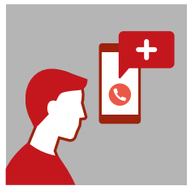
• Do not discontinue or reduce the dose of any prescribed medication, including antibiotics, any other medication to fight infections or immunosuppressive medications without consulting with your doctor.

• It is necessary to attend all doctor appointments as well as appointments to receive intravenous medications.

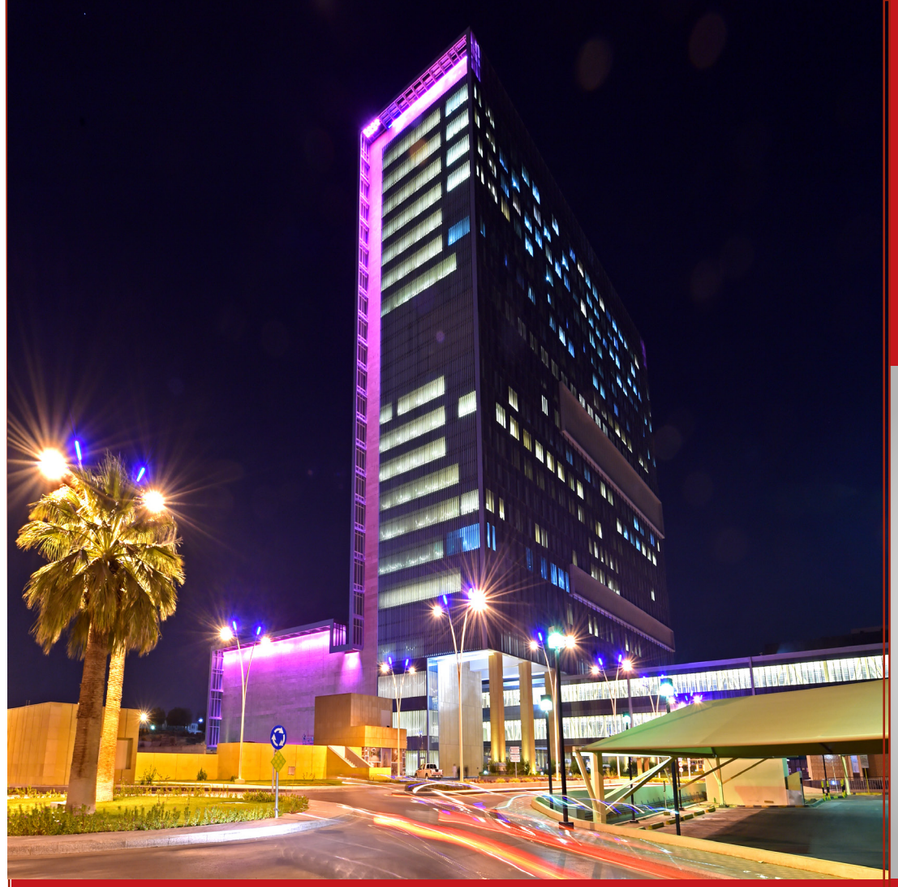


• It may be reasonable to postpone routine follow-up visits, for those who have completed their treatment plan, after the approval and prior coordination of the attending physician.

• Utilize remote medical consultation platforms (Like video calls, phone calls and others) if available after discussing with your doctor, in order to minimize mixing with others to avoid infections. Home collection of routine lab samples may be considered instead of patients coming into the clinic.

• Contact your doctor and health care providers immediately when developing respiratory symptoms like fever, cough and shortness of breath. Be sure to follow their guidance on when to come to the hospital.

References:
https://www.allergy.org.au/patients/immunodeficiencies/covid-19-and-immunodeficiency



King Faisal Specialist Hospital & Research Center
P.O. Box 3354 Riyadh 11211
Kingdom of Saudi Arabia
Tel: +966 114647272
www.kfshrc.edu.sa

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مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة

Immunocompromised Patients during COVID-19 Outbreak

COVID-19 belongs to the family of Corona viruses that cause diseases of the respiratory system, including seasonal influenza, colds, Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

Affected people may show symptoms ranging from mild to severe. Some people may even show no symptoms at all.

Most common symptoms of COVID-19 virus infection are cough, fever and shortness of breath. Some people may have congested and runny nose, sore throat or diarrhea.

COVID-19 virus infection is transmitted from a person to another through sprayed virus-infested droplets when coughing or sneezing, or by touching contaminated surfaces and then touching eyes, mouth or nose.

What Precautions Should Immunocompromised Patients Follow To Avoid COVID-19 Virus Infection?

It is important to know that immunocompromised patients, or those receiving immunosuppressive medications including patients who did stem cell transplant, are more prone to all types of infections due to their week immune system.
Also, the severity of symptoms and complications if infected with COVID-19 virus, may increase in such patients.
Therefore, health care providers will provide such categories of people with pre-emptive precautionary preventive and therapeutic instructions to avoid infections in general, which includes the following:

وزارة الصحة
Ministry of Health

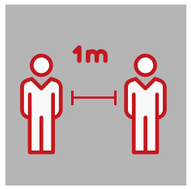
• Follow the instructions of the Ministry of Health (MOH).

• Follow your doctor instructions.

• Hands should be frequently cleaned with soap and water for at least 20 seconds.
Or use a sanitizer that contains at least 60% of alcohol.

• Avoid touching eyes, mouth or nose as much as possible.

• Adhere to the etiquette of coughing and sneezing by using a tissue to cover mouth and nose when coughing or sneezing, immediately discard used tissues in a closed trash and wash hands. If tissues are unavailable, use upper arm to cover mouth and nose.



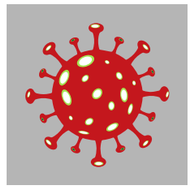
• Adhere to the rules of social distancing by keeping at least one meter between you and others especially those with respiratory symptoms.

• Avoid crowded places.

• Avoid small gatherings like family occasions.

• Refrain from greeting people using handshaking, hugs or kisses.

• Clean and decontaminate surfaces periodically using recommended agents and sanitizers.



• Wearing a face mask to cover the nose and mouth before going outside the house is recommended. The purpose of this action is not only to protect the person wearing it, but also to protect others from being infected with COVID-19 virus, especially from those who are not showing any symptoms.

• Wearing a face mask is advised in the following:
- While attending hospital appointments.
- If having respiratory symptoms such as cough or sneeze.

• Adhere to the concept of home quarantine by not leaving home unless necessary.

• Be sure to have enough essential medications, to last for up to a month.