

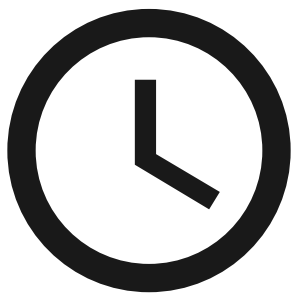
HELPFUL TIPS FOR WORKING WHILE IN TREATMENT



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PLAN TREATMENT TIME

Plan your chemotherapy treatments late in the day or right before the weekend to allow yourself time to recover, if possible.

MAKE WORK FLEXIBLE

Explore work options like working from home some days. This can help reduce fatigue and allow you to take care of yourself more easily.



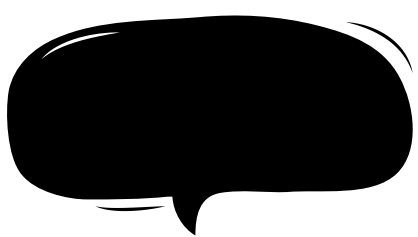
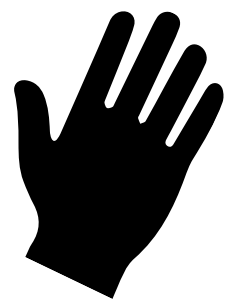
SHARE WITH COLLEAGUES

Unless there is a reason not to, let your co-workers know about your situation. You might find they are a great source of support. They may even be able to help you come up with better ways to manage your work during this time.



ASK FOR HELP

Getting help at home can mean more energy for work. Certain daily chores could be divided among friends and family members who have offered to help.



BE OPEN

Keep your supervisor up to date on how well your schedule or other work-related changes are working for you.