

Is COVID-19 Dangerous in People with Cancer?

Mahdi Naeim*

Social Determinants of Health Research Center, Ardabil University of Medical Sciences, Ardabil, Iran

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Corresponding author:

Mahdi Naeim,

Social Determinants of Health Research Center, Ardabil University of Medical Sciences, Ardabil, Iran, Tel: 09144514801,

Email: mnaeim64@gmail.com

LETTER

In some people, coronavirus infection is associated with more severe symptoms and more serious consequences.

The following groups experience the most severe symptoms of coronavirus infection:

- People over 60 years old
- People with underlying diseases such as cardiovascular disease and diabetes
- Those whose immune systems are already weak for any reason or who have been suppressed in order to treat other diseases such as autoimmune diseases (immune system attack by mistake on own cells) [1].

General information about coronavirus infection

We have read and heard a lot about coronavirus infection. In this section, we briefly review the general information about it [2].

Ways of transmitting the coronavirus are

From person to person, through respiratory droplets, especially when sneezing or coughing

By hand contact with infected objects and shortly thereafter, touching the nose, mouth or eyes

Other ways that are possible, such as airborne droplets suspended in certain conditions [3].

It is important to know

- There is also the possibility of transmitting the patient from asymptomatic carriers.
- The latent period of the disease is from 2 to 14 days and in most cases 3 to 7 days.
- The most common symptoms are fever, fatigue, dry cough, and shortness of breath.
- A small number of patients experience symptoms such as nasal congestion, runny nose, and diarrhea.

People with cancer are considered high-risk groups because they may be treated with a variety of immunosuppressive drugs, and they need to be more serious and careful about preventing and treating the infection [4].

REMARKABLE PEOPLE WITH CANCER AND THEIR FAMILIES

In the centers therapeutic

If you need to go to a diagnostic center, minimize your attendance, and avoid crowded waiting areas.

- Keep at least one meter away from other people while waiting for an examination in the waiting room of a hospital or office.
- Be sure to wear a suitable mask, preferably gloves, when referring to diagnostic and therapeutic environments, and avoid touching the mouth, nose, and eyes.

AT HOME

If you go to a hospital, clinic, or office for diagnostic treatment, after returning home and upon arrival, put all your clothes in a laundry basket or washing machine, take a shower immediately and wear clean clothes.

- It is recommended that a person be responsible for caring for a cancer patient.

It is essential that this person observes hygienic principles more than other family members and has the least contact with the environment outside the home and other family members.

- The person caring for the patient should wear a mask and disinfect own hands according to general instructions before and after each care.

It is recommended that all personal belongings of the patient (including personal hygiene items, utensils used for eating and resting items such as pillows, bedding, and mattresses) be separated from other family members and is specific to the person with cancer.

- Try to keep the patient in a special space and be separated from other family members and less out of this space. Given the higher risk of developing a blood clot in most people with cancer treatment, confining the patient to a room does not in any way mean inactivity, and the patient needs to have normal mobility.

- As far as possible, no one other than the members living in the house should go to the place where the person with cancer lives.

- Limit patient communication with other family members and minimize shared space. Make sure common spaces (such as kitchens and bathrooms) are well ventilated (for example, keep windows open).

- It is recommended that the movement of other family members to the patient's room be kept to a minimum.

- Try all surfaces the patient is in contact with (such as bedding and WC) disinfect at least twice a day.

- It is recommended to disinfect different surfaces with a cloth dampened with disinfectant.

- Measure the body temperature of a cancer patient at least once a day with a thermometer. If patient body temperature is above 37.3 degrees or the patient has any of the symptoms of a dry cough, shortness of breath, or an abnormal feeling, contact the patient's physician or the center from which is receiving diagnostic services.

- Do not allow people with any symptoms of the common cold, even mild runny nose or slight sneezing, to commuting to the patient's place of residence.

- Plan a balanced weekly diet for the patient and when preparing and cooking food, observe all the hygienic items, especially regular hand washing in the right way.

- Do your best to keep yourself and the patient calm and try to provide a calm and stress-free environment at home.

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