The Dana-Farber support group for young adults ages 18-39 is going virtual!

Colorectal Cancer Alliance Group Chat

the Center's Program and Research Coordinator Mary-Brent Brown at 617-349-4688.

There is no need to suffer alone. There are so many resources that can help – especially at this time of COVID-19 pandemic.

How is a telehealth appointment different from or similar to an in-person visit?

DR: Telehealth visits are conducted remotely. Patients do not need to come to the clinic, and providers physically examine patients and sit across from them to share news and discussions by phone or video. For a telehealth appointment, you will connect to a secure video platform.

How does Dana-Farber's no-visitor policy help?

DR: The no-visitor policy limits foot traffic in the hospital and visitors, and staff. The fewer people we have at Dana-Farber, the less possibility for a COVID-19 infected individual to enter our facility. The less visitors, and staff. The fewer people we have at Dana-Farber, the less risk to cancer patients and survivors of COVID-19.

What can patients and their loved ones do to help flatten the curve?

MA: Several suggestions for patients and their loved ones to help flatten the curve:

- Wear a mask in public.
- Express to others to wash their hands frequently.
- In terms of mental health, care for the very sick.
- Keep a safe distance from others.
- Stay home if you have a fever, cough, or other symptoms.
- Practice social distancing and wear masks in public.
- Get tested for COVID-19 if you have symptoms.
- Get vaccinated when it becomes available.

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I'm lucky both in that I am in social isolation with my family—so my sister can help me with my daily activities, and that is going to be hard mentally and emotionally. I just try to manage the anxiety and not watch the news too much. I will have to be far more cautious than many of my friends and family even once things go back to a semblance of normal (whatever that looks like), and that is going to be hard mentally and emotionally.

What is the best advice you have received?

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