [https://www.canteen.org.au/youth-cancer/]
- Regarding Schools & Attendance: Young cancer patients and their families might have additional questions regarding issues such as attending school. Please view the advice from the Australian and [https://anzchog.org/covid-19-guidance-for-children-and-young-people-undergoing-cancer-treatment/]

FOR INFORMATION REGARDING TRAVEL


BY AUSTRALIAN STATE / TERRITORY

**Australian Capital Territory (ACT Health)**
Information [https://www.covid19.act.gov.au/]
Northern Territory (NT Dept of Health)
Information [https://coronavirus.nt.gov.au/]
New South Wales (NSW Health)
Queensland (Qld Health)

**South Australia (SA Health)**

**Victoria (VIC Dept of Health & Human Services)**
Health Hub [https://www2.health.vic.gov.au/]

**Western Australia (WA Health)**
Information [https://www2.health.wa.gov.au/Articles/A_E/Coronavirus]

GLOBAL World Health Organization (WHO) [https://www.who.int/region/western_pacific/emergencies/covid-19]

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