

Looking after yourself during COVID-19

PATIENT GUIDE

With all the increased restrictions in place, it is recommended that dialysis patients follow good stay-at-home practices. Here are some tips.



Wash your hands often—use soap and water for at least 20 seconds.



Avoid touching your face.



Clean frequently-touched surfaces at home with surface detergents.



Try to have food, medication and supplies delivered.

The virus can live on stainless steel surfaces for up to 72 hours, cardboard for up to 24 hours, and on copper for 4 hours and still be contagious.

Only leave your house for essential medical treatments, like dialysis.



Do not share cups, eating utensils, towels, bedding or other items

with members in your household.



If you must step out of your home for any reason, **practice safe “social distancing,”** which means staying **2 metres away from other people.**



Difficulty getting to your dialysis session? Let us know.

We can work with you to try to find solutions to get you to your dialysis sessions and home after.



Do not have visitors in your home, including family and friends.



Always come to dialysis. We'll be open for you! We follow infection control procedures to keep you safe.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.



Focus on your breathing for however long is comfortable to regain control.



If your anxiety is impacting your sleep, **listen to calming music** to help you rest.



Talk to somebody and take time to stay connected with others (over the phone).

I am anxious and scared



Continue to do the things you love (at home). This is an opportunity to catch up on the books and movies you have not had the time to enjoy before.

It is normal to feel scared or anxious during this time of uncertainty.



If thoughts become overwhelming, **engage in a practical activity.** Make sure you focus on the physical task and stay in the moment.



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



Get COVID-19 facts from trusted websites and local health authorities' platforms, in order to help you distinguish facts from rumours.



Acknowledge that you are doing the very best you can to cope at this time.

Most importantly, **do not panic** and follow the advice of your dialysis care team.

What should I do if I feel sick?



Please contact your dialysis clinic and doctor by phone immediately.



Separate yourself from other people in your home.



Cover your coughs and sneezes with a flexed elbow or tissue and clean your hands.



Seek prompt medical attention if your symptoms worsen.