



**COVID-19**

# 5 URGENT REMINDERS

## About Coronavirus-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 CORONAVIRUS-19

- Symptoms can appear 2-14 days after being exposed to the virus.
- Early symptoms of Coronavirus 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 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 6-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 don't 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 (K CER) 3-Day Emergency Diet, explained on the K CER Coalition website.  
<https://www.kcercoalition.com/en/resources/patient-resources/during-an-emergency/3-day-emergency-kidney-diet2/>



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