

# 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](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.