

## What is Coronavirus?

Coronavirus disease 2019 (COVID-19) is a new respiratory virus spreading worldwide that causes diseases ranging from the common cold to more serious diseases such as Severe Acute Respiratory Syndrome.

Nevertheless, most people recover from the disease without needing special treatment.

It is transmitted by the drops that a person expels when coughing or sneezing, or by touching any surface contaminated by the virus with the hands and then touching the eyes, nose or mouth with contaminated hands.

**It is the time to focus on prevention.**

If you have any questions, please speak to your dialysis clinic team.



**Coronavirus in kidney disease**

Be aware and consider

## Notice Symptoms

Coronavirus symptoms are very similar to flu.

Please check for these symptoms regularly:



**Fever**



**Cough**



**Shortness of breath**

If you notice symptoms, please contact your dialysis centre team and speak to your medical team for support.

## Practice Prevention

We recommend these prevention measures in daily practice:

### Wash your hands

with soap, at least for 20 seconds:



- After using bathroom
- After wiping nose, coughing or sneezing
- Before and after having a meal
- After using public transport
- After being in public places
- Before and after putting mask on and off

### Avoid the spread of germs:

- Cover your nose and mouth with a tissue or your elbow (not the fistula arm) when you cough or sneeze.  
Avoid using your bare hands
- Throw used tissues into trash immediately
- Regularly disinfect your hands and arms
- Avoid touching your eyes, nose and mouth directly
- Avoid physical contact when greeting people
- Keep > 1 metre distance from others
- Avoid enclosed spaces and crowds of people
- Put on the mask if you feel sick (if provided)



### What to do if you feel sick:

- If you feel sick at home:  
Contact \_\_\_\_\_ (*local emergency contact number*) or your health authorities and follow their recommendations
- Avoid going directly to the Health Centre or Emergency Service except for cases of emergency
- If you are at the dialysis centre:  
Do not enter the dialysis ward without being previously seen by your medical team
- If recommended by the medical team, wear a mask

Based on symptoms, the clinic setting or your medical history, the clinic team may change your normal routine. Please comply.