

Advice Regarding COVID-19 (also known as coronavirus) Outbreak For OMS patients and families

The Centers for Disease Control and Prevention (CDC) and local health departments are following the outbreak of coronavirus (COVID-19). COVID-19 which causes fever and respiratory disease in most patients but can also cause diarrhea and vomiting, particularly in younger patients. This is a rapidly evolving situation, and while most severe cases are in older adults, patients with immune disorders or on immunosuppressive medications may be at higher risk.

For everyone to Avoid COVID-19 Infection:

Wash your hands often with soap and water for at least 20 seconds (sing Yankee Doodle through once, or the Happy Birthday song twice through).

Use an alcohol-based hand sanitizer if soap and water are not available.

Avoid touching your face with unwashed hands, this includes the eyes and mouth

Sanitize any high touch surfaces frequently (cell phones, computers, remote controls, desks/workstations, etc.)

Practice social distancing (e.g. avoid handshakes, hugging, and keep 3 feet away from others when possible)

Avoid any non-essential travel domestically or internationally

Wearing a mask does little to protect you from catching the virus. People who have viral symptoms should wear masks to protect others.

Is my OMS child immunosuppressed?

If your child is currently on ACTH, pulse dose dexamethasone, or daily oral steroids - YES

If your child has had rituximab in the last year – YES

If your child has had cyclophosphamide (Cytoxan) in the last 6 months – YES

If your child is on other chemotherapy for a neuroblastoma – YES

If your child is receiving other immunosuppressive medications (mycophenolate, azothiaprine, methotrexate for example) - Yes

If your child is receiving IVIG but NO other medication – NO

If your child has not received any of the above in the last year, regardless of what they received in the past - NO

For OMS patients on therapy

Do not stop medications. Talk with your doctor before starting any new therapies to further lower your immune system.

Supplements and herbals to “boost your immune system” are not helpful and could worsen OMS. Do not take anything that isn't recommended by your physician

If you have a routine appointment coming up soon, ask your doctor if you can postpone until approximately June when COVID-19 is expected to wane

If COVID-19 Infection is Present in Your Local Community:

Consider staying home from school. At this point many communities are closing schools. If your child is on active immunosuppression, ask your doctor about getting a letter for the school to allow home teaching.

Explore online alternatives to any educational or work activities with your teacher/employer

Avoid crowds and large events

Avoid persons with cough, cold, fever, or diarrhea at all costs

Avoid high touch areas (public transportation, public restrooms, malls etc.)

If your child develops fever, particularly with cough or diarrhea

First contact your primary doctor and try to arrange appointment for examination and testing. Going to emergency room or urgent care is not the first choice, unless your child appears very ill.

Put mask on the child if you need to go out of house or to doctor. Wear a mask if you have been exposed to someone with possible COVID-19, to protect others.

Inform staff at any physician's office or emergency department as soon as you arrive and ask them to be put into a separate room right away, not a crowded waiting room.

