

Thank you so much for agreeing to your bone marrow donation. We're doing everything we can to keep you safe while donating, and we need to ask you to do the same.

In the lead up to your donation, we want to make sure you are well protected and taking extra precautions to reduce your risk of contracting coronavirus or being a possible contact of someone with coronavirus. This is both for your own health and to minimise disruption to the planned donation.

## **What do you need to do?**

For 10 days prior to your donation, until your donation day, we are asking for you to take additional care to reduce your risk of Covid-19 exposure and infection. We also advise that you take additional care in the 7 days following discharge from hospital. This is to ensure you minimise your risk of catching or transmitting the infection whilst you are resting and recuperating following the procedure.

This may involve:

- Following all national and local government guidance that is available at the time
- Following the NHS key behaviours for reducing infection:
  - HANDS** - wash your hands regularly
  - FACE** – consider wearing a face covering in indoor settings where you may come in to contact with people you don't normally socialise with
  - SPACE** - Stay 2 metres apart from people not in your household wherever possible
- Limit socialising outside of your home if at all possible
- Limit your travel on public transport to essential travel only. If you do have to use public transport, for example when travelling to the collection centre, always wear a mask and keep social distance where possible
- Work from home where possible or take measures in the workplace to limit potential COVID exposure.

If you have any concerns about the above or think you may be at increased risk of Covid-19 exposure, please speak to your Donor Provision co-ordinator as soon as possible.

## **What are we doing to keep you safe?**

The health and safety of our donors is our highest priority - we continue to follow Public Health England advice and review our policies and processes regularly.

Although the hospital where you are donating may also be treating patients with coronavirus and whilst we cannot guarantee that you will not be exposed to coronavirus, every precaution will be taken at each of our stem cell collection centres to minimise any risk of exposure and keep the area COVID free as much as possible, including staff wearing appropriate PPE.

At the collection centre, you will need to wear a mask at all times. You may have your temperature taken on arrival for medical and/or donation.

Due to hospital regulations, you are currently **not** allowed to bring a companion with you into the collection centre – we recommend you bring your phone and charger so friends and family can keep you company virtually. You'll also get a call from one of our friendly volunteers to check how you're doing after your donation.

## **When to contact us**

- If anyone in your household or close contacts has suggestive symptoms or confirmed Covid-19, please get in touch with your Donor Provision Coordinator (out of hours on our emergency number 07710 599161) as soon as possible
- If you are offered a dose of the Covid-19 vaccine in between your Medical & Donation please get in touch with your Donor Provision Coordinator or the emergency phone as soon as possible, as we may need to amend your donation dates in line with our medical guidelines on donating post-vaccine.

Please monitor your health for any symptoms. If you start to show possible symptoms of Covid-19 including a cough, high temperature, shortness of breath or loss of taste and smell you should:

- Stay at home and avoid close contact with other people
- Use the NHS 111 online coronavirus service to find out what to do next. Advice can also be found on the NHS website at [www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/)

More information about coronavirus is available from the [NHS website](https://www.nhs.uk/conditions/coronavirus-covid-19/) which is updated regularly to include the most accurate and reliable information.

Thank you so much for following NHS guidelines and staying vigilant.

**If you have any questions, or if you develop any symptoms, please contact your Donor Provision Coordinator. Out of normal business hours, please call our emergency phone on 07710 599 161.**