

YOUR SAFETY

Is Our Number One Priority

COVID-19 INFORMATION FOR PEOPLE WITH CHRONIC KIDNEY DISEASE

At Somatus our top priority is the health and safety of our patients. We are actively monitoring the COVID-19 situation and strictly adhering to the guidance coming from the Centers for Disease Control and Prevention, Federal, and Local Governments.

Important Information for People with Chronic Kidney Disease (CKD)

INFORM YOUR DOCTOR AND CARE TEAM IMMEDIATELY IF YOU ARE NOT FEELING WELL

If you are not feeling well or have any symptoms such as a fever, cough, sore throat, shortness of breath, muscle aches, fatigue, headache, and/or diarrhea alert your nephrologist, primary care provider, and Somatus care team member immediately.

UNDERSTAND THE RISKS ASSOCIATED WITH CKD AND COVID-19

If you have CKD or any other chronic condition, it is extremely important that you follow the guidelines and procedures set out by Federal, State, and Local governments. CKD may place you at an increased risk of contracting COVID-19, if you are exposed. If you test positive for COVID-19, you may have a more severe illness as a result. If you have a weakened immune system or are on immunosuppressant medications (medicines that decrease the effectiveness of your immune system), it is harder for your body to fight off the infection.

FOLLOW PREVENTIVE MEASURES AND GUIDANCE

The Centers for Disease Control and Prevention continues to put out guidance regarding COVID-19. Go to www.cdc.gov/coronavirus to stay up-to-date.



Personal hygiene

Wash your hands thoroughly and often for at least 20 seconds with soap and water. If you are going into a public setting, wear a face covering. Cover coughs and sneezes with a tissue and dispose of the tissue in a trash can and wash your hands. If a tissue is not readily available, cough/sneeze into your elbow. Avoid touching your face, especially your eyes, nose, and mouth. Avoid shaking hands and touching surfaces in public places like elevator buttons, door handles, and handrails.



Household hygiene

Clean and disinfect items and surfaces you touch often like doorknobs, light switches, faucets, TV remotes, and cell phones.



Physical distancing

Keep 6 feet of physical distance from people to prevent the virus from transferring to one another. Physical distancing does not mean isolate yourself! Keep in touch with your family and loved ones through phone calls, web chats, emails, and social media. If you have a yard, go outside to get fresh air.

PLAN AHEAD

Many states across the country have issued orders to stay at home for an extended period of time. If you are concerned about your ability to access any necessary supplies or food, please contact your doctor and Somatus care team member.



Important phone numbers

Keep important phone numbers like your nephrologist (kidney doctor), dialysis facility, transplant center, Somatus care team member, and other medical and care providers on hand and easily accessible.



Medications and supplies

Check that you have at least 2 weeks worth of medications and any necessary medical supplies you need to manage your condition, if you need to self-quarantine.



Food

Check that you have at least 2-4 weeks of food stocked up in your house. Many organizations are helping with food delivery and grocery shopping for people with chronic conditions or compromised immune systems. Talk to your doctor or care team member if you need help gaining access to one of these services or resources.



Upcoming appointments

Take time to review your calendar to see if you have any upcoming appointments. If they have not already contacted you, contact them to see if the appointment can or should be moved to a later date. If you do have appointments that cannot be moved, talk to the organization to discuss their COVID-19 precautionary procedures.



We are here to support you

If you have questions or concerns,
talk to a member of your Somatus care team or call 571.992.0600.

Sources:

Center for Disease Control and Prevention: www.cdc.gov/coronavirus
American Association of Kidney Patients: www.aakp.org
National Kidney Foundation: www.kidney.org/covid-19