



CLL SOCIETY

## **CLL Society's Official Statement Concerning CLL (chronic lymphocytic leukemia) Patients Working and Traveling During the COVID-19 Pandemic (3/20/2020)**

The CLL Society, the largest patient focused CLL nonprofit organization in the USA, in consultation with members of its medical advisory board and outside experts, urges all CLL patients to stay home and avoid groups even if it's only 4-10 people, whether at work or in the community. We advise that you postpone all non-critical travel.

We recognize that this sounds draconian and might not always be possible, but all CLL patients, whether young or old, newly diagnosed, in a deep remission post therapy, or with long term stable disease are immune suppressed and immune suppressed patients are at increased risk for serious and even life threatening complications of COVID-19.

Our advice is that all CLL patients aspire to "shelter in place". What that means is leaving home only for urgent medical visits. No work except from home. No travel. Walks or hikes where there is no close contact with others should be fine. Home exercise is encouraged and do stay in contact with family and friends through video conferencing and phone calls for body and mind health.

However, if possible, ask friends or family members to perform even "essential" tasks or errands such as:

- Those needed for personal health and safety, or for the health and safety of family/household members. Examples include picking up medicine or getting supplies to work from home.
- Obtaining necessities such as groceries or home repair items.

Unlike others, CLL patients should not even leave home to work at an "essential business" where they might be in contact with others. If they absolutely must work in a setting with co-workers, they should go beyond the general public recommendations from the CDC and the WHO. Avoid contact with others through rigorous social distancing. The risk of spread from communal surfaces such as doorknobs and shared electronics is unclear, but until it is known, we advise to sanitize, wear disposable gloves or best of all, don't touch. Specifically, CLL patients who are doctors, nurses and others healthcare providers should not be providing direct patient care where they might come in contact with infected patients.

This is stricter than the recommendations for the general population, but CLL patients are a high-risk group. As always, our motto, is: **Smart Patients Get Smart Care™**. Today, we are talking smart self-care!

Things are changing fast and we will update as needed at [www.CLLSociety.org](http://www.CLLSociety.org)

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About CLL Society

The CLL Society Inc. is a global, patient-centric, physician-curated nonprofit organization focused on patient education, support and research. Dedicated to addressing the unmet needs of the CLL and related blood cancer communities, the CLL Society explains the rapidly changing therapeutic landscape and the importance of clinical trials, builds patient support groups, educates patients and providers, and does patient focused CLL research.