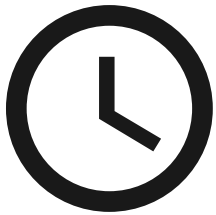


# HELPFUL TIPS FOR WORKING WHILE IN TREATMENT



Canadian  
Cancer  
Society

Healthy  
Workplaces



## 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.

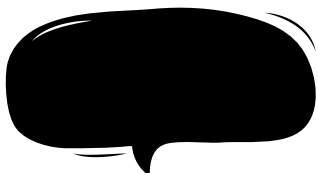
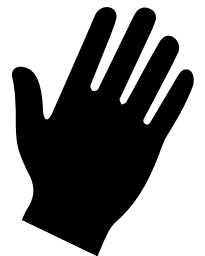


## SHARE WITH COLLEAGUES

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.