Directions for Completing the COVID-19 Planning Checklist

CLL Society highly encourages individuals living with CLL to prepare ahead of time and have a comprehensive COVID-19 Plan already in place just in case you have either a known exposure or receive a positive test result. The following are guidelines to assist you in completing your personalized COVID-19 Planning Checklist. Please keep all printed information in a designated COVID-19 Planning Folder that can be easily accessed if needed.

1) Obtain an oxygen (O2) pulse oximeter (O2 saturation monitoring device) and have it readily available in your home. Inexpensive O2 pulse oximeters can be purchased on Amazon or from your local drug store.

2) Have a reliable digital thermometer available. If you only have oral thermometers in your home, consider purchasing one for each member of the household to prevent spreading the virus to other family members.

3) Know ahead of time where you will go to get tested for COVID-19, and confirm they will perform the necessary testing:
   - The location you choose should be willing to offer you BOTH the rapid test and the PCR test at the same time. Remember, the Rapid test can indicate evidence of COVID-19 infection, but the PCR is typically more accurate. (Please also note, some rapid tests will not detect variants).
   - Always err on the side of caution and get tested right away should you experience any respiratory symptoms, or if you have known exposure to COVID-19. Do not dismiss allergy or cold symptoms!
   - The earlier you know, the earlier you can receive treatment, which is of utmost importance.

4) High titer convalescent plasma should be administered early after diagnosis and is authorized under the EUA (Emergency Use Authorization) for the treatment of hospitalized patients with COVID-19 and impaired immunity. That would include CLL patients. It is not used in severe COVID-19. Convalescent plasma may need to be administered more than once.

5) Monoclonal antibodies directed against the COVID-19 spike protein have proven to help high-risk patients and should be given within 10 days of diagnosis and can be given outpatient. The earlier the better! You must investigate ahead of time which hospitals in your area provide rapid access to this critical COVID-19 treatment! COVID-19 monoclonal antibody therapies are not available everywhere and are most likely not available at your local small community hospital. So please spend time finding out exactly where you can access them quickly should you need them. It is also important to understand the criteria that make you eligible for receiving this critical COVID-19 treatment should there be any pushback when you advocate for receiving it:
   - Search this map to find the hospitals in your area that have monoclonal antibody therapy available, and make it part of your plan to visit their emergency room if COVID-19 treatment becomes necessary.
- Under the EUA, healthcare providers are authorized to administer monoclonal antibodies to patients if they have experienced the onset of mild to moderate symptoms of COVID-19 in the last 10 days, have tested positive for COVID-19, and have high-risk factors (CLL included).
- If you cannot find a location ahead of time, you can call the “Combat COVID Monoclonal Antibodies Call Center” at 1-877-332-6585 for further assistance.

6) Make a list of all healthcare provider names, location, and phone numbers and print it out in case a hospital or other treating facility needs to obtain quick access to your prior health records in the case of an emergency.
7) Create a list of all medications, vitamins/supplements, names, and dates of vaccinations, and have your health history on hand should you need to go to the emergency room for COVID-19. The larger hospitals that provide the above-mentioned critical therapies for immunocompromised patients may not have immediate access to your medical record, especially if they are not connected to your treating cancer center.
8) Have a copy of your insurance cards, Living Will, Power of Attorney, POLST, and Advanced Directive readily available.
9) Print a copy of CLL Society’s Official Statement for Prioritizing CLL Patients Emergency Room Care Related to COVID-19 to hand to the emergency room staff when you arrive.
10) Create a Household Quarantine Plan for your home (see separate Quarantine Plan document) and discuss it with those in your household. Plan to put it into action immediately after known exposure, COVID-19 symptoms, or a positive test result.