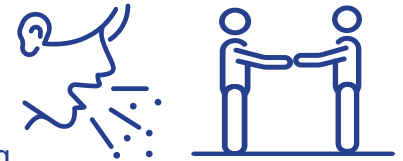


# COVID-19 Information for Kidney Patients

People with kidney disease are at risk of serious symptoms caused by COVID-19. Protect yourself and those around you:



COVID-19 spreads from person to person through touching, coughing/sneezing or touching objects that have the virus on them and then touching your mouth, eyes or nose.

## SYMPTOMS OF COVID-19 CAN TAKE 14 DAYS TO APPEAR AND INCLUDE:

Cough	Runny Nose	Fatigue/ Tired	Headache	Loss of Taste or Smell
Fever	Sore Throat	Shortness of Breath Breathing Difficulties	Muscle Aches	<b>More symptoms:</b>

- Vomiting, or diarrhea for more than 24 hours
- Nausea or loss of appetite
- Conjunctivitis (pink eye)
- Skin rash of unknown cause

## COMING FOR DIALYSIS/APPOINTMENTS

Coming for every dialysis treatment is the best way to stay **healthy and safe**. Skipping or missing dialysis can lead to getting very sick and needing emergency health care.

- If you have symptoms, call Health Links-Info Santé at 1-888-315-9257 or go to your local COVID-19 testing site **AND** call your unit before coming in
- If you are required to self-isolate for any reason (i.e. travel, contact with a person with COVID-19) call your unit

✓ Symptoms   or   ✓ Travel to certain areas   or   ✓ Close contact with COVID-19

## STOP THE SPREAD & PROTECT YOURSELF

Wash hands often (for 20 seconds) or use hand sanitizer	Keep 6 feet away from people when possible	Avoid touching surfaces in public places	Clean surfaces like phones, doorknobs, counters
Wear a mask when in public or at medical appointments	Stay home as much as possible	Avoid touching your face	Avoid unnecessary travel and groups of people
		Cough/sneeze into elbow or use a tissue	