GENERAL GUIDELINES FOR CUTANEOUS LYMPHOMA PATIENTS

1) Prevention:
   • Increase hand washing
   • Avoid touching face
   • Isolate from other people, stay home
   • Diligent disinfecting of hard surfaces

2) Disease Management (in collaboration with your healthcare provider):
   • Postpone or increase time intervals between immunosuppressive therapies
   • Reduce or stop phototherapy visits
   • Add topical therapy as appropriate
   • Request three-month supply of medications
   • Take photos of your skin to track any changes that can be shared with your healthcare provider
   • Use live interactive telehealth visits in place of face-to-face. Ask your healthcare provider if this is available. Most major healthcare institutions have this capability.

3) General Skin Care Management:
   • Keep skin well moisturized
   • Refrain from taking hot baths or showers
   • Use wet wraps to help manage itch and soothe skin. Find how to here: https://www.clfoundation.org/wetwraps

4) Other Recommendations:
   • Eat as healthy as possible. Find additional information here: https://www.clfoundation.org/nutrition_diet
   • Go outside and spend time in nature if possible
   • Enjoy your favorite exercise
   • Watch funny movies
   • Take time to connect with loved ones and friends via online technology

Note: We are grateful to Dr. John Zic for his permission to share information from a presentation delivered to the US Cutaneous Lymphoma Consortium annual workshop held in March 2020.