

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?

Yes. The UW Health Transplant Center team advises that our solid organ transplant recipients should receive the COVID-19 vaccine as soon as it is available to them, as long that it has been 60 days from their transplant surgery, and they do not have any standard contraindications to receiving the vaccine. The COVID-19 vaccines currently available (Pfizer, Moderna and Johnson & Johnson) are as safe as other vaccines that our transplant recipients receive. The risks associated with getting this vaccine are minimal and are outweighed by the risk of severe illness should you not receive the vaccine and become infected with COVID-19. We do not recommend receiving a live-virus vaccine, however none of the currently available vaccines (Pfizer, Moderna and Johnson & Johnson) contain live virus.

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.



Transplant Center