

# 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!

### 3. Know the Signs of COVID-19.

- 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.
- Be sure you have what is needed for the Kidney Community Emergency Response (KCER) 3-Day Emergency Diet, explained on the KCER Coalition website. [www.kcercoalition.com/en/resources/patient-resources/during-an-emergency/3-day-emergency-kidney-diet2/](http://www.kcercoalition.com/en/resources/patient-resources/during-an-emergency/3-day-emergency-kidney-diet2/)



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CDC = Centers for Disease Control and Prevention

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