

## Precautions for COVID-19 or Flu

### *Important information for kidney patients taking part in peritoneal dialysis (PD) or home hemodialysis (HHD) clinics*

**March 12, 2020 (updated August 17, 2021)**

To help keep everyone safe and provide you with the best care during COVID-19 and flu season, we are providing this handout to patients with kidney disease who attend:

- Peritoneal dialysis (PD) clinics
- Home hemodialysis (HHD) clinics

We want to reassure you that your care will continue. We're here to help and support you. Please read this handout carefully. Also please make sure the clinic you visit has your current contact information.

During the pandemic, your clinic visit may be changed to a virtual visit rather than in-person – for example, it may be conducted by telephone. This will ensure you are not exposed to crowded waiting rooms and other people who might be sick.

Your nephrologist will determine if it's best to see you in-person.

### **What to do before you come to the clinic**

If you are scheduled for an in-person visit, please call the clinic if you have any of these symptoms (Clinic phone #: \_\_\_\_\_)

- Fever
- Cough (new onset or worsening chronic cough)
- Difficulty breathing / shortness of breath

If you have symptoms, you may be:

- Asked additional questions over the phone by a nurse and given instructions on what to do next
- Asked to postpone your appointment or provided the option of a virtual appointment

### **What to do when you get to the clinic**

Always clean your hands before entering the clinic. Hand sanitizers are available in the patient waiting area. If you have symptoms of COVID-19 or the flu, clinic staff will direct you as to next steps.

## Guidance on travel

Please refer to the BC Restart plan for guidance about travel.

Go to <https://www2.gov.bc.ca/> → COVID-19 → Travel

Or go direct to <https://www2.gov.bc.ca/gov/content/covid-19/travel/current>

Your PD/HHD nurse is your best source for information about travelling while on dialysis. Patients who have traveled outside BC and have an appointment in one of our clinics are advised to call the clinic prior to arrival.

## For more information on COVID-19

- Call 8-1-1 to speak with a nurse with HealthLinkBC
- Visit the BC Centre for Disease Control website:

Go to [www.bccdc.ca](http://www.bccdc.ca) → Health Info → COVID-19

Or go direct to <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

In particular, see the heading “Priority Populations” and then the link “People with Chronic Conditions.”

## Precautions in the unlikely event kidney care is not available

It’s always a good idea to be familiar with the steps you could take if treatment was temporarily unavailable, such as in the case of wildfire, flood, earthquake or other natural disaster.

The BC Renal website has helpful information for kidney patients, including an emergency diet plan and information about medications:

Go to [www.bcrenal.ca](http://www.bcrenal.ca) → Health Info → Emergency Preparedness

Or go direct to <http://www.bcrenal.ca/health-info/managing-my-care/emergency-preparedness>