



Indiana University Health

Transplant

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

IU Health continues to monitor the outbreak of respiratory illness caused by the Coronavirus disease 2019 (COVID-19). We are in direct coordination with and monitoring alerts from the Indiana State Department of Health and the [Centers for Disease Control and Prevention \(CDC\)](#).

As a transplant team, we are also monitoring updates from the United Network for Organ Sharing and the Association of Organ Procurement Organizations. As of 3/12/2020, all transplants continue to be performed at IU Health Methodist and University Hospitals and Riley Hospital for Children. Visit iuhealth.org/transplant and facebook.com/iuhtransplant for ongoing updates.

We recognize this is an especially concerning time for our transplant patients. Information regarding COVID-19 is changing rapidly and it is important to stay informed and be prepared. We currently advise all transplant recipients or candidates to:

- Refer to this list of [Frequently Asked Questions for Transplant Recipients and Candidates](#) from the American Society of Transplantation
- Maintain a minimum two week supply of all medication, keeping in mind any dosage changes
- Contact transplant coordinator if experiencing a cough or fever prior to any visit to the hospital for clinic, labs or rehab
- Watch for calls or emails from IU Health team members regarding any change in your scheduled appointments
- Use the IU Health Virtual Clinic for free screening/triage for COVID-19 for anyone in Indiana. Learn more about this resource here: <http://bit.ly/2VOFQh4>

Dr. Nicolas Barros Baertl of IU Health's Infectious Disease and Transplant teams has the following recommendations for transplant patients and household members to prevent COVID-19 infection during this outbreak:

Transplant candidates on waitlist:

- All patients on the waitlist are encouraged to follow the same recommendations below for post-transplant patients and their household members.

Transplant recipients and household members:

- **Postpone all non-essential travel and encourage household members to do the same**
- Minimize exposures in public and avoid crowded environments
- Minimize close contact with people (6 feet or more)
- No handshaking
- Cough or sneeze into tissue or elbow, dispose of tissue in trash can immediately and wash hands
- 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.)
- Increase ventilation in household by opening windows (if feasible)
- Work from home (if feasible)
- Avoid sick people at home and in public
- If a household member is infected with the COVID-19, the infected person and transplant recipient should wear a simple surgical/dust mask and closely follow all of the above. If feasible, alternative accommodations may need to be considered for the transplant recipient while a household member is ill or the ill person should stay in one room with one caregiver to reduce contact with transplant recipient.

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