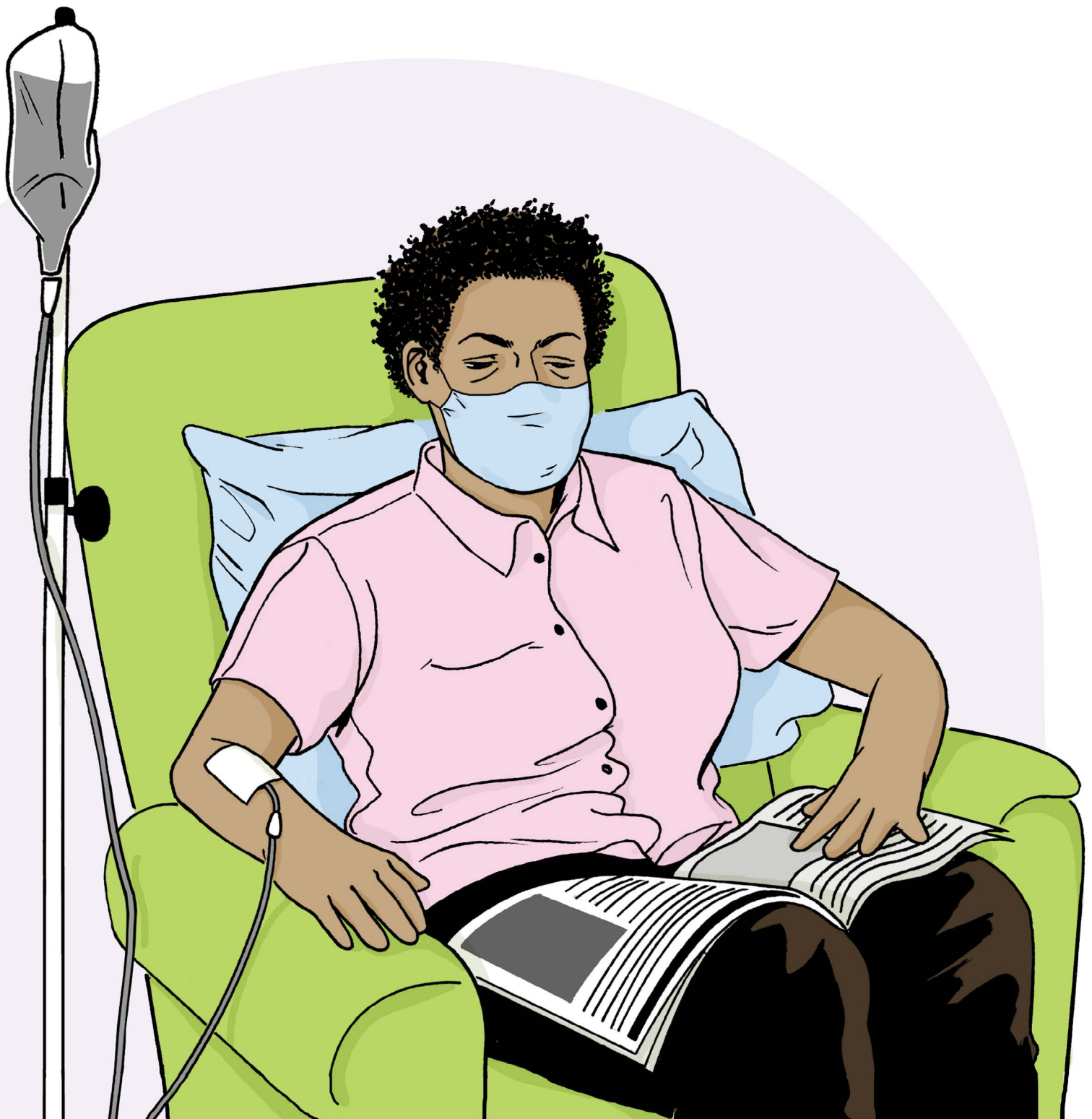


In partnership with

MACMILLAN
CANCER SUPPORT

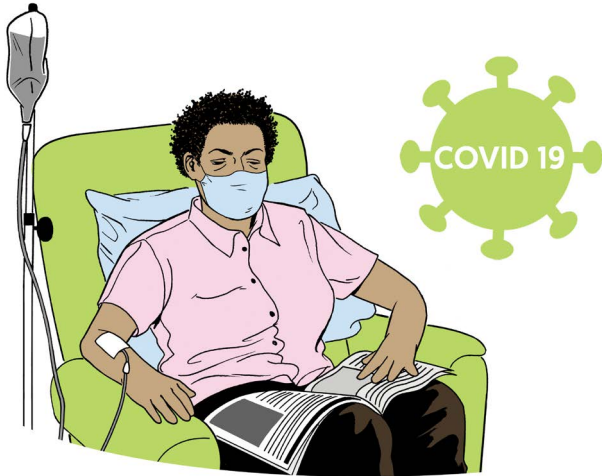
easy
read

Cancer and coronavirus





About this easy read booklet



This booklet is about coronavirus if you have cancer. Coronavirus is also called COVID 19.



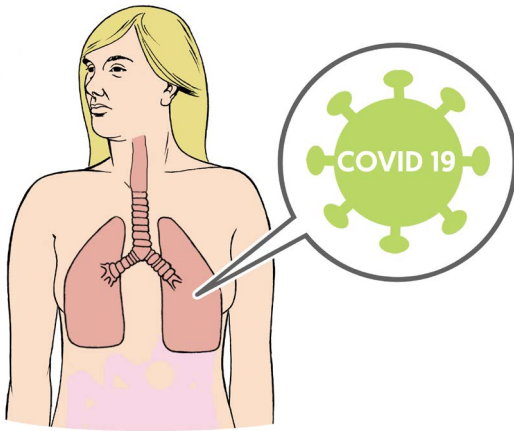
You can learn what you can do to protect yourself from coronavirus if you have cancer. You can also learn about the vaccine.



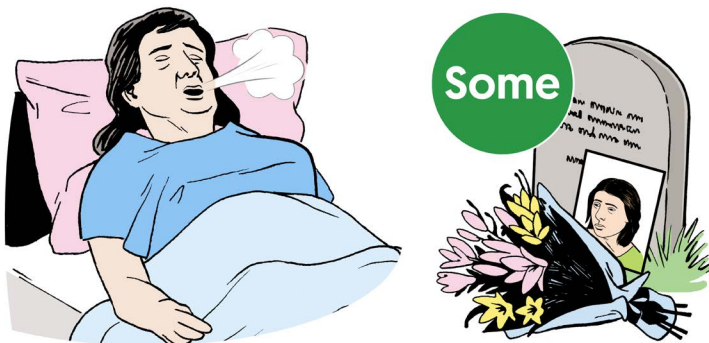
If you are worried about your health, you should talk to a doctor or nurse.



What is coronavirus?

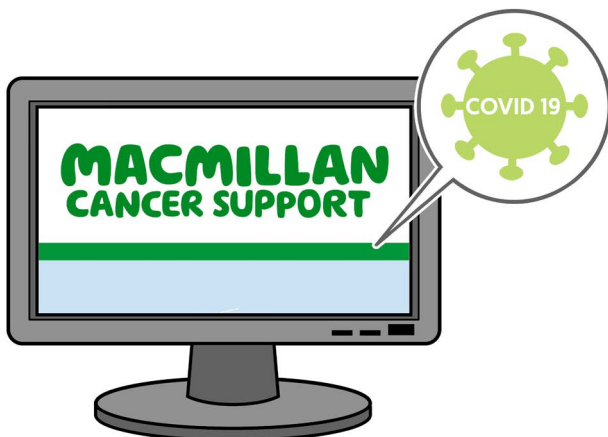


Coronavirus is a virus that can affect your lungs.



Some

Coronavirus can give you a lung infection which can make you very ill. Some people die from it.

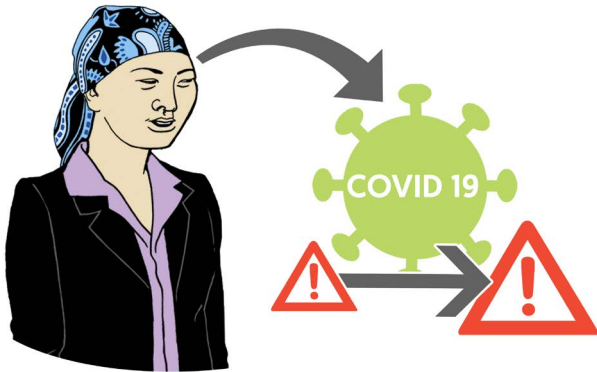


For more information about coronavirus visit:

[macmillan.org.uk/coronavirus](https://www.macmillan.org.uk/coronavirus)



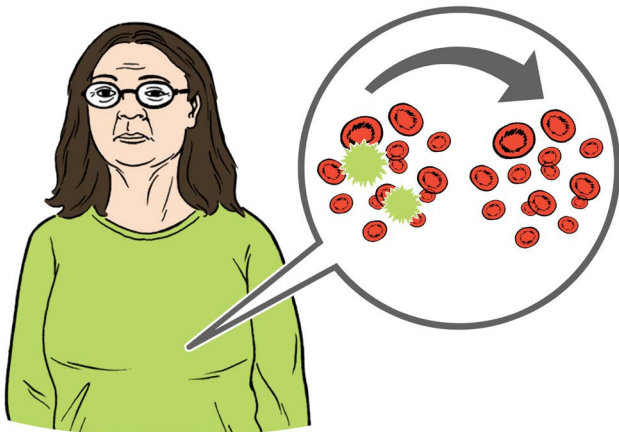
What if I have cancer?



If you have cancer, you may be more at risk of becoming very ill if you have coronavirus.



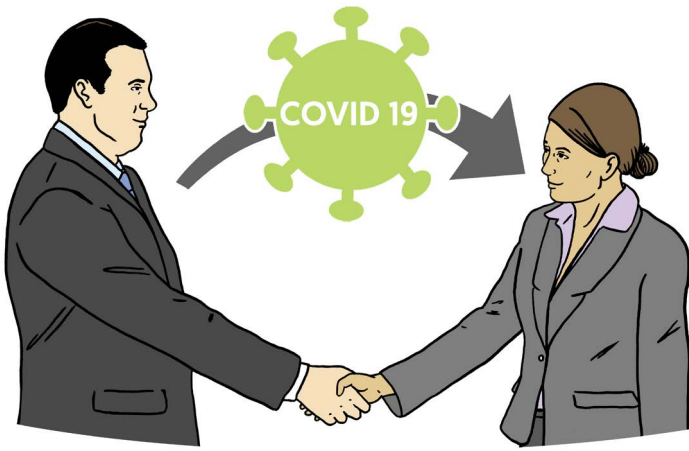
Some types of cancer and its treatments can make your **immune system** weaker.



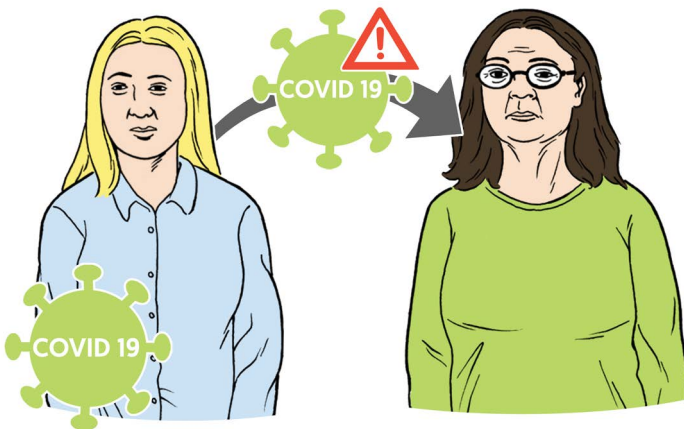
Your **immune system** fights viruses and infections in the body.



How do you get coronavirus?



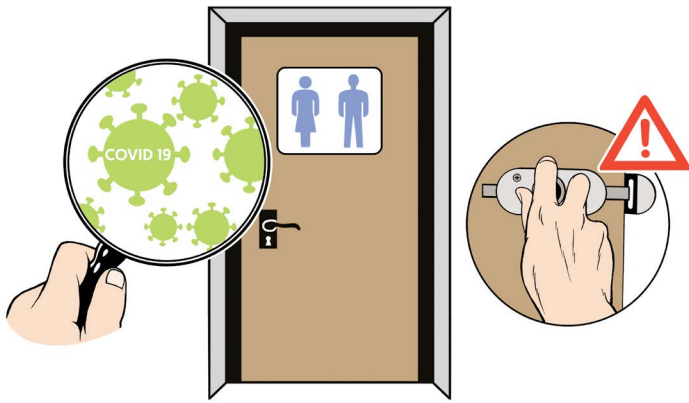
The coronavirus can spread from person to person.



You can get it if you are near someone with the virus.



It can be spread through touching other people, coughing, and sneezing.



You can also get it by touching a surface that has coronavirus germs on it.



How will coronavirus make me feel?

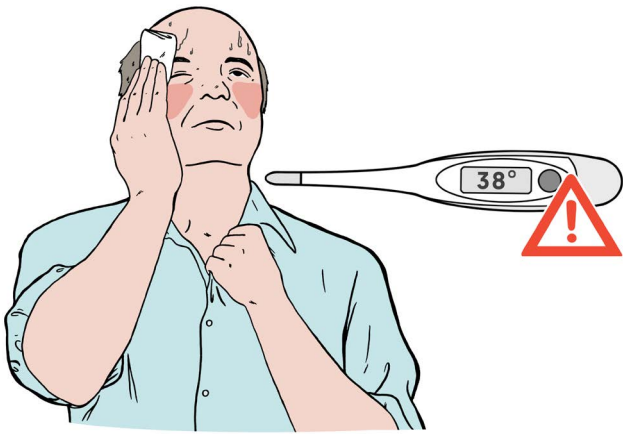


If you have coronavirus you may feel unwell.

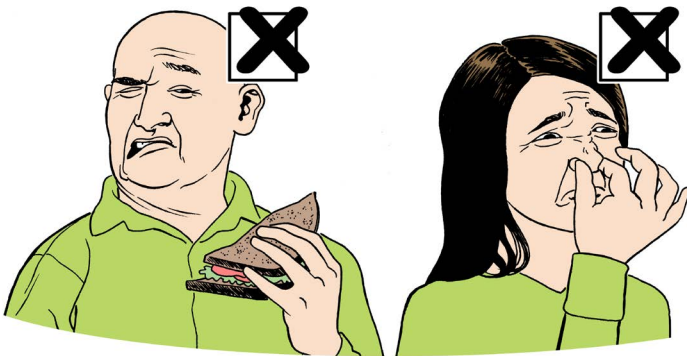


If you have coronavirus you may:

- have a cough that does not stop



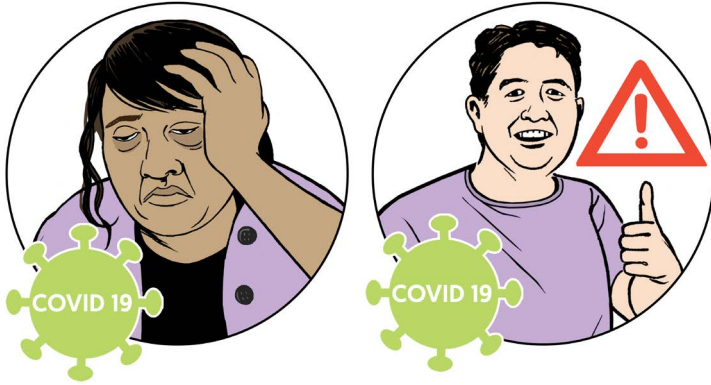
- feel hot or shivery with a high temperature. A high temperature is over 37.5°C.



- not be able to smell or taste properly.



If you have cancer and feel unwell, call your cancer doctor or hospital right away for advice.



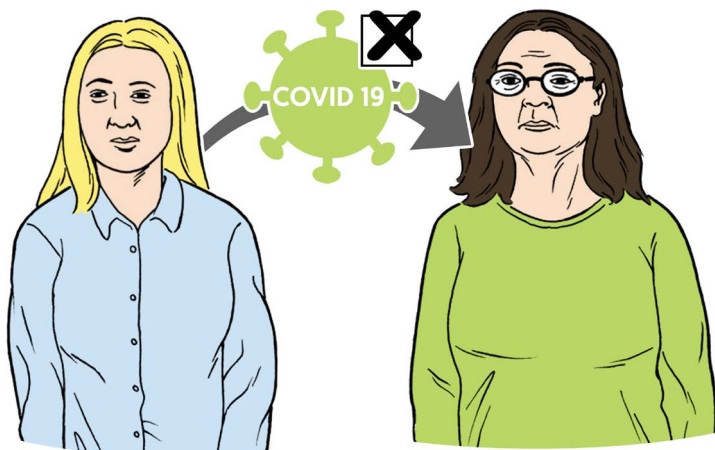
Some people with coronavirus do not feel unwell. But they can still spread the virus to other people.



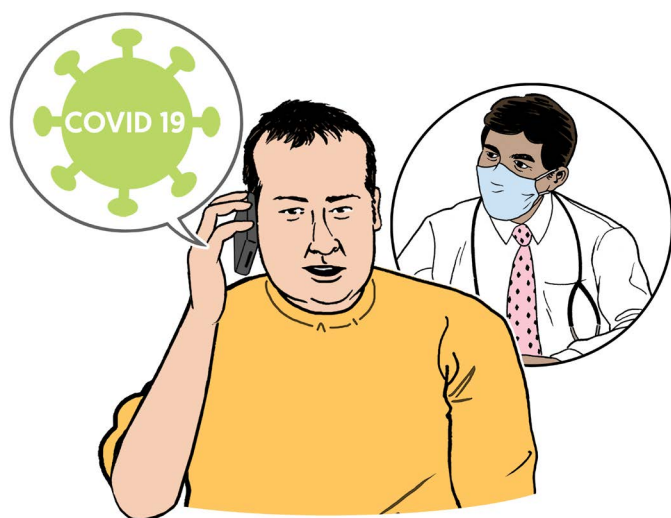
If you think you might have coronavirus you must stay at home.



You must also stay away from other people.



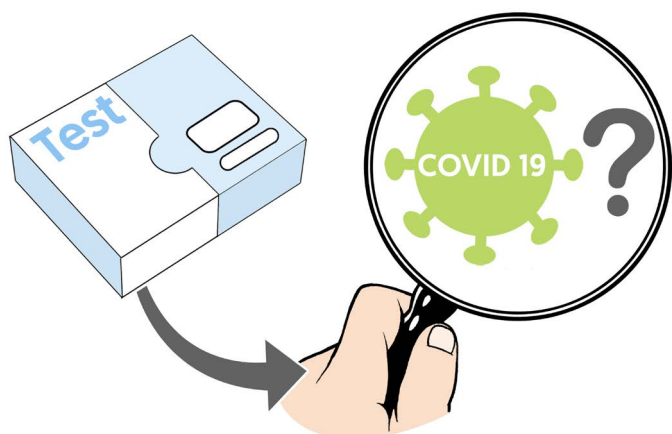
This is to stop you spreading coronavirus to others.



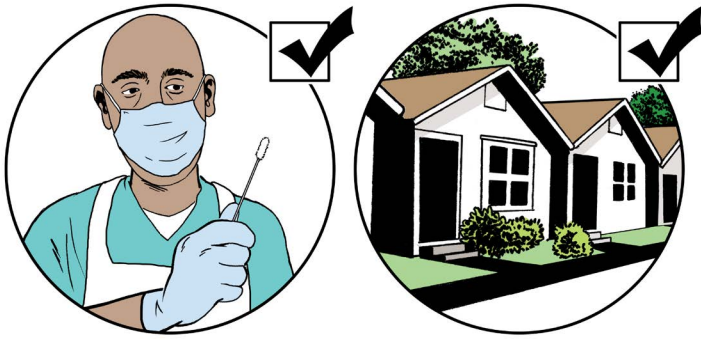
Tell your doctor if you think you might have coronavirus.



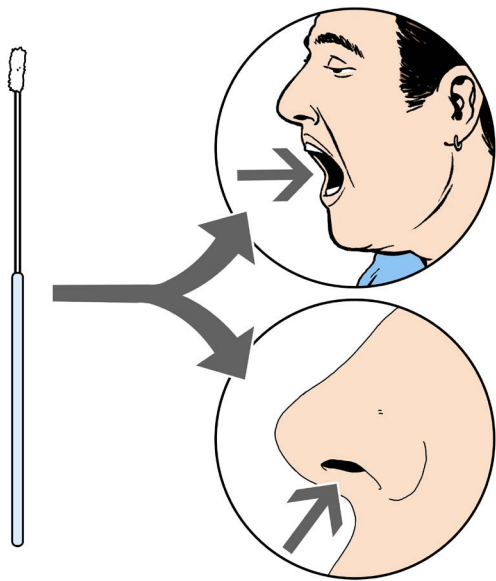
How will I know if I have coronavirus?



You can have a free test that will tell you if you have coronavirus.



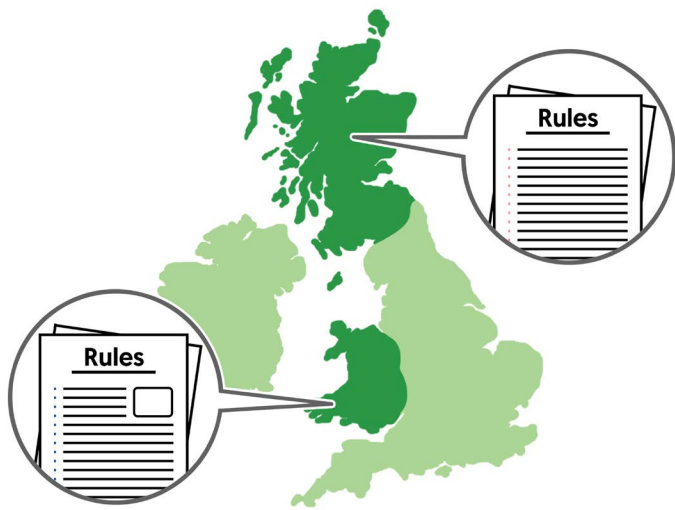
A trained person will test you or you can order a test to do at home.



For the test, they will usually swab the back of your throat and your nose. The swab looks like a long cotton bud.



You will need to be tested within days of having **symptoms**. **Symptoms** are signs in your body that tell you something is wrong.



The rules about testing are different in England, Scotland, Wales and Northern Ireland.



If you are in **England** and want to find out more go to:

www.gov.uk



If you are in **Scotland** and want to find out more go to:

www.gov.scot



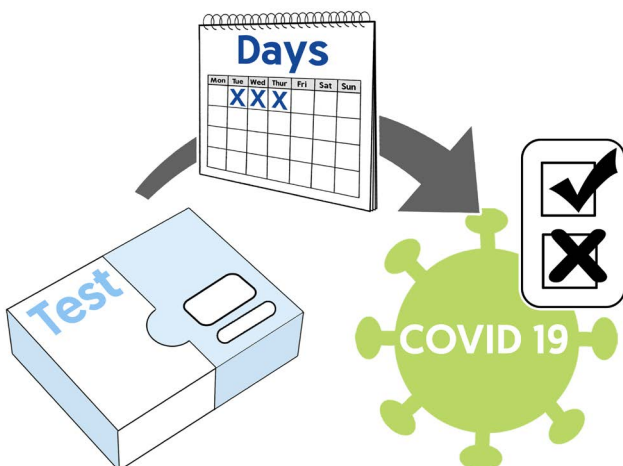
If you are in **Wales** and want to find out more go to:

www.gov.wales

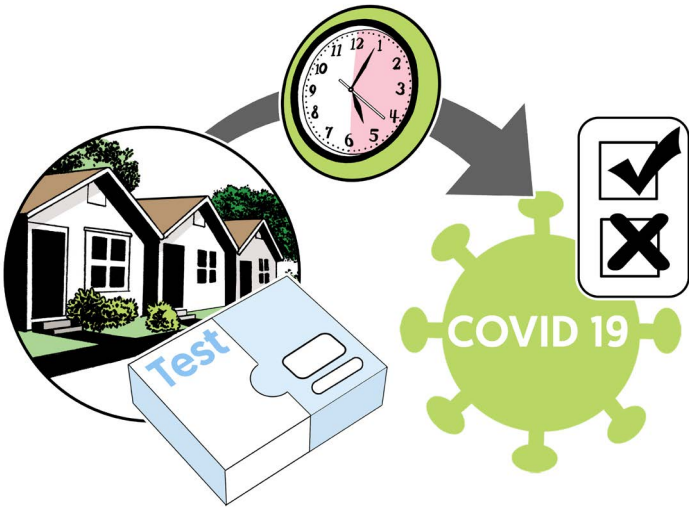


If you are in **Northern Ireland** and want to find out more go to:

www.publichealth.hscni.net



You should get the results of your coronavirus test in 1 to 3 days.



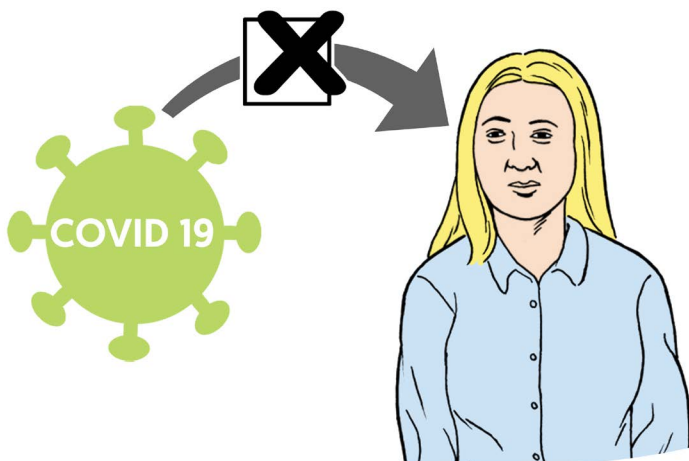
If you do the test at home, you will get results in 30 minutes.



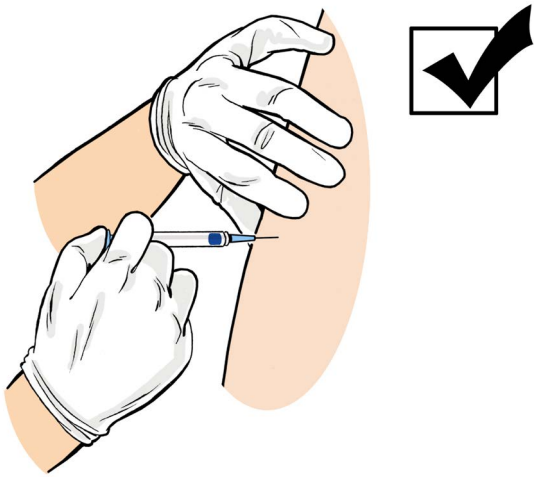
If you are worried after getting your results you can talk to someone about how you feel.



How can I protect myself if I have cancer?

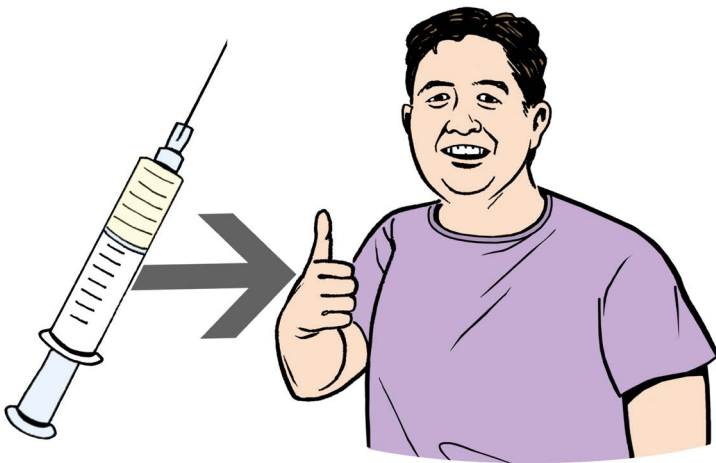


There are different things that you can do to protect yourself from the coronavirus.

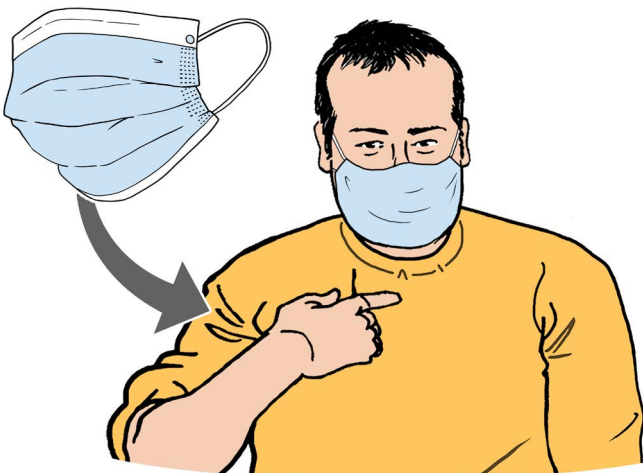


You can:

- Get a coronavirus **vaccine** when it is offered to you.



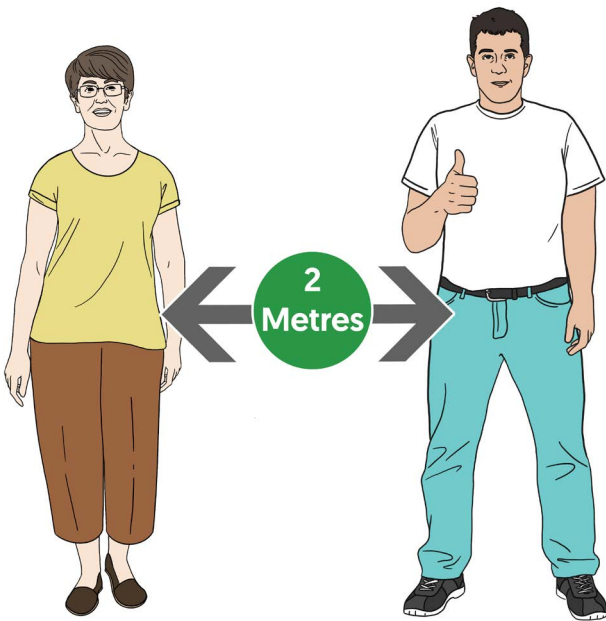
A **vaccine** is medicine that helps keep you safe from an illness.



- Wear a mask when you are with other people or outside your house. This must cover your mouth and nose.



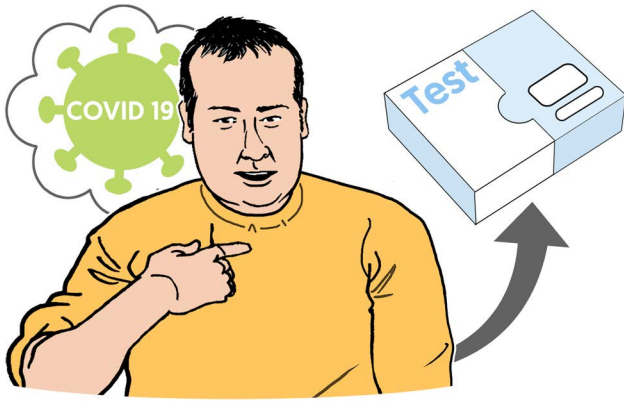
- Try not to go to places that are very busy.



- Do not stand close to people and try to stay 2 metres apart.



- Clean your hands often.



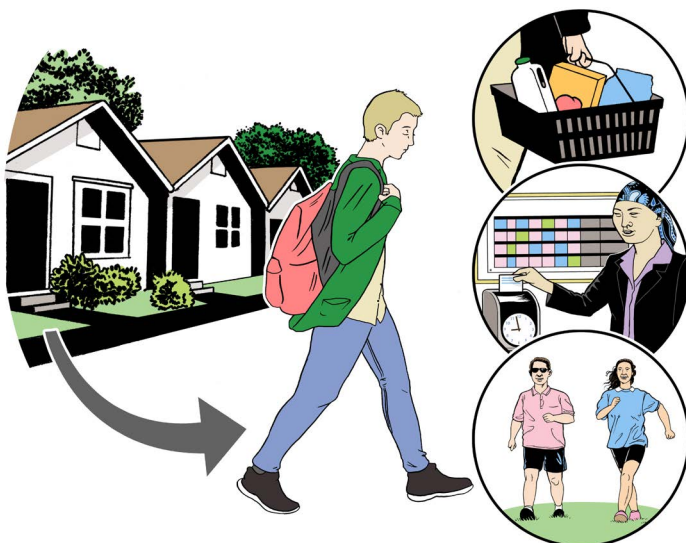
You should book a test if you think you have coronavirus.



If you are in lockdown



You may have been told to stay in **lockdown**. This means that you stay at home and away from other people.



You must not leave your home unless you have a good reason, such as getting shopping, going to work or exercise.



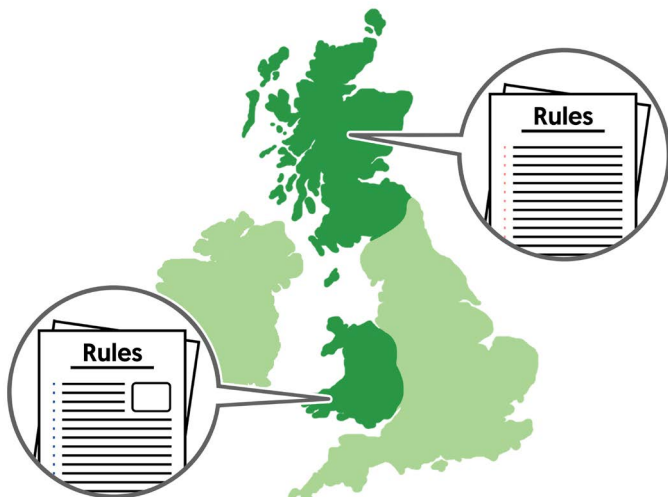
If you are shielding



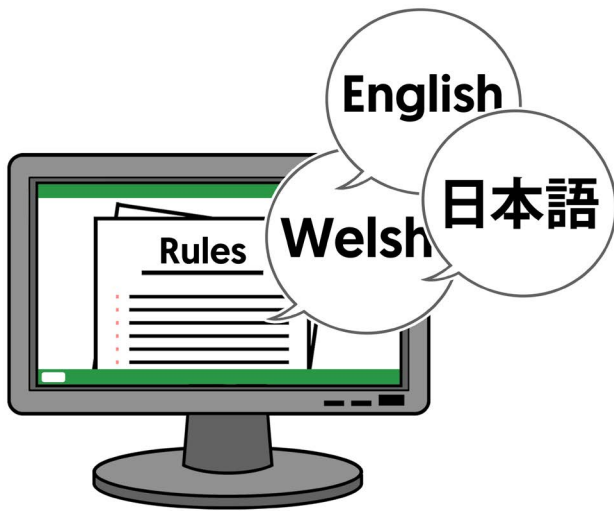
You may have been told to **shield**, or you may choose to shield. **Shielding** is when you stay indoors at all times and stay away from other people, even those you live with.



People who are shielding should only go outside if they have to, like for medical help.



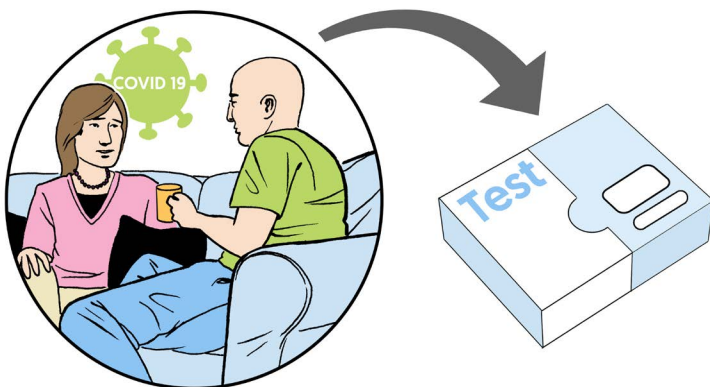
The government's rules for lockdown and shielding may be different in England, Scotland, Wales and Northern Ireland.



You can find the rules on the internet. You should be able to get the rules and advice in different languages and formats if you need to.



If someone you know might have coronavirus, they should stay away from you.



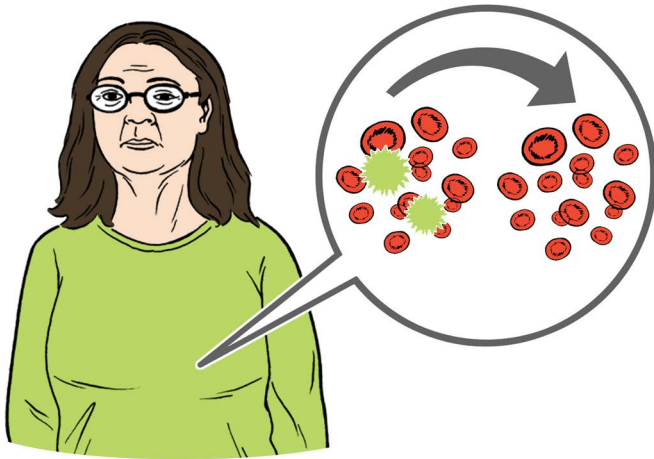
If you have been near someone who has coronavirus you must get tested.



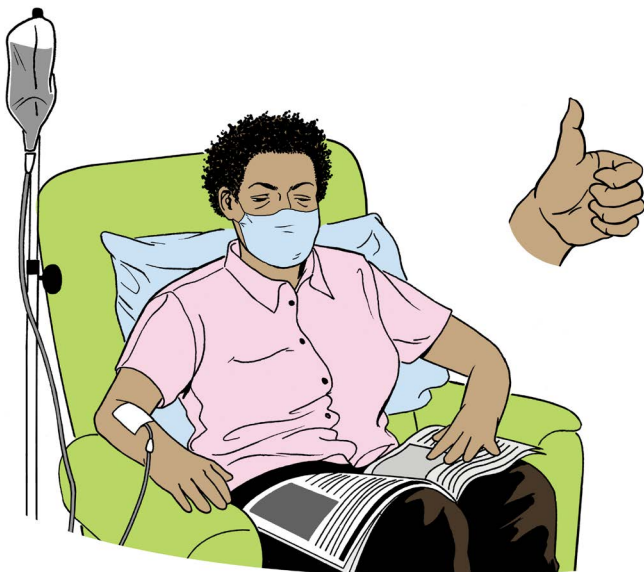
How can I take care of myself?



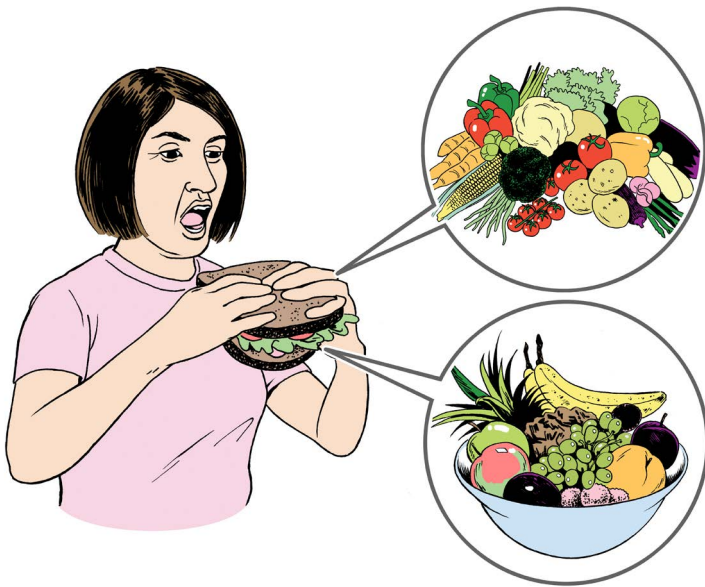
It is really important to look after your health if you have cancer.



There are things you can do even if you are in lockdown or shielding that can make your immune system stronger.



This can help you cope better with cancer treatment.



The best things to do are:

- eat healthy food



- drink lots of water or other fluids



- keep moving your body



- get enough rest



- talk to other people about how you are feeling.



We have more information in easy read about living a healthy life (see page **33**).



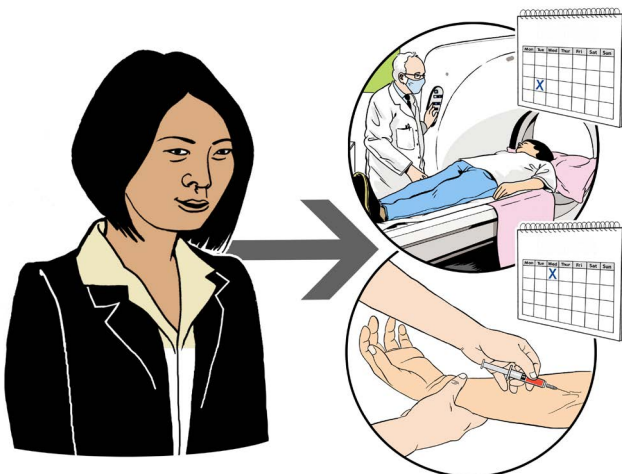
What will happen to my cancer treatment?



You might be worried about having cancer treatment, but you should still have your treatment as planned.



Talk to your doctor or nurse if you are worried about this.



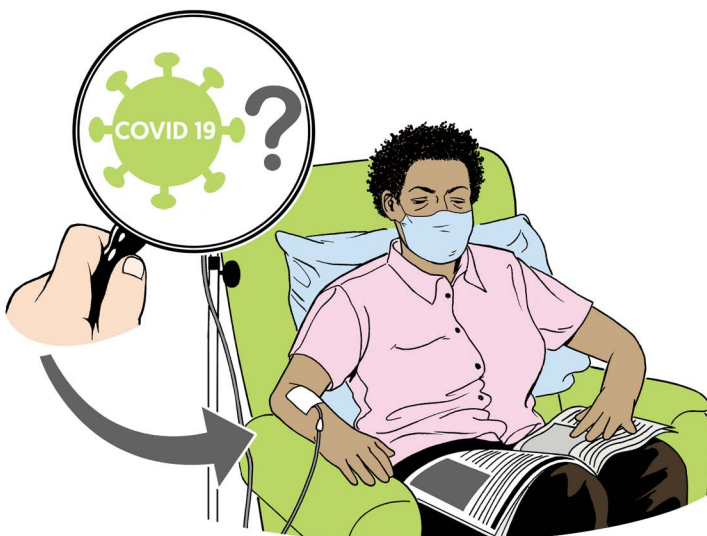
You may be waiting to have a scan or a test.



The cancer team will still diagnose and treat cancer, and they will give people the care they need.



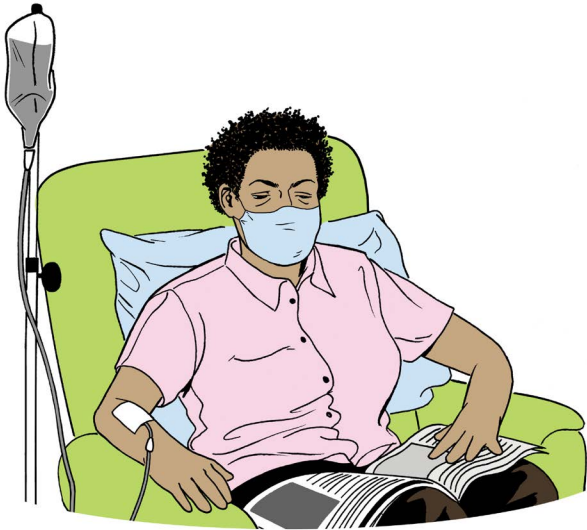
You must wear a mask if you are having cancer treatment in a hospital or clinic.



You may be tested for coronavirus before your treatment.



You might be worried about getting a vaccine if you are having cancer treatment. It is safe to have the vaccine.



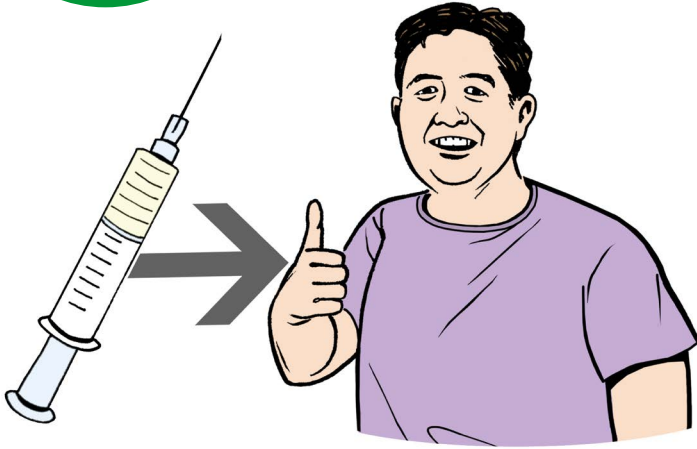
The vaccine may not work as well if you are having some cancer treatments. But it will still help to protect you from coronavirus.



You can talk to your doctor about the best time to have your vaccine.



What is the coronavirus vaccine?



A vaccine is a medicine that helps to keep you safe from an illness.



Doctors want all adults to get the vaccine.



If you have cancer, you should have the vaccine as soon as you can. This is because you will be at risk of being very unwell if you get coronavirus.



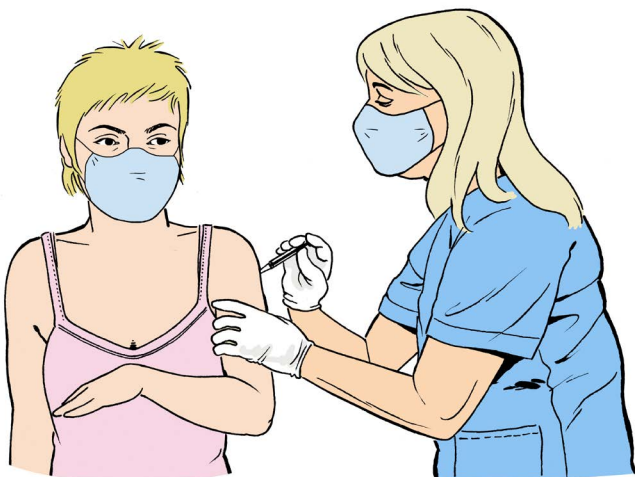
Doctors have tested the vaccines to make sure they are safe to use.



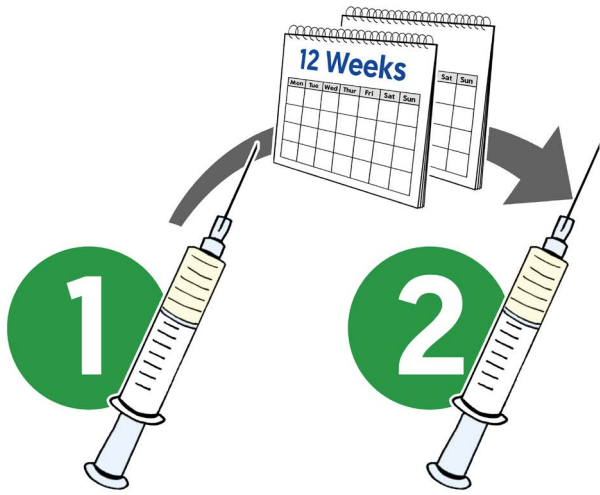
Your doctor will tell you when you can get your vaccine. It is important to get the vaccine when your doctor tells you.



How will I get my vaccine?



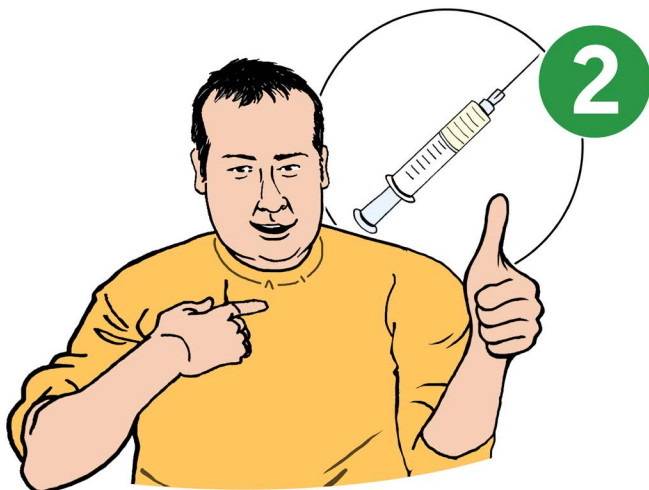
A doctor or nurse will give you the vaccine. It will be an injection with a needle in your arm.



You will get the vaccine twice.
You get your second vaccine 3
to 12 weeks after the first one.

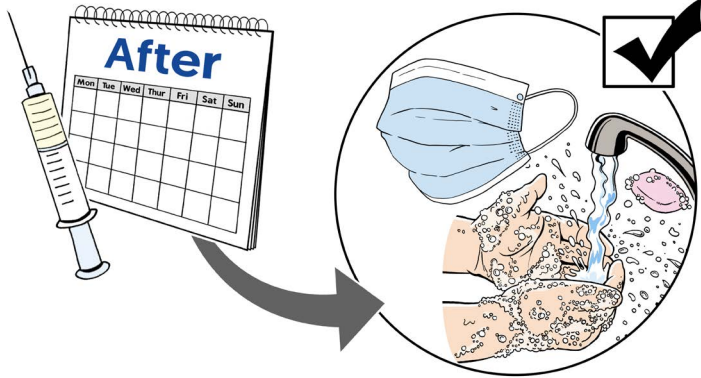


The first vaccine starts to
protect you 2 to 3 weeks
after you have it. The second
vaccine protects you for a
longer time.

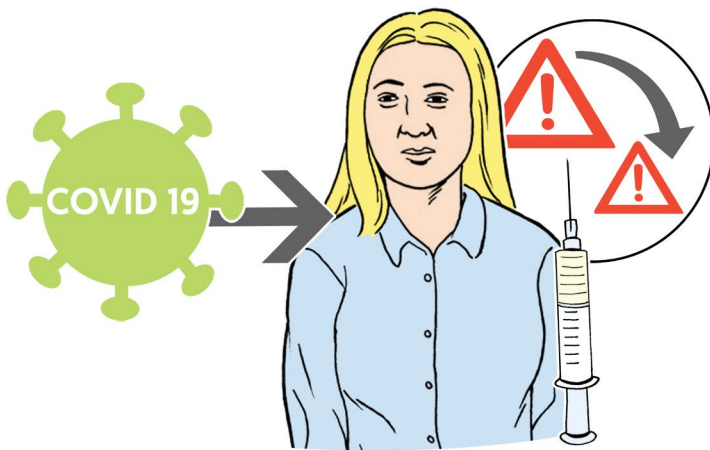


It is important to get both
doses of the vaccine.

What happens after I get the vaccine?



You will still need to be careful after you have had the vaccine.



The vaccine may not stop the virus spreading. But it should stop you becoming very poorly if you get coronavirus.



You must still follow the rules on page 14 and 15 to stay safe after getting your vaccine.

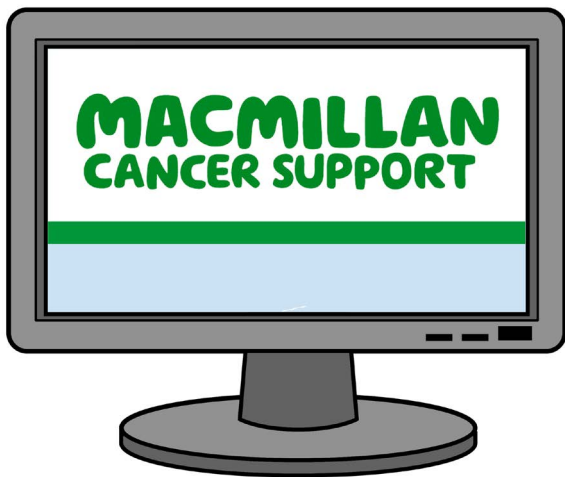


How Macmillan can help you

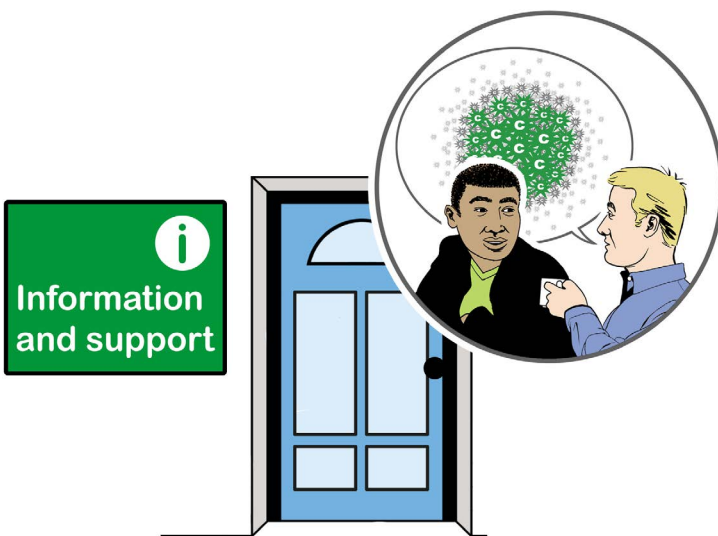


You can get support from:

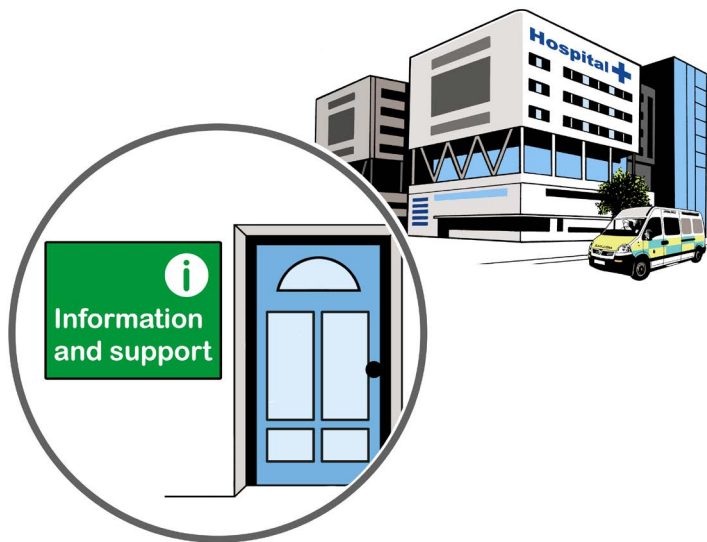
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



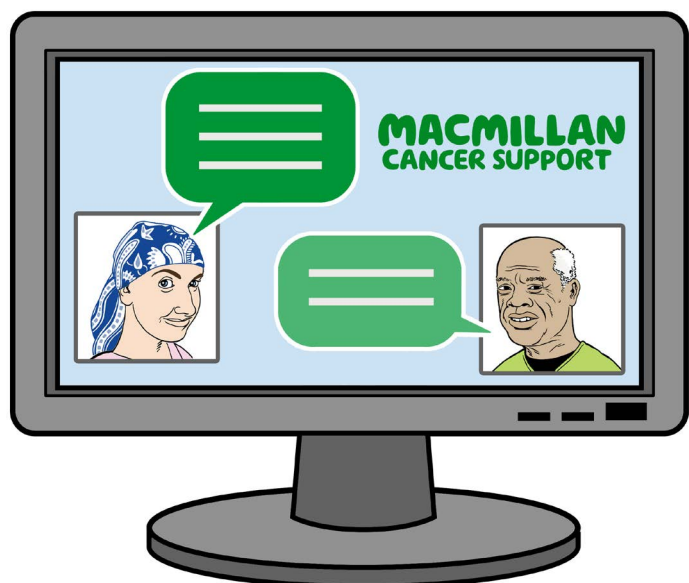
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



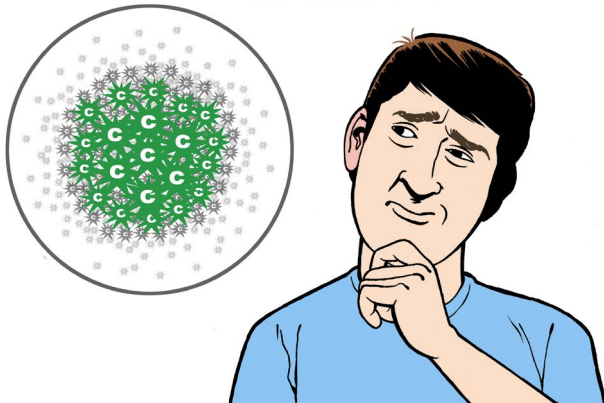
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you

About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



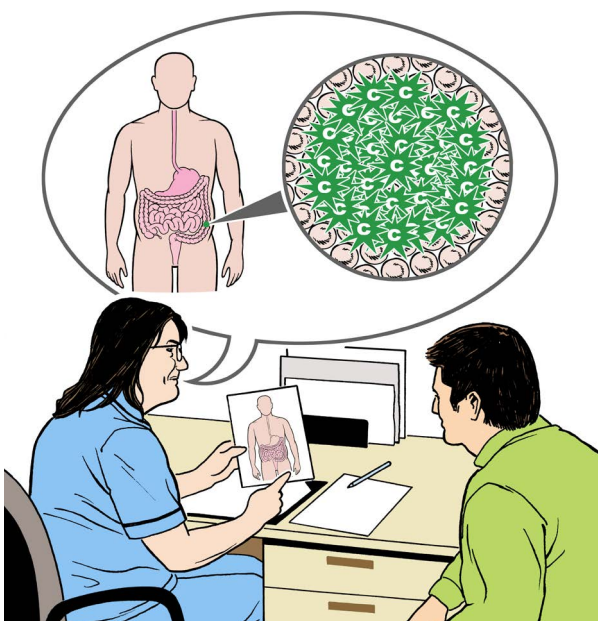
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



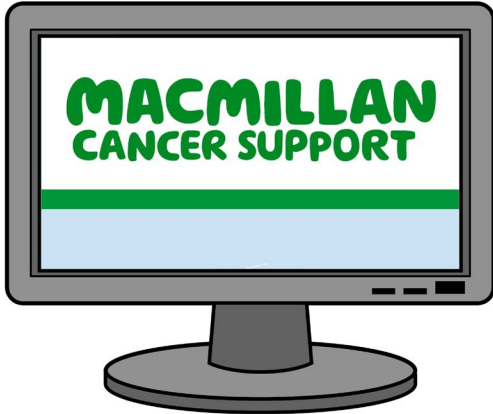
After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**



More information and resources



Macmillan website

There is lots of information about cancer at [macmillan.org.uk](https://www.macmillan.org.uk)



Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



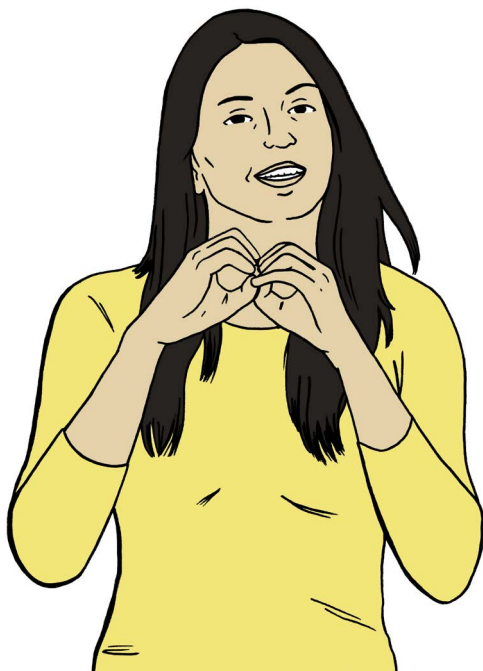
Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



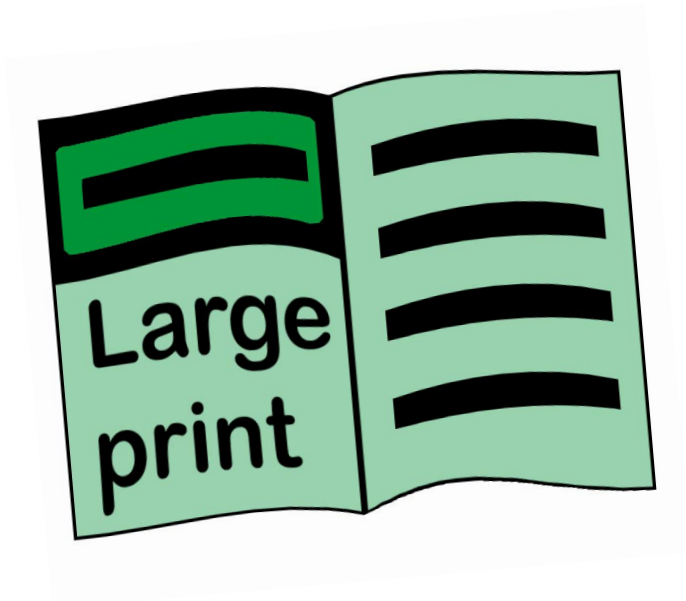
British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



eBooks

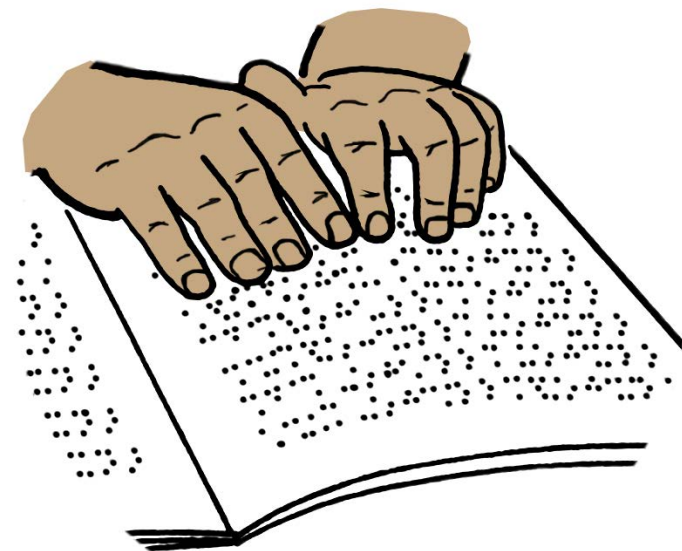
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



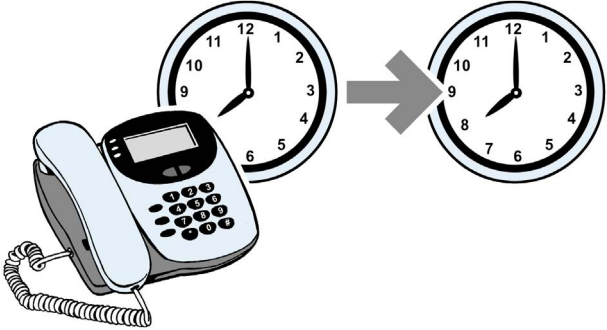
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

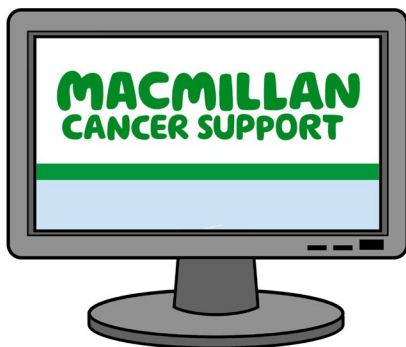
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

MAC18793_ER_E01 Produced July 2021.

Next planned review July 2024.

© Macmillan Cancer Support. All illustrations © CHANGE.

Macmillan Cancer Support, registered charity in England and Wales [261017], Scotland [SC39907] and the Isle of Man [604].



In partnership with

**MACMILLAN
CANCER SUPPORT**