

# CANCER AND BLOOD DISORDERS CLINIC: COVID-19 RESPONSE

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Greetings! The team at the Children's Minnesota cancer and blood disorders clinic is available to address your needs and concerns. We are here for you and your family during this challenging and unprecedented time.

**Contact information:**

**Monday – Friday 8:30 a.m. to 5 p.m. call 612-813-5940.**

**After hours and weekends call 612-813-5940 and have the on-call hematologist or oncologist paged.**

In an effort to minimize exposure and risk of COVID-19 (also known as Novel Coronavirus), and with the goal of keeping our patients, families, staff and providers safe, we are making the following **TEMPORARY** operational changes to the care we provide at the Children's Minnesota cancer and blood disorders clinic.

**The following changes will be in effect until further notice:**

- We are evaluating all non-urgent in-person clinic visits, including comprehensive clinic visits. Our schedulers will contact you soon if you have an appointment scheduled.
- You may be contacted by our staff to discuss the option of a telehealth visit with your provider as appropriate or necessary. This will allow for continuation of care electronically in the comfort of your own home. If you participate in a telehealth visit our front desk will assist you with set up requirements.
- If you do bring a child to an on-site clinic visit we highly advise that only one parent or guardian accompany them. If possible, we ask that you do not bring your child's sibling to the appointment. Anyone entering the clinic must be healthy and without fever or respiratory symptoms. Additionally, you will be called prior to your appointment to ensure it is safe for you to come to clinic.
- Our same-day and urgent care guidelines have been updated to provide additional protection. However, please contact us with any concerns you may have and we can assist you. Please call with any symptoms or concerns so we can assist you in determining the best setting for evaluation.
- The Children's Minnesota pharmacy remains open and is able to fill medication orders. Refills will be extended as needed during this time.
- Social workers remain available to support you.

## **We want to stress the importance of taking care of your mental health.**

The outbreak of COVID-19 can be understandably stressful for people. It can be overwhelming and cause strong emotions with everyone reacting differently.

### **Stress during an infectious disease outbreak can include:-**

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Impact on overall health or worsening of chronic health conditions.
- Increased use of alcohol, tobacco or other drugs.

### **Things you can do to support yourself:**

- **Take breaks from watching, reading or listening to news stories, including social media. Repeated exposure to pandemic concerns can increase stress in an unhealthy manner.**
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some activities you enjoy while maintaining your safety.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your primary care provider if stress gets in the way of daily activity for several days in a row.

### **The following links provide information about reducing stress in yourself and others:**

- [Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- Learn more about [taking care of your emotional health](#).
- Reference more detailed information from the [CDC about managing stress and anxiety](#).

### **Here are some additional resources regarding COVID-19:**

- [Children's Minnesota](#)
- [National Hemophilia Foundation \(NHF\)](#)
- [Hemophilia Federation of America \(HFA\)](#)
- [Minnesota Department of Health \(MDH\)](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)
- [Children's Oncology Group](#)

Wishing you health and safety,

Your team at the Children's Minnesota cancer and blood disorders clinic