



Indiana University Health

Transplant

Coronavirus Disease 2019 (COVID-19): Information for Transplant Patients

We recognize this is an especially concerning time for our transplant patients, including candidates on the waitlist, recipients and living donors. Information regarding COVID-19 continues to evolve and it is important to stay informed and be prepared.

We currently advise all transplant patients to:

- Maintain a minimum two week supply of all medication, keeping in mind any dosage changes
- Contact your transplant coordinator if experiencing a cough or fever prior to any visit to the hospital for clinic, labs or rehab
- Refer to the IU Health Coronavirus (COVID-19) Resource Center for the latest resources and information about COVID-19 at <https://iuhealth.org/covid19>
- Use the IU Health Virtual Clinic for free screening/triage for COVID-19 for anyone in Indiana. Learn more about this resource at <https://iuhealth.org/covid19>
- Refer to list of Frequently Asked Questions for Transplant Recipients and Candidates from the American Society of Transplantation at <https://www.myast.org/coronavirus-disease-2019-covid-19-frequently-asked-questions>

Following the recommendations below are crucial to minimize exposure and spread of COVID-19 among transplant patients and the general population:

- Wash hands frequently with soap and water for at least 20 seconds
- Avoid touching face
- Disinfect frequently touched surfaces often (TV remote controls, light switches, cell phones, etc.)
- Cough or sneeze into tissue or elbow, dispose of tissue in trash can immediately and wash hands
- Increase ventilation in household by opening windows (if feasible)
- Minimize exposures in public and avoid crowded environments
- Wear a face mask outside your home
- Maintain a 6 feet or more distance from others outside your home
- No handshaking
- Work from home (if feasible)
- Postpone all non-essential travel and encourage household members to do the same
- Avoid sick people at home and in public
- If a household member is infected with COVID-19, practice self-quarantine and avoid sharing household items to limit your exposure to the virus. Both you and infected person should wear a mask and closely follow all of the above. If feasible, alternative accommodations may need to be considered. At a minimum, the ill person should stay in one room with one designated caregiver to reduce contact with transplant patient.