COVID-19 and Hodgkin’s Lymphoma Survivors

No doubt any survivor of Hodgkin’s Lymphoma is concerned about the emergence of COVID-19, more commonly known as Coronavirus. In fact, Hodgkin’s Lymphoma survivors are among those at greatest risk of complications from the virus. Experts point specifically to those with long-term medical conditions like heart and lung disease.

What’s more those with compromised immune systems have to take extra precautions to avoid contact with the virus. Fighting off a virus as strong as COVID-19 is nearly impossible for this patient population, which includes the elderly, those currently being treated for cancers, and people who are long-term survivors of Hodgkin’s Lymphoma.

**Signs and Symptoms:**

The early presentation of COVID-19 infection mimics many other respiratory illnesses. Signs and symptoms include:

- Dry cough
- Sore throat
- Low-grade fever
- Malaise

The only way to differentiate between the flu and COVID-19 is to be tested by a doctor. Those with compromised immune systems are more likely to develop more severe symptoms and complications with any respiratory illness. At this unsettling time, it is crucial that long term Hodgkin’s Lymphoma survivors take extra precautions.

- Limit travel
- Limit exposure to large groups such as gatherings, stadiums, concerts, etc.
- Practice good-handwashing techniques
- Experts say you should only wear a mask if a health care professional recommends it, so talk to your doctor.
And, of course, see your doctor immediately if you exhibit symptoms.

Researchers continue the work of developing a vaccine, even as they look for treatments which may help lessen the severity of the virus. Therapies are likely to work better in people who are in generally good health, however. For those of us living as a long-term Hodgkin’s Lymphoma survivor, our best bet is to avoid the virus if at all possible – which means taking common sense precautions to protect your health.