

# Guide to Dialysis Patients at this time of COVID Pandemic

By Vimar A. Luz, M.D.



## 1. Do not miss your dialysis session

It is important at this time **NOT** to have any reason to get admitted in a hospital.



## 2. Strictly observe your diet and fluid requirements

During this quarantine period, avoid excessive water intake and refrain from adapting a diet that's high in red meat, salt, phosphorus, uric acid and potassium (like fruits and fruit juices). Nutritional supplements specifically designed for patients on dialysis are also available. This is not the time for your Nephrologist to be increasing the frequency of your dialysis that may increase your exposure to any health facility.



## 3. Stay home **EXCEPT** when going to your hemodialysis session

Social distancing is a **MUST**. Avoid unnecessary use of public transport and just do your work at home if possible. Use your phone or connect via online communications to contact your kidney doctors and/or other essential services provider.



## 4. Call your dialysis unit for advice

- If you have any of the following symptoms: cough, colds, sore throat, fever, diarrhea or generalized body pain and weakness.
- If you're living with or exposed to somebody who has the previously mentioned symptoms.

If you have the above symptoms, **DO NOT** go to the dialysis unit **WITHOUT** telling them. In this time of COVID pandemic, we are all responsible not to spread the disease to anybody, including your dialysis unit staff and your co-dialysis patients.



All dialysis units and their personnel are equipped to handle COVID patients, Patients Under Investigation (PUI) or Patients Under Monitoring (PUM). They just have to be informed if you are one.

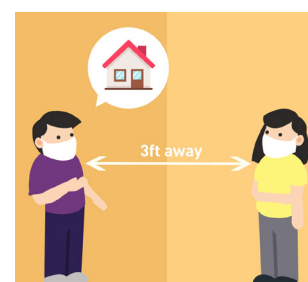
## 5. Always wear face mask

Face masks can provide protection not just for you but also to your doctors and co-dialysis patients. Make sure to wear one when going to the dialysis unit especially if you have mild symptoms as mentioned above.



## 6. Practice distancing at home (when symptoms are present)

Advise your relatives, caregivers or anybody who stay at home with you to observe distancing if they have symptoms of COVID-19 as mentioned above.



## 7. Go straight to the emergency room and NOT to your dialysis center if you have

- Severe difficulty of breathing or shortness of breath.
- Increased heart rate
- High-grade fever
- Low blood pressure
- Signs of deterioration or worsening of symptoms.



"It is part of my personal advocacy to help dialysis patients to lead a better life in every step of the way. Through these simple reminders, I hope we can keep up the fight against kidney diseases as we also struggle to beat the COVID-19 Pandemic"

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