



ACTIONS TO TAKE IN OR OUT OF THE DIALYSIS FACILITY TO PROTECT YOURSELF FROM COVID-19

As a dialysis patient, it is important for you to take actions to protect yourself from getting COVID-19. Please read the information below.

WHAT IS COVID-19?

COVID 19 is a respiratory illness caused by a type of virus called a 'coronavirus.'

HOW DOES COVID-19 SPREAD?*

Person-to-person contact is the main way this disease spreads. This most commonly occurs:

- Between people in close contact with one another (about 6 feet)
- Through respiratory droplets when an infected person coughs or sneezes
- Through contact with infected surfaces or objects

It may be possible to get COVID-19 by touching surfaces and then touching your mouth, nose, or eyes.

***COVID-19 is a new disease and we are still learning how it spreads.**

ACTION: HAND HYGIENE

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.
- Examples of when to clean your hands:
 - ✓ After blowing your nose, coughing, or sneezing
 - ✓ After being in a public place.
 - ✓ After touching surfaces in public places

ACTION: RESPIRATORY HYGIENE

- Cover your cough or sneeze with a tissue. Then, throw the tissue in the trash.
- If a tissue is not immediately available, cough or sneeze into your elbow.
- Clean your hands.

ACTION: CLEAN AND DISINFECT SURFACES

- Clean and disinfect your home to remove germs.
- Practice routine cleaning of frequently touched surfaces:
 - ✓ Tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones

- Follow the instructions on disinfecting wipes.
- Know the amount of time the surface must stay wet with the solution in order to properly disinfect the area.

THINGS TO AVOID

- Avoid touching your face, nose and eyes.
- Avoid crowds, as much as possible, especially in poorly ventilated spaces.
- Avoid handling high touch surfaces in public places.
 - ✓ Elevator buttons, door handles, handrails, handshaking with people
- Use a tissue or your sleeve to cover your hand or fingers if you must touch something.

Other Considerations

- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid cruise travel and non-essential air travel.

HAVE A PLAN IF YOU GET SICK

- Talk with your family and caregivers.
- Stay in touch with others by phone or email.
- You may need to ask for help from friends or family.
- Know important contacts and have phone numbers for your:
 - ✓ Dialysis facility
 - ✓ Medical providers
 - ✓ Care providers
- If you have a caregiver, determine who can provide you with care if your caregiver becomes sick.
- Make sure you have access to several weeks of medications and supplies.

IF COVID-19 IS SPREADING IN YOUR COMMUNITY

Remain alert for notices from local public health authorities. But, **DO NOT** postpone your dialysis treatment.

IF YOU FEEL SICK OR THINK YOU MAY HAVE BEEN EXPOSED

Call your dialysis clinic and primary care provider to let them know your symptoms. This will help them take care of you and make proper preparations for your dialysis treatments. **Know when to get emergency help.**

Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

For more information, please visit the [Dialysis Patient Citizens Education Center website](#). (Traducción en español está disponible.) If you have any questions or concerns related to the management of the COVID-19 virus at your dialysis facility, please call the ESRD Network 3 Patient Hotline at 1-888-877-8400.