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.

Vaccines:

We are all anxiously awaiting the vaccines for COVID-19. We continue to monitor the information available; however, we expect that it will likely be Spring/Summer of 2021 at the earliest before we have enough information about the vaccine safety and effectiveness in transplant patients to recommend the COVID-19 vaccine for candidates on the waitlist, recipients and individuals in evaluation for living donation. In the meantime, it is critical that all continue to practice the same safety measures that are currently recommended: wearing a mask, social distancing, good hand-washing and avoiding crowds or contact with people who are ill or may have been exposed to COVID-19. We will update the IU Health Transplant Facebook page (@iuhealthtransplant) as we have more information about the vaccines.

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

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.