

CLL SOCIETY

DO THESE THINGS AFTER TESTING POSITIVE FOR COVID-19

Last Updated March 2023



ACT EARLY-EVEN IF YOU FEEL FINE! REMEMBER, TIME IS OF THE ESSENCE.

- Access your COVID-19 Planning Folder and remain calm.
- Read through your COVID-19 Planning Checklist and Instructions again to ensure you have everything you will need to remain at home in isolation.
- Contact your healthcare provider(s) **immediately** to inform them of the positive test result. Advocate for receiving the urgent COVID-19 therapeutics (oral or IV antivirals) **ASAP** due to all those diagnosed with CLL/SLL being considered high-risk, regardless of treatment status. Remember, these must all be given early in the disease to be effective.
- Make phone calls to the location(s) you identified in the Pre-Exposure Checklist as having antiviral treatments available near you. It is essential to confirm that the location(s) you have identified have the treatment you are seeking available.
- Activate your Household Isolation Plan immediately.



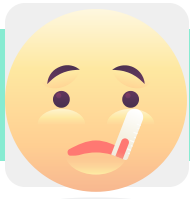
CONTACT THESE INDIVIDUALS RIGHT AWAY

- Contact anyone you have been around within the previous 48 hours and inform them of your positive test result. By notifying close contacts of their possible exposure, you may be helping them prevent the spread of COVID-19 to their friends and family.
- Stay in touch with healthcare providers periodically to ask questions and/or inform them of any change in your status. Do not hesitate to call your healthcare provider(s) to report any symptoms that are severe or concerning to you.



SCHEDULED APPOINTMENTS

- If you have any in-person medical appointments that absolutely cannot be avoided, please call the office ahead of time to let them know you have COVID-19. This will help them put measures in place to protect the staff and other patients when you arrive. Always wear a KN95 or N95 mask when in contact with others until you test negative two separate times in a row that were taken 24 hours apart.



KEEP A LOG OF YOUR VITAL SIGNS AND SYMPTOMS

- As soon as you begin experiencing symptoms, measure and record all vital signs taken, especially oxygen saturation levels and temperatures.
- Keep track of any new symptom onset such as headache, cough, shortness of breath, fatigue, body aches, vomiting, diarrhea, loss of taste/smell, etc. Make sure to include the time and date when you are logging vitals and symptoms.
- Call your healthcare provider(s) when oxygen saturation levels consistently reading below 93%, fever >100.4, or worsening symptoms.



SEEKING EMERGENCY CARE

- Call 911 immediately if emergency warning signs for COVID-19 develop such as difficulty breathing, rapid breathing, oxygen saturation consistently reading less than 90%, persistent pain or pressure in the chest, difficulty staying awake, confusion, or discolored lips/nail beds.
- Should you need to seek emergency care via ambulance, you must request to be taken to the hospital that you have already determined ahead of time can provide you with rapid access to critical COVID-19 therapies. If the ambulance is not given these instructions, they are required to transfer you to the nearest local hospital.
- Take your COVID-19 Planning Folder along with you to the hospital so you have quick access to the important documents (such as the "Official Statement for Prioritizing CLL Patient's Emergency Room Care").
- Perhaps most importantly, ADVOCATE for your best care! Remember, EARLY administration of critical COVID-19 therapies even if admitted to the hospital (such as IV Remdesivir and High-Titer Convalescent Plasma) are extremely important for those who are immunocompromised.



GUIDELINES FOR COMING OUT OF ISOLATION

- Those with CLL/SLL may have difficulty clearing the virus from their bodies. So, the CDC recommends to isolate between 10-20 days. Remember, you remain contagious until after symptoms resolve *and* you have tested negative twice on two separate rapid antigen tests taken 24 hours apart. **If you are testing positive beyond day #14, we highly suggest you talk with your healthcare provider about obtaining an infectious disease consult.**
- Immunocompromised individuals should carefully watch for COVID-19 rebound. This happens when you test positive again after having two negative test results taken 24 hours apart *or* if any COVID-19 symptoms reoccur after initially resolving. This usually occurs between 2-8 days after the initial recovery.