



Resources for Cancer Patients Who Are Coping with Stress Because of the COVID-19 Outbreak

Through this unprecedented time, cancer does not stop, and neither do we. The American Cancer Society remains the go-to resource for information, support, and guidance 24 hours a day, seven days a week via our free cancer helpline at 1-800-227-2345 and our website at [cancer.org](https://www.cancer.org).

Our [Coronavirus, COVID-19, and Cancer](#) web page describes what cancer patients, their families, and caregivers need to know about coronavirus (COVID-19) and ways to help them manage their mental, physical, and emotional health.

How to Protect Yourself

What to ask your doctor. Each person's cancer, treatment, and situation can be different. There are many questions cancer patients and survivors may have during this time. For more information, see [Questions to Ask Your Health Care Team About Coronavirus](#).

Protect yourself. See the [Common Questions About the New Coronavirus Outbreak](#) article for what you need to know about the coronavirus outbreak.

Learn as much as you can. Find answers, resources, and support from the American Cancer Society on our [Coronavirus, COVID-19, and Cancer](#) web page.

How to Manage Your Stress

Stay active and eat healthy at home. See [Tips for Staying Healthy While Stuck at Home](#) for information on staying active, eating healthy, and nurturing your emotional health.

Tend to your well-being. See [Nurture Your Emotional Health](#) for information on coping with how life has changed.

It is helpful to practice self-management of your stress and health because you are the best judge of how you feel and what works for you. Self-management is discussed on the [Springboard Beyond Cancer](#) website.

