



Media Contact: Francis Ma, 480.510.5985, media@familyreach.org

For immediate release:

Family Reach Offers Practical Social Distancing and Safety Tips for COVID-19 from Cancer Families' Daily Routines

Cancer patients with immunocompromised systems live with a daily fear of the spread of germs and person-to-person contact; their families share valuable tips we can all use to help flatten the coronavirus curve

Boston, MA [Date goes here] — Family Reach, a national organization focused on providing financial support to families facing cancer, has compiled a series of valuable tips from its families to help prevent the spread of the novel coronavirus (COVID-19).

Millions of cancer patients live every day with the fears many of us are now experiencing from the COVID-19 threat. As cancer treatment weakens the immune system, heightened concern for spreading germs becomes second nature. Beyond diligent hand washing and social distancing, families facing cancer have mastered the behavioral changes required to protect them from germs and viruses. Family Reach CEO Carla Tardif recently shared their top tips:

1. Have a spare set of clothes by the back door and change when you walk into the house.
2. Wash all produce from the grocery store; wipe down all cans, boxes, bottles, and jars before putting them away.
3. Give each family member his or her own labeled water bottle. No more glasses sitting around to avoid picking up the wrong one!
4. Use reusable grocery bags as your shopping cart. That way, you'll be filling up your own bags rather than touching grocery store carts or handheld baskets.
5. Run your sponges through the dishwasher with your dishes each day to keep them free from bacteria.

"To be honest, it's business as usual right now in our house," said Nichole, mom of [cancer-hero Ruby](#). "Ever since Ruby's diagnosis, we have a strict policy of no shoes in the house and washing hands as soon as you come home. We are sticking to that, as well as practicing social distancing, and making sure toys and other items are wiped clean with an antibacterial wipe."

"This world was already difficult for cancer patients before COVID-19; these tips offer a peek into just some of the challenges they face each day during treatment," said Tardif. "Now, greater restrictions on things like hospital access and food have created an even more complicated reality that we are desperately trying to change."

About Family Reach

Family Reach is a national organization dedicated to eradicating the financial barriers that accompany a cancer diagnosis, a widespread issue known as Cancer-Related Financial Toxicity (CRFT). We work with



patients and healthcare professionals at more than 400 top-tier hospitals and cancer centers, striving to reach more families before they hit critical financial breaking points. Through our solutions-oriented Financial Treatment Program, nationwide events, strategic partnerships, and generous community support, we disrupt how cancer financially affects families. To help or find out more, visit www.familyreach.org and follow @familyreach on Facebook, Instagram, Twitter, and LinkedIn.