

COVID 19 Concerns for Transplant Patients

How do I know what activities are safe?

Engaging in activities can be important for physical and mental health. It is important to remember that activities carry various levels of risk for contracting COVID-19. As an immunosuppressed person, your risk level is high. Follow Center for Disease Control (CDC) guidelines when planning activities. [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

What steps can I take to make going out in public safer?

Avoid unnecessary exposures. When you do go out, follow the CDC recommendations including frequent handwashing, wearing a face covering and maintaining social distancing. [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Should I get my labs done?

Lab results are important. They help us see problems early so we can treat any problems before they get worse and require a higher level of treatment such as admission to the hospital. Contact your lab team and ask what safety precautions they are taking, and if an appointment is required. If a change in frequency for your lab work is right for you, your coordinator or provider will let you know.

Can I get a COVID-19 vaccine?

As of now, immunocompromised patients (including organ transplant recipients) are not eligible for COVID-19 vaccine trials. Once we know more about the vaccine, we will be able to give advice on if you can and/or should get it, or if it is best to have those around you (e.g. family members) get vaccinated as a way of keeping you safe.

What should I do if I am exposed to someone who tests positive for COVID-19?

Per the CDC/Public Health guidance, we recommend you get tested 3-4 days following an exposure and monitor for symptoms. If you develop symptoms, you should contact your transplant team.

What if I test positive?

Contact your transplant team if you have a positive COVID-19 test or if you are exposed to someone who has tested positive.

How do I find out if I can have a visitor/support person come with me to UW Health?

As with other healthcare institutions, UW Health adjusts its visitor policy (and other policies, e.g. food restrictions) based on community COVID-19 infection rates. For the most up-to-date information, always check [coronavirus.uwhealth.org](https://www.coronavirus.uwhealth.org) before all visits.

Preparing for Flu Season

Get your flu shot now!

- The U.S. licensed inactivated influenza virus vaccine is recommended for transplant recipients, and their close contacts 6 months of age and older, without contraindication such as life-threatening allergy.
- Patients 65 years and older should receive the high dose influenza vaccine when available.
- Patients should receive the Influenza vaccine as early as 1 month after transplant.
- Nasal flu mist is not recommended for transplant patients because it includes live virus.

Prevention:

- Be sure to report if you have symptoms before coming to our clinic. Your transplant team may ask you do a telemedicine visit to prevent you from exposing other patients.

Influenza Exposures / Symptoms

- If you have close contact with someone who has tested positive for influenza, and you are within 48 hours of the contact, call your primary care doctor to ask about antiviral therapy.
- If you have symptoms of influenza (fever over 100 and one of the following: cough, sore throat, nasal drainage, body aches/headache) antiviral therapy is recommended.



Transplant Center