








Prophylactic Measures (Coronavirus infection) to take for Transplant patient

HANDS Wash them often		Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
USE MASK		Put on a mask when you go out in public, to the hospital, or a transplant clinic.. It is recommended to choose a surgical mask.
ELBOW Cough into it		Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of the used tissue immediately.
FACE Don't touch it		Avoid touching eyes, nose and mouth. Hands touch many surfaces . Once contaminated, hands can transfer the virus to your eyes, nose or mouth. Avoid gatherings with friends and family.
SPACE Keep safe distance		We also suggest that your immediate household contacts . It is best to avoid contact for 14 days with individuals who have returned from an area where they could have been exposed to COVID-19. If the individual remains healthy after 14 days, contact can be resumed .
Medicines Keep medicine in stock		Ensure you have enough supplies and medication. Your caregiver should pick up your medicines from the pharmacy to avoid crowded places.
FEEL sick ?		Inform your Doctor if you have a fever and are coughing and sneezing