

# friends, family & public places

If you are receiving cancer treatment, you may be at an increased risk for developing an infection.

## **CROWDS AND PUBLIC PLACES**

When undergoing cancer treatment, if you feel up to it, it is generally fine to visit public places. However, it's important to remember your immune system is weaker than usual and it may be harder for your body to fight off infections. If you do go out, try to avoid situations where you might come into close contact with people who may be sick. For example, eating at a restaurant or going to a movie is OK, but you should try to avoid a situation where you are in a crowd.

### **This is especially important:**

- During Nadir — the period of time beginning 7-12 days after you finish chemotherapy and lasting up to one week — when your immune system is likely to be at its weakest and you are at the greatest risk for picking up germs. Be sure to ask your doctor or nurse when your immune system is likely to be at its weakest.
- During cold and flu season, when more people are sick. To protect yourself, wash your hands regularly and consider wearing a face mask in crowded areas.

### **Spending Time with Friends and Family**

Your friends and family are a big part of your support system and spending time with them is important. Keep in mind that unless a friend or family member is sick or highly contagious, most doctors and nurses agree that the benefits of spending time with your friends and family outweigh the risks.

To help prevent you from picking up germs, you can ask friends and family to wash their hands before visiting you or wearing a face mask.



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If you have any questions please contact or  
make an appointment with our dietitian at

**505-727-3040.**

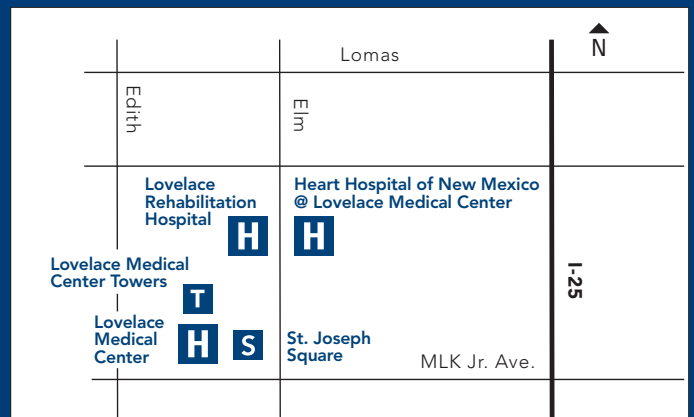




## About Us

With over 37 years of experience, Hematology Oncology Associates is committed to providing the best cancer care possible for their patients. Hematology Oncology Associates is a Quality Oncology Practice Initiatives (QOPI) certified site that demonstrates rigorous standards for quality cancer care and safety measures established by the American Society of Clinical Oncology (ASCO) and the Oncology Nursing Society (ONS).

We gladly accept most major insurance plans, including Blue Cross and Blue Shield, Molina Healthcare, TRICARE, UnitedHealthcare Community Plan, United Retiree Health Care Authority, Medicaid, Medicare, and many others.



## CONTACT US

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*We are located in the St. Joseph Square building on Lovelace Medical Center's campus.*