

# COVID-19 & VADS: How to Stay Healthy in 2021

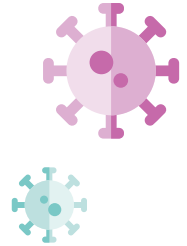
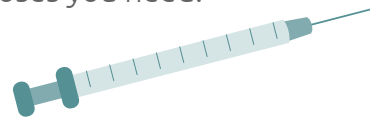


Wash your hands for 20 seconds and don't touch your face.

*Please be cautious and make sure to wash your hands often, especially when getting labs drawn from a hospital.*

Get a COVID-19 vaccine if you are age 12 or older.

Don't forget to talk to your care team about how many doses you need.



Use masks and gloves during dressing changes.

*Masks and gloves should be worn for driveline dressing care. Don't use masks worn outside for dressing changes.*



Keep more space between yourself and others.

*Social distancing rules apply to all VAD patients. Please limit any unnecessary exposure to COVID-19 by remaining local and staying at least 6 feet apart from people that don't live in your house.*



Monitor for COVID-19 symptoms.

*Symptoms may include: congestion, fever, cough, diarrhea, fatigue. **For Fevers: ONLY take Acetaminophen (Tylenol).***

Call your care team, or use telehealth.

*Develop a plan to contact your care team in the event that you start to experience COVID-19 symptoms.*



Wipe down everything.

*It's important to clean the outside of your equipment and bag with sanitizing wipes daily to prevent exposure to germs.*



Your care team is here for you.

*To keep your care team healthy, they may be short staffed or working from home. Please be patient with them and try to plan ahead for your VAD needs.*



If you get sick, your transplant listing status may change.

*If you are currently eligible and active on the transplant waiting list, and you become ill, your status may be temporarily affected. Call your care team with any concerns or questions.*