

# MEN GET BREAST CANCER TOO.

Get Safely Screened During COVID-19

## 10 STEPS

- 01** Plan ahead - ask your doctor's office about the facility's COVID-19 safety rules and regulations before your visit.
- 02** Wear Personal Protective Equipment (PPE) to your appointment - a mask, face covering and/or face shield.
- 03** Wash your hands frequently and avoid touching your eyes, nose and mouth.
- 04** Cover your cough using the bend of your elbow or a tissue - then throw the used tissue in the trash.
- 05** Avoid sharing personal items, crowded areas and contact with anyone that has a fever, cough or COVID-19 symptoms.
- 06** Stay at home if you feel unwell - remember to call your doctor to discuss your options.
- 07** If you have a fever, cough and/or difficulty breathing, seek medical care early — remember to call ahead.
- 08** Plan to go alone into medical facilities and leave children and high risk family members at home.
- 09** Use telemedicine to talk to your doctor about your screening options, your risk, changes in your chest, underarms and health. If you are a current patient, ask about using telemedicine to discuss treatment or surgery options with your medical team.
- 10** Get information from trusted sources.



[irisimpact.org/pinkdivas](https://irisimpact.org/pinkdivas)



[pinkdivas@irisimpact.org](mailto:pinkdivas@irisimpact.org)



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