

The Leukemia & Lymphoma Society (LLS) is here for you!

Speak one-on-one with an Information Specialist who can assist you through cancer treatment, financial and social challenges and give accurate, up-to-date disease, treatment and support information. Our Information Specialists are master's level oncology social workers, nurses and health educators.

How to Contact an Information Specialist:

- **Call:** (800) 955-4572 (Monday to Friday, 9 a.m. to 9 p.m. ET)
- **Leave a message 24/7 and we'll call back.** Call (800) 955-4572 to use the automated response system 24 hours a day, seven days a week. An Information Specialist will return your call the next business day. You can also listen to recorded information about LLS and our programs.
- **Visit www.lls.org/support/information-specialists** to access the following:
 - **Chat live online:** [Click here to chat](#) (Monday to Friday, 10 a.m. to 7 p.m. ET)
 - **Email:** [Click Here](#) All email messages are answered within one business day.

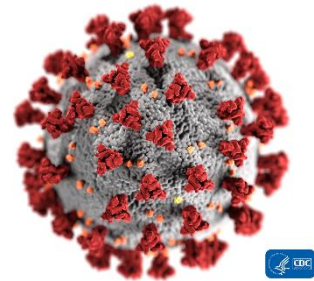
LLS Online and Virtual Support during the COVID-19 Outbreak

The following resources are always available on LLS.org, but may be particularly helpful to blood cancer patients, caregivers and healthcare professionals during the COVID-19 outbreak.

The LLS Blog - A place where patients and caregivers can read about survivorship, research, fundraising and advocacy.

Recent COVID-19 entries include:

- **4 Things Cancer Patients Need to Know about the Coronavirus**
By Gwen Nichols, MD, LLS Chief Medical Officer | March, 2020
- **Helping Blood Cancer Patients Adjust to the New Normal**
By Gwen Nichols, MD, LLS Chief Medical Officer | March, 2020



LLS Community - An online support forum to get connected with other patients and caregivers and stay up-to-date on the latest diagnosis and treatment news.

Weekly Online Chats - Live, weekly online chats moderated by an oncology social worker that provide a friendly forum to share experiences and chat with others about anything from the initial phase of diagnosis to treatment and survivorship.

Patti Robinson Kaufmann First Connection program - Peer to peer support to connect with other patients and caregivers who have gone through similar experiences.



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Resources listed below can be found at www.lls.org

The Bloodline with LLS Podcast - Disease-specific and general survivorship episodes for download that remind you there is hope after a diagnosis. Listen in as experts and patients guide listeners in understanding diagnosis, treatment, and resources available to blood cancer patients.

Caregiver support resources – Online chats, webcasts and resources including the *Caregiver Workbook* with worksheets to help you stay organized, and information and resources to use throughout the caregiving journey.

One-On-One Nutrition Consultations - Patients and caregivers may receive free one-on-one phone and email consultations with a registered dietitian with expertise in oncology nutrition.



Reputable websites/COVID-19 resources

The following resources may be helpful to patients and families during the COVID-19 outbreak.

CDC Website for real time updates and recommendations:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC If You Are at Higher Risk:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

* There are really good tips in this post for individuals who are at risk of getting sicker from COVID 19

CDC What to do if you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

CDC Keeping the workplace, school and home safe:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

CDC Cleaning: How to clean and disinfect:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

CDC/SAMHSA's DISASTER DISTRESS HELPLINE:

1-800-985-5990 or text TalkWithUs to 66746

CONTACT YOUR LOCAL COUNTY HEALTH DEPARTMENT WEB SITE for LOCAL UPDATES

<https://www.naccho.org/membership/lhd-directory>

NOTE: The Leukemia & Lymphoma Society provides this information as a courtesy and in no way implies endorsement of the organizations or resources listed.