



Coronavirus & Prostate Cancer

*What **you** need to know*

To help you and your loved ones, ZERO has put together resources to connect you with community support, answer frequently asked questions specific to prostate cancer and COVID-19, and to help you find direct assistance if you need it.

Where to Go for Help

[ZERO Connect](#)

Join our online Facebook group to get support from a community of patients and caregivers who have been impacted by prostate cancer.

[ZERO360 Comprehensive Patient Support](#)

Get live assistance from our team of experienced case managers, ready to help you and your family through your prostate cancer journey, by visiting our website or calling (844) 244-1309.

[ZERO MENtor](#)

If you are a patient who is looking for one-on-one peer support, visit zerocancer.org/mentor to get matched with an individual MENtor who can provide personal guidance and counsel.

[Social Media](#)

Keep up-to-date with the latest prostate cancer news (including developments with COVID-19) by following ZERO on [Facebook](#) and [Twitter](#).

[ZERO Chapter Directors](#)

Contact your local support staff to learn more about how ZERO can help you with its various resources and support programs.

FAQ: What Do Prostate Cancer Patients need to know about Coronavirus Disease 2019 (COVID-19)?

Am I at Risk?

I'm currently in treatment, am I at risk? What if I'm in active surveillance ("watchful waiting")?

It depends on how advanced your cancer is, which prostate cancer treatments you are using, and other medical conditions you may have (including diabetes, heart disease, and lung disease). Refer to [CDC's resource on people who are at higher risk for serious illness from COVID-19](#) for more information, and talk to your doctors about any concerns you have about your current treatment.

My doctor has already told me that treatment will impact my immune system. Am I at risk?

Yes. Older adults and people who have underlying conditions have a higher risk of getting very sick from this illness. You need to take extra precautions to minimize your risk from COVID-19, so be sure to review the CDC's resources on [how high-risk individuals can get ready for COVID-19](#).

My prostate cancer is currently undetectable. Am I at risk?

Age and underlying health conditions put you at a higher risk of serious illness from COVID-19, and these are factors that often coincide with prostate cancer patients and survivors. But even if you're not at an elevated risk, the CDC [recommends that everyone take practical steps to prevent the spread](#) of COVID-19.

I recently traveled, or I think I might have come across someone sick with COVID-19 in my local community. Am I at risk?

Call your doctor (*before* you go to the hospital) if you've been in close contact someone who has COVID-19 or if you've recently traveled to an area with widespread or active exposure to the disease. The CDC keeps an [up-to-date map of verified cases](#), but one of the challenges is that the disease can take several days or even weeks before a patient shows any [COVID-19 symptoms](#). If you've traveled recently, take a look at [CDC's travelers information](#) website.

What Should I Do?

Should I be especially worried?

Don't panic, but do take the situation seriously. Experts are learning more about COVID-19 by the minute, but one thing is clear: it's spreading quickly, it's most dangerous for people who are older

and/or have weakened immune systems, and there's no cure on the immediate horizon. Keep an eye on the [CDC's constantly updated summary of the situation](#).

I'm a caregiver or family member of a prostate cancer patient. What should I do to help?

Especially if your loved ones are in a high-risk population — weakened immune system, advanced age — help them avoid potential exposure (“social distancing”) by doing the shopping and other away-from-home tasks on their behalf. Remind them to follow the CDC best practices, particularly the ones about washing hands, practicing “social distancing,” and disinfecting surfaces. Technology can be a big help to avoid feeling isolated, and many large gatherings are shifting to online platforms like YouTube, videoconferencing, and social media. See if your loved ones need help getting set up and connected to these services, and encourage them to join groups like [ZERO Connect](#) to stay in touch with a larger community. The CDC also has an extensive section on [ways to cope with the emotional stress](#) caused by the pandemic.

I haven't been tested, but I feel like I'm coming down with something, and I wonder if it's COVID-19. What should I do?

[Compare your symptoms to the CDC's list](#) of COVID-19 symptoms, and call your doctor before coming in for medical attention. Experts are continuing to learn about the disease, so additional symptoms may be discovered, but these will always be up-to-date on the CDC website.

I'm not sick, but should I go ahead and self-quarantine anyway? The news says I should do one thing and posts on social media are saying another. What should I do?

Even as people have the best of intentions for keeping others informed, COVID-19 is a very new disease and the situation keeps evolving. Always rely on official sources of information: the [Centers for Disease Control \(CDC\)](#) and your doctor.

What should I do to prepare in case there's an outbreak in my community? How can I prepare my home and family when it seems like toilet paper and other essentials have suddenly disappeared from the store!

First, *don't* panic. It's completely natural to fear the unknown, and unfortunately there's much we're still learning about the disease, but there are concrete steps we can all take to face these challenges without creating new ones in the process. Second, *do* take the necessary precautions to get your home ready, clean and disinfect, and stock up on needed supplies without buying a year's supply. The [American College of Emergency Physicians guide](#) is a great summary of how to prepare for the disease: practice good hygiene by washing your hands frequently for at least 20 seconds, clean surfaces that get touched regularly (most household cleaners can kill the virus), limit your exposure to crowded spaces, get rest, eat well, and make sure you have two weeks of supplies just in case you

start to feel sick. For a more in-depth guide, check out the CDC's sections on [getting your home ready](#), [protecting your family](#), and [frequently asked questions about community outbreaks](#).

I've been tested and confirmed to have COVID-19. What should I do?

Always follow the [CDC's updated instructions for those who have COVID-19](#).

What does COVID-19 mean for current or upcoming cancer clinical trials?

The U.S. Food and Drug Administration (FDA) released a [new webpage](#) of information to help address questions patients and caregivers may have about the impact of COVID-19 on FDA-regulated clinical trials. The webpage is a source of information for patients during this time of crisis. For additional questions you may have, please contact the FDA's Patient Affairs Staff at 301-796-8460 or email patientaffairs@fda.hhs.gov.

More Resources

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- **Get Support:** [ZERO360 Comprehensive Patient Support](#)
 - **Online Community:** [ZERO Connect](#)
 - **Blog Post:** [Jamie Bearse: Supporting Community in Pandemic](#)
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