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.
   • 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/