

Information for people with blood cancer

Swansea Bay Health Board Helpful Numbers for blood cancer Patients

- **Macmillan Cancer Information and Support Helpline**

Singleton Hospital Swansea, 07971 549779

Morrison Hospital Swansea, 07891 165215

Neath Port Talbot Hospital Port Talbot, 07971 549779

Or e-mail sbu.macmillanInfopod@wales.nhs.uk

Call these numbers if you need general advice or support about cancer and what extra precautions you may need to take to help protect yourself from the coronavirus

You should not call this number if you are unwell and/or concerned that you have coronavirus. Our Coordinators will not have access to your medical records or be able to give medical advice.

Our Macmillan Cancer support coordinators are ready to chat with you about your worries and concerns.

Alternatively, you can contact us via email: sbuHaematologyAdvice@wales.nhs.uk and we will respond to your query within 2 days

TELEPHONE NUMBERS FOR ADVICE IF YOU ARE UNWELL

01792 285364 8-4 Monday-Friday Haematology Day unit

01792 618829 out of hours (after 4pm, before 9am and during weekends)

Call the above number if you are on blood cancer treatment and feel unwell or are concerned that you have symptoms of coronavirus. If you are on blood cancer treatment you will have at some point been given an all Wales alert card.

Haematology Clinic Appointments

Where possible clinic appointments with your Consultant will be conducted over the telephone. Sometimes it will be necessary for you to attend in person, for example where new treatments or change to treatment requires you to sign consent, or if you have new symptoms that mean you will need to be examined. If you have concerns or are unsure about attending for clinic appointments please use the haematology advice email if you can, or if you are not on email please contact the haematology secretary. Do not ring these numbers for advice if you are unwell.

Singleton	01792 285958
	01792 285298
Morrison	01792 703305
Neath	01639 862445
Bridgend	01656 752341

Frequently asked questions

Will I be able to continue with my anti-cancer treatment during the current coronavirus pandemic?

- Your Consultant will consider the risks versus the benefits of continuing on treatment and discuss this with you.
- These decisions will be made with clinical consideration of the type of cancer you have, the type of treatment you are on, the expected benefit of the treatment on your cancer, the expected impact of the treatment on your immunity and any other health issues you may have.
- If you have any of the Covid-19 symptoms you will not be able to have your anti cancer treatment. These symptoms are
 - a high temperature or
 - a new continuous cough.

Please do not attend the treatment units if you have these symptoms. All patients arriving for treatment or outpatients appointments will be asked to answer some screening questions and have their temperature recorded before proceeding to the clinical area.

Will my relative be able to accompany me to have my treatment?

- Where possible we are limiting unnecessary visitors to the treatment units. If you need to bring a relative, this will be limited to one only. If you are attending for treatment your relative will not be allowed into the treatment areas and will be asked to wait in the unit waiting room. If you are attending for an outpatient appointment your relative will be allowed to attend the appointment with you.

Should I be socially distancing?

- If you have a cancer diagnosis you **should** be socially distancing for at least 12 weeks. Keep listening out for updates on this timeline from the government. This is whether you are currently on treatment or not.
- If you no longer have cancer, but you have received anticancer treatment in the last 3 months you **should** be socially distancing for at least 12 weeks. Keep listening out for updates on this timeline from the government.

What further measures could I take to protect myself?

- Be thorough with your personal hygiene – wash hands more often than usual, for 20 seconds at a time using soap and hot water, particularly after coughing, sneezing or blowing your nose.
 - When you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve, not your hand and throw the tissue away immediately then wash your hand or using a sanitising gel.
 - Keep hard surfaces within your home regularly wiped down with disinfectant.
 - Avoid non-essential contact with other people and unnecessary travel
 - Try to keep at least 2 metres away from other people in your home
 - Ask friends, family and delivery services to deliver things like food shopping and medicines but leave them outside
 - Sleep alone, if possible
 - Do not have visitors
 - Do not go out except to exercise in the open air away from public places
 - Do not go to shops, schools, restaurants etc.
 - If someone in your home has symptoms you should try and find somewhere else to stay
 - If you have to stay home together try to keep away from each other as much as possible, use different bathrooms if this is possible.
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For more information on COVID-19 please visit the Public Health Wales website-
<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/self-isolation-advice/>

What should I do if I get a temperature or a new continuous cough?

- If you are on anti-cancer treatment and have these symptoms, or any of the other symptoms on your alert card, you should ring the numbers above under **'Telephone numbers for advice if you are unwell'**
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