5 Urgent Reminders
About Coronavirus-19 (COVID-19) for Individuals on Dialysis

1. Do Not Miss Any Treatments.
   - Dialysis is a life-saving therapy. Orders to shelter at home or quarantine do not apply to dialysis.
   - Missing even one treatment is harmful to your health and can put you at higher risk for serious illness.
   - Put your treatment schedule at the top of your priorities.

2. Be Flexible: Changes Will Be Necessary to Keep You Safe.
   - Your clinic may have put some new policies in place. Some examples could be:
     — Social-distancing rules that require that you wait in your car rather than in the waiting room.
     — Visitors are no longer allowed in the dialysis unit.
     — All patients are screened before going into the unit.
     — All patients are asked to wear masks.
   - Your cooperation with these new rules can help everyone stay safe!

   - Symptoms can appear 2–14 days after being exposed to the virus.
   - Early symptoms of COVID-19 include a fever, a cough, or shortness of breath.
   - If you have any of these symptoms, let your center know and follow their advice.
   - If you are symptomatic at home, call your center, and talk to a staff member before you come to treatment.

4. Follow the CDC Guidelines for Prevention.
   - Wash your hands often with soap and water for at least 20 seconds.
   - If a sink is not available, use an alcohol-based hand sanitizer.
   - Avoid touching your eyes, nose, or mouth as much as possible.
   - Outside of your home, stay at least six feet away from people.
   - Cover your coughs and sneezes with a tissue and then discard it.
   - Clean and disinfect any objects and surfaces that you touch.

5. Keep a Supply of Medicines and Food.
   - Talk to your doctor or pharmacist about getting more of the medicines you take to limit your trips to the pharmacy.
   - Keep an eye on your food supplies to make sure you do not run out.
   - Avoid trips to the grocery store. Ask others to shop for you or have your groceries delivered to your home.

CDC = Centers for Disease Control and Prevention
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