

COVID-19 Updates

*Sponsored in partnership with Astra-Zeneca
Updated May 1, 2020*

Due to quickly evolving information, recommendations may be subject to change and will be updated as needed.

The Children's Tumor Foundation prepared the following questions and answers to address concerns specific to and from the NF community regarding the COVID-19 pandemic. As in previous updates CTF encourages everyone to refer to the [Centers for Disease Control and Prevention](#) (CDC) website for the most current and comprehensive guidelines and more general information. The following information has been adapted from the CDC website.

1. Can I get sick by touching a surface or object that has the virus on it?
 - According to the CDC, coronaviruses are generally thought to be spread from person-to-person through inhalation of respiratory droplets produced when an infected person coughs or sneezes.
 - It may be possible for people to become ill by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes. Wash your hands often and try not to touch your face unless you have just washed your hands.
2. Who is at higher risk for serious illness from COVID-19? According to the CDC:
 - [People aged 65 years and older](#)
 - People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised

- People with severe obesity (body mass index [BMI] ≥ 40)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

○

3. What should people at higher risk of serious illness from COVID-19 do?

- The CDC recommends avoiding all non-essential travel and staying home as much as possible.
- Keep away from others who are sick.
- Avoid crowds.
- Wash hands often.
- Wear a mask when you do have to visit crowded places.

4. Should I wear a facemask to prevent contracting COVID-19?

- Yes. The CDC does recommend that everyone wear a facemask when in public areas where maintaining social distancing guidelines is not possible (i.e. grocery stores, convenience stores, garden centers).

5. Is it safe for me or my loved one to continue going to clinic appointments?

- Some NF clinics may not be currently scheduling non-urgent appointments or may be moving to telemedicine for routine visits. We encourage you to stay in close contact with your NF providers during this time.