March 20, 2020

From: M Health Fairview
Solid Organ Transplant Services

To: Solid Organ and Auto Islet Transplant Recipients

We're taking every step to protect our patients during the COVID-19 (coronavirus) outbreak.

Solid organ transplant and auto islet transplant patients have higher risk of getting sick from COVID-19. We’re asking that you take special steps to stay safe and healthy.

**What is COVID-19?**
We’re writing to you to give some details and advice about the COVID-19 outbreak. Coronaviruses are viruses that usually cause colds that get better without treatment. COVID-19 has now spread around the world, including to Minnesota. There are very few people infected in Minnesota now; this number is going up.

Most people who develop COVID-19 have a mild illness and recover. Some high-risk patients can get very sick and die from this infection. This includes people over 60 years of age or those who have other health issues.

**Contact your Transplant Coordinator if you:**
- Have fever, cough, shortness of breath or other flu-like symptoms.
- Have been near someone who has COVID-19.
- Need to isolate or quarantine yourself.

Contact Transplant Coordinators through MyChart or by phone at (612) 625-5115.

**Staying safe and healthy**

- Keep yourself healthy (social distancing)

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The best thing you can do is **stay home as much as you can.**
- Try to go for walks outside in places that aren’t crowded.
- Avoid schools, daycare centers, stores and worship places.
- Keep a safe distance (6 to 8 feet) away from others when out in public.
- Avoid people who are sick.
- If you work outside the home, ask your work about good ways to support you. This may be remote work or changing work duties. If you can’t do any of this, call your transplant coordinator.
- Avoid all travel.

**Keep others healthy**
- Wash your hands often. Wash for 20 seconds with soap and water.
- Use hand sanitizer with alcohol in it.
- Cover your mouth if you cough or sneeze.
  - Cover your cough with a tissue or the inside of your elbow.
  - Throw away tissues.
  - Wash hands for at least 20 seconds after sneezing or coughing.
  - **If you’re coughing all the time, wear a mask and tell your Transplant Coordinator.**
- Clean surfaces every day. This includes: countertops, cell phones, telephones, computer keyboards, light switches and doorknobs.

**Prepare for uncertainty.**
- Have enough supplies and medicine.
  - If possible, have at least 2 weeks of your medicines on hand at all times.
  - Medicines can be:
    - Mailed to your home.
    - Picked up at a pharmacy drive thru.
    - Picked up at your pharmacy by a caregiver or family member.
- Think about keeping a 2-week supply of food to avoid trips to the grocery store. Make plans for people to help you get food and medicine.

We may call you about changing your normal appointments. This includes doing a phone visit instead of a visit in person. This will protect you from risk of exposure.

If you are a heart or lung transplant recipient, please continue to wear a surgical face mask in crowds or going into any healthcare site.
Details about COVID-19 change quickly. Here is a list of sources to keep you informed:

- M Health Fairview Transplant Services: [https://www.mhealth.org/care/overarching-care/transplant-services-adult](https://www.mhealth.org/care/overarching-care/transplant-services-adult)
- M Heath Fairview COVID 19 Page: [https://www.mhealth.org/care/conditions/covid-19](https://www.mhealth.org/care/conditions/covid-19)
- Review the Department of Health website for your home state.

Call your Transplant Coordinator with questions at (612) 625-5115. If our guidance about COVID-19 changes, we will contact you again.

Thank you for trusting us with your care,
M Heath Fairview
Solid Organ Transplant Services