

Checklist:

Coronavirus Reopening Guidance for Kidney Patients

Communities across the United States are starting to reopen after following stay-at-home orders to limit the spread of coronavirus. People living with kidney disease and transplant recipients are at high-risk for severe illness from COVID-19. Even if there is not a rise in COVID-19 cases or deaths where you live, it is still important you take steps to keep yourself and others safe.



If you are making plans to get back to your regular routine:

- Always wear a mask or cloth that covers your nose and mouth whenever you leave the house.
- Stay at least 6 feet from other people, even if they are wearing a mask.
- Do not have contact with anyone who is sick.
- Avoid public gatherings and crowds. Remember, people can still spread COVID-19 even if they do not have symptoms.
- Go out only for essential reasons, like dialysis sessions, doctor's appointments, grocery shopping, exercise, etc.
- Postpone vacations and other personal trips if you can.
- Call ahead to ask local businesses, doctor's and dentist's offices, your workplace and school the steps they are taking to keep visitors safe. These places should:
 - Keep a regular cleaning routine to disinfect surfaces
 - Require all employees and visitors to wear masks
 - Limit the number of visitors and enforce physical distancing



Ask your dialysis center about which safety measures will stay in place long-term. Your center may still need you to:

- Call your dialysis center if you or anyone in your household is feeling sick.
- Wait in the car instead of the waiting room if you get there early.
- Get your temperature checked before you enter the building.
- Ask your loved ones to drop you off and wait outside or at another location until you are finished, if they usually stay with you at dialysis.
- Wear a mask or cloth face covering at your appointments, even if you do not have symptoms.



Find out what resources are available to you during this reopening period.

- Ask your doctor's office if you can schedule telehealth instead of in-person visits. Telehealth can allow you to have your doctor's appointments from home and avoid extra trips to the doctor's office.
- Ask your employer if you can continue to work from home or how you can limit contact with others in the workplace.
- Talk to your social worker if you are having financial problems, transportation issues or concerns about your mental health.



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Find new ways to spend time with others and socialize.

- Let your friends and loved ones know that you need to continue to limit contact with them to stay healthy.
- Skip large social gatherings and invite a few people to hang out somewhere with enough space to practice physical distancing. Even outdoors, everyone should still wear a mask.
- Host a virtual “hangout” from your phone or computer—play an online game, “share” a meal on video, host a trivia night, exercise together or do another group activity.



Continue to practice good hygiene to reduce your chances of getting sick.

- Wash your hands often with soap for at least 20 seconds and rinse them well.
- Wash your hands as soon as you come home, after you use the restroom, after you cover your cough or sneeze with a tissue, before you cook or eat and if your hands are dirty.
- Use hand sanitizer when you are not somewhere you can wash your hands.
- Avoid touching your eyes, nose or mouth.
- Frequently clean and disinfect objects and surfaces in your home, such as cell phones, TV remotes, doorknobs, handles and handles.



If you feel sick, call your doctor right away and stay home.

- Know the signs and symptoms of COVID-19:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell



Be prepared in case of a future health emergency, quarantine or isolation period.

- Update your emergency contact list to include loved ones, neighbors, doctors, schools or workplaces, and other service providers.
- Ask about the emergency operations policy for your dialysis center, child’s school, or employer.
- Identify community aid resources that are available to you.
- Know where find up-to-date information about emergencies near you.
- Create a plan with your doctor for what you should do if you cannot continue your regular dialysis treatment.
- Make sure your emergency plan includes the care of your business, children, pets or service animals.
- Stock up on essential items you may need:
 - Pantry or freezer-safe foods
 - Bottled water
 - Cleaning supplies: Disinfectant wipes and sprays, laundry detergent, dish soap
 - Household items: Hand soap, paper towels, toilet tissue, tissue boxes
 - Personal items: toothpaste, feminine hygiene products, diapers, wipes, and formula
 - Prescription medicines
 - Over-the-counter medicines for cold, flu, congestion, cough, pain relief, nausea
 - Medical supplies



Talk to your doctor to find out if there are any other special steps you or your family need to take to stay safe and healthy during this reopening period.