

# CORONAVIRUS EPIDEMIC RECOMMENDATIONS FOR TRANSPLANT PATIENTS

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A coronavirus (Covid-19) epidemic is currently raging through many countries, including Switzerland. The Division of Transplant Surgery at the HUG wants to share information with our transplant patients.

The coronavirus infection is more often than not benign with symptoms resembling those of flu, but serious forms do exist. Organ transplant patients taking immunosuppressant treatments have a heightened susceptibility to viral infections. Furthermore, even if we have little information to date, it is likely that such patients are at greater risk of developing serious forms of the coronavirus infection.

In this context, and without reverting to panic, it is advisable to remember a few essential measures:

- 1 Do not modify your immunosuppressant treatment.**  
Each transplant patient must continue to take his/her treatment as usual.
  
- 2 Basic protection rules to follow**
  - ▶ Wash your hands very regularly with soap and water or with a hydro-alcoholic solution.
  - ▶ Cough or sneeze into your elbow.
  - ▶ Greet without shaking hands, avoid hugging.
  - ▶ Use disposable tissues, throw them away after use and wash your hands.
  - ▶ Wear a mask when you are ill.



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### **3 Other recommended common sense measures**

- ▶ Respect a social distance of two meters from other people.
- ▶ Public and private demonstrations and gatherings, inside or outside, of more than five people now forbidden (Council of State, 16 March).
- ▶ Avoid contact with people presenting flu-like symptoms.
- ▶ Apart from appointments, do not visit hospital premises.
- ▶ Telephone your doctor to check whether it is necessary to attend a hospital appointment.
- ▶ Prioritize home-working if that is possible for you.

### **4 For follow-up appointments at the hospital**

- ▶ The Division of Transplant Surgery at the HUG will inform you of the specific organisational measures that have been put in place. These will depend on the local situation and on the development of the epidemic.
- ▶ Your appointments will be postponed if your clinical condition is stable.
- ▶ Alternatives to a physical consultation will be proposed to you such as a remote appointment via computer or a telephone appointment.
- ▶ It may be decided to modify the reception conditions in the consultation rooms (wearing of masks, relocation to other premises, etc.).

### **5 In the event of fever and flu-like symptoms**

- ▶ Please call the hotline of the Division of Transplant Surgery at the HUG directly on: ☎ 022 372 24 05, and advise your transplant doctor.
- ▶ In all cases only attend the emergency department if there is a life-threatening emergency.

These recommendations (16 March 2020) are likely to be amended in line with the development of the epidemic and with the decisions taken at Confederation level and by the Canton of Geneva.