Coronavirus (COVID-19) and ESRD: Protection and Prevention Tips for Dialysis Patients

COVID-19 is an illness that can affect your lungs and airways. It is caused by a virus called coronavirus. The virus that causes COVID-19 spreads very easy and very quickly in communities. Many health facilities have taken steps to help prevent the spread of COVID-19 and to keep patients from being exposed to the virus. As a dialysis patient, it is important for you to take actions to protect yourself from COVID-19 as well.

To help you understand how to protect yourself from COVID-19, the ESRD Network of Texas has created a list of PROTECTION AND PREVENTION TIPS FOR DIALYSIS PATIENTS.

- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Clean and disinfect your home to remove germs.** Practice routine cleaning of surfaces such as tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and cell phones.
- **Avoid crowds.** As much as possible, stay away from crowded places and areas with poor ventilation.
- **Avoid travel.** If possible, please limit non-essential air travel and cruise travel.
- **Understand changes in facility policies.** There will be changes to waiting area policies, arrival plan, and treatment plans. Facility staff members may also ask you to wear a facemask for your entire treatment, from the time you enter the building to the time you leave. Discuss these changes with your facility staff members.
- **Cooperate with your facility staff.** We know that these changes can be difficult and will take time to get used to. However, these changes are necessary currently. They have been recommended...
ESRD Network of Texas has a wealth of information available on our website. We invite you to review ESRD News and obtain information from Centers for Disease Control and Prevention (CDC), Centers Medicare and Medicaid Services (CMS) and Federal Emergency Management Agency (FEMA).

To print a copy of the COVID-19 and ESRD: Protection and Prevention Tips for Dialysis Patients flyer click here.

Additional resources are available at: https://www.cdc.gov/; https://www.dpcedcenter.org; https://www.esrdnetwork.org/

**DISASTER PREPAREDNESS**

- **Make and Practice Your Plan**
  - Make an Emergency Plan
  - Sign up for alerts and warnings in your area
  - Learn your evacuation zone and have an evacuation plan
  - Make an emergency plan today & practice it: www.ready.gov/plan
- **Preparing your family for an emergency is as simple as a conversation over dinner.** Get started with tips from www.ready.gov
- **Does your family have a fire escape plan?** Make one today & practice two ways out of every room.
- **Download a group texting app so your entire crew can keep in touch before, during & after an emergency.**
- **Get the @fema app with weather alerts for up to 5 locations:** www.fema.gov/mobile-app
- **Find out if laws in your state permit pharmacists to dispense a 30-day refill of medications in an emergency**
Phosphorus Binders (Phosphate Binders) and the Dialysis Diet

For people on dialysis, controlling your renal diet alone usually won’t keep your phosphorus levels in a healthy range. This is where phosphorus binders come in. Phosphorus binders (also called phosphate binders) prevent the body from absorbing the phosphorus from the food you eat.

Phosphorus binders help to pass excess phosphorus out of the body in the stool, reducing the amount of phosphorus that gets into the blood. Usually phosphate binders are taken within 5 to 10 minutes before or immediately after meals and snacks. Your doctor and renal dietitian will tell you when you should take your phosphate binders and discuss how many you need to take when you eat. Smaller meals and snacks usually require a lower number of phosphorus binders; with larger meals you may take more.

How do phosphorus binders work?
Phosphorus binders work in one of two ways. Some phosphate binders, such as Renvela, work like a sponge and soak up the phosphates in the food so that it doesn’t get into the blood. Instead it is carried through the digestive tract and eliminated in the stool. Other phosphorus binders, such as Fosrenol, Phoslo and Tums, work like a magnet. The phosphorus in the food connects to the phosphorus binder and it is carried through the digestive tract to be eliminated. Some people may be prescribed a combination of phosphorus binders to help keep their phosphorus level in a healthy range.

There are four common types of phosphorus binders: calcium-based phosphorus binders; aluminum-free, calcium-free phosphorus binders; aluminum-based phosphorus binders; and magnesium-based phosphorus binders.

For additional information visit ESRD Website Disaster Planning or type in your browser https://www.esrd-network.org/disaster-planning.
Quality Improvement Activity (QIA) Home Modality

We all want to ensure the safety of our patients and staff this can be a great opportunity to safely transition some patients to do home dialysis in the comfort of their home. Patients that can dialyze at home can experience a lower risk for infections and can be closer to their families in this difficult time. Fixing Paco is mini-series about a patient and his struggles navigating through dialysis on the path to a kidney transplant. Print and share this flyer to encourage your patients to use their smartphone camera to scan the QR code to watch Paco and his family’s dialysis journey. (Available in English and Spanish)

Thinking About A Transplant??

Are you scared, nervous, unsure? Watch Fixing Paco!

Paco is a dialysis patient just like you. Watch as he goes through his dialysis journey to a transplant!

In this Month’s Episode:

Episode 1: “El Mil Usos”
Paco Fuentes, a busy handyman, husband and father suffering from end-stage renal disease and on dialysis, is ready to learn about what’s involved in kidney transplantation.

Use your smartphone camera to scan the QR Code to the right & click the pop up link to watch Fixing Paco.

Fixing Paco - Episode 1 - “El Mil Usos”

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HOPE Quote “Life is really simple, so let’s not make it complicated”-Nathaniel K.

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To file a grievance please contact ESRD Network of Texas (Network 14) at 1-877-886-4435 or ESRD Network of Texas, Inc. 4099 McEwen Rd, Ste. 820 Dallas, TX 75244. Office: 972-503-3215, fax: 972-503-3219, toll free: 877-886-4435, email: NW14Info@gmcf.org, website: www.esrdnetwork.org/