COVID-19 ACTION PLAN

Do These Things After Testing Positive for COVID-19

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

☐ Access your COVID-19 Planning Folder.

☐ Read through your COVID-19 Planning Checklist and Instructions again.

☐ Contact your healthcare provider(s) immediately to discuss arranging urgent treatment with the anti-COVID-19 monoclonal antibodies and any other possible early therapies as soon as possible.

☐ Activate your Household Quarantine Plan.

IMPORTANT PEOPLE TO CONTACT

☐ Contact anyone you have been around in the previous 48 hours and inform them of your positive test result. By notifying close contacts of possible exposure, you may be helping them prevent the spread of COVID-19 to their friends and family.

☐ Someone from the health department may call you. This is completely normal, and it is important to answer the call to assist with contact tracing, which may also help slow the spread.

☐ Call your healthcare provider(s) to notify them of your positive test result.

☐ Stay in touch with them periodically to ask questions and/or inform them of your status. And 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 an in-person medical appointment that cannot be avoided, call the office ahead of time to remind them you have been diagnosed with COVID-19. This will help the office put measures in place to protect the staff and other patients when you arrive.
KEEP A LOG OF YOUR VITAL SIGNS AND SYMPTOMS

- Begin recording a list of all measured vital signs, especially oxygen saturation levels and temperatures.
- Keep track of when you experience any new symptoms such as cough, chills, shortness of breath, fatigue, muscle/body aches, vomiting, diarrhea, or loss of taste/smell.
- Include the time and date when you are logging them.
- Call your healthcare provider(s) to inform them if your oxygen saturation is consistently reading below 95%, fever >100.4, or with 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 <92%, 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 they are not informed, 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 (the "Official Statement for Prioritizing CLL Patient's Emergency Room Care").
- Most importantly, ADVOCATE for your best care! Remember, EARLY administration of critical COVID-19 therapies, such as convalescent plasma and SARS-CoV-2 monoclonal antibodies, is extremely important for those who are immunocompromised (as recommended by Emergency Use Authorization and other clinical guidelines). Data shows both reduced morbidity and mortality in CLL patients with both of these treatments.

AFTER YOUR DISEASE HAS RUN ITS COURSE

- Please consult with your healthcare provider(s) to find out when you can safely be around others again. CLL patients have difficulty clearing COVID-19 from their bodies and may shed the virus long after symptoms subside. Unlike the general population (where routine testing after COVID-19 is not recommended), those with CLL should continue testing after symptoms subside to ensure the virus is not still being shed.

Please visit cllsociety.org for more information.