



## COVID-19 & Prostate Cancer: July 28 Update

### An information sheet for consumers and the community

#### What are the symptoms of COVID-19?

Symptoms include a fever (37.3°C or higher), cough, sore throat, fatigue, or shortness of breath.

**If you have any of these symptoms, phone your doctor or state health service immediately and seek advice.**

#### What can you do to protect yourself?

Practice good hand and respiratory hygiene including washing your hands with soap and water or alcohol-based hand rubs, avoid touching your face, and minimise exposure to others.

#### Face masks

Wearing a mask minimises your exposure to air-borne transmission of COVID-19 and could help protect those around you if you are infected without knowing. However, face masks do not provide total protection. You must continue to stay at home if unwell, maintain a distance of at least 1.5m from other people, avoid large gatherings and crowded indoor spaces, and practise good hygiene.

By law, face masks are now required in specific areas of [Victoria](#) and are recommended for those in NSW hotspots, on public transport, and in more crowded public areas. Face masks are also recommended in areas of outbreak and whenever social distancing may be compromised, particularly for people who may be at higher risk of COVID-19, including men impacted by prostate cancer.

Surgical or cloth masks, worn correctly, provide the recommended level of protection.

Do not reuse disposable masks and do not touch the cloth – use the straps to put it on.

For more tips on wearing masks correctly, [click here](#).

#### Telehealth

Ordinary services may be disrupted right now, but you should be able to access your treatment team and other medical services via telehealth. For more information on treatment decisions and delays, [click here](#) to read our fact sheet or call our team on 1800 22 00 99.

#### Should I avoid the doctor if I need a cancer check-up or health advice?

Do not avoid seeing the doctor right now. Call your doctor and seek advice about your individual risks and options for maintaining cancer check-ups and medical tests.

**It's vitally important that you continue with your routine cancer check-ups and medical tests.**

If you have any questions about your vulnerability, call your GP and ask about how to manage your personal risks, and keep following the advice of health authorities.

#### How can I protect my mental health during the COVID-19 pandemic?

It's normal to feel anxious and concerned in response to a situation like this. It affects all of us differently, and support is available to help you get through this. [Click here](#) to read our fact sheet on mental health and well-being during COVID-19.

#### If you need support, we're here to help!

Please call us on 1800 22 00 99 or [email us](#). To donate, [click here](#).