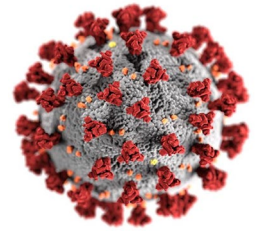










# Safer Living during COVID-19 Tips for Transplant Patients



Now that you have a new transplant, your immune system is weaker, and you are at increased risk to get infections, including COVID-19. Here are some tips to follow to keep yourself and others safe.

				
Avoid unnecessary Travel	Wash hands frequently with soap and water or hand sanitizer with at least 60% alcohol content  Wash hands for at least 20 seconds		Avoid touching your face	Ensure household contacts avoid high risk situations and receive all standard vaccinations including the flu vaccine

## When you leave your house:

				
Maintain social distancing ( 6 feet) and limit physical contact with others	Wear a mask when going outside	Avoid Crowds	Avoid Public Transportation as much as possible	Gather outside instead of indoors

If you develop any concerning symptoms such as cough, fever, shortness of breath, call your transplant team right away.