

Staying Well under COVID-19: Guidance for Cancer Survivors

COVID-19 has presented unique concerns and health challenges among cancer survivors, many of whom are over age 65 y, thus having greater risks if infected.

To help support health in this unprecedented time, the CPCRNC Cancer Survivorship Working Group encourages you to visit reliable resources on the web to find ideas to promote physical, emotional and psychosocial well-being during these times.

American Society of Clinical Oncology: <https://www.cancer.net/blog/2020-03/common-questions-about-coronavirus-2019-and-cancer-answers-patients-and-survivors>

American Cancer Society: <https://www.Cancer.org>

American Institute for Cancer Research: <https://www.aicr.org/resources/blog/how-to-get-active-and-stay-connected-during-covid-19-pandemic/> and <https://www.aicr.org/resources/blog/faqs-about-the-covid-19-outbreak/> and <https://www.aicr.org/resources/blog/nutrition-and-cancer-prevention-strategy-amidst-the-covid-19-pandemic/>

In addition, the American Cancer Society maintains a 24/7 hotline to answer your questions:

1-800-227-2345