COVID-19

An End Stage Renal Disease (ESRD) National Coordinating Center (NCC) Patient Education Webinar

May 25, 2021
Agenda

• What is this call about?
• Today’s speakers
  ▪ Keely Lenoir, BS
    − Manager, Kidney Community Emergency Response (KCER) Program
  ▪ Topic: Preparing for Hurricane Season During COVID-19
• Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Learn about tropical cyclones and 2021 Atlantic hurricane season.
• Hear tips on preparing for the 2021 hurricane season.
• Learn how COVID-19 may impact your planning this year.
• Obtain KCER resources for additional support.
COVID-19 Trend Map

- Trend maps were developed by the NCC and the KCER Program.
- They track COVID-19 positive case rates among the general and ESRD populations.
- Maps are organized by ESRD Network service area.
- Available in color and black/white.

Please share maps with facilities, transplant centers, and all ESRD patients. Located at: https://esrdncc.org/en/covid-19/

Source: ESRD NCC
Keely Lenoir, BS
Manager, KCER Program
2021 Atlantic Hurricane Season Outlook

https://www.youtube.com/watch?v=cU0ljJ4v-XA

Source: National Oceanic and Atmospheric Administration (NOAA)
Tropical Cyclone vs. Hurricane—Is There a Difference?

- **Tropical cyclone** is the scientific term for these storms.
- Other names include **typhoon**, **cyclone**, or **hurricane**, depending on where they occur.
- Only **tropical cyclones** that form over the Atlantic Ocean or the Eastern Pacific Ocean are called **hurricanes**.
How Does a Storm Become a Hurricane?

A hurricane starts out as a tropical disturbance. This is an area over warm ocean waters where rain clouds are building.

A tropical disturbance sometimes grows into a tropical depression. This is an area of rotating thunderstorms with winds of 62 km/hr (38 mph) or less.

A tropical depression becomes a tropical storm if its winds reach 63 km/hr (39 mph).

A tropical storm becomes a hurricane if its winds reach 119 km/hr (74 mph).

Source: NASA.gov
# Understanding Tropical Cyclone Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Wind Speed (mph)</th>
<th>Damage at Landfall</th>
<th>Storm Surge (feet)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>74-95</td>
<td>Minimal: While wind speeds are quicker than the speed a cheetah can run, there is not much damage to property.</td>
<td>4-5</td>
</tr>
<tr>
<td>2</td>
<td>96-110</td>
<td>Moderate: Wind speeds are as fast or faster than a baseball pitcher’s fastball. This category cyclone may break windows and destroy trees.</td>
<td>6-8</td>
</tr>
<tr>
<td>3</td>
<td>111-129</td>
<td>Extensive: This wind speed is similar, or close, to the serving speed of many professional tennis players. This category cyclone can break windows and doors.</td>
<td>9-12</td>
</tr>
<tr>
<td>4</td>
<td>130-156</td>
<td>Extreme: With winds quicker than the world’s fastest rollercoaster, there is much damage to property in this category cyclone.</td>
<td>13-18</td>
</tr>
<tr>
<td>5</td>
<td>157 or higher</td>
<td>Catastrophic: This category cyclone causes the most damage. With wind speeds similar to the speed of some high-speed trains, it destroys buildings.</td>
<td>19+</td>
</tr>
</tbody>
</table>

Source: NASA.gov
Tropical Cyclone Tracks

Source: NOAA.gov
Hurricane Strikes

Source: NOAA.gov
Preparing for Hurricane Season
Preparing for Hurricane Season, Part 1

• Plan now.
  - Create an emergency action plan today. Do not wait.
  - Be flexible. COVID-19 may change your plans.
    - Evacuations
    - Sheltering
    - Transportation
  - Share your plan with others (i.e., family, friends, neighbors, and congregation members).
  - Discuss your plan with your dialysis facility.
    - Provide your correct, up-to-date address and contact information to your dialysis facility.
    - Have a back-up plan to get care, if your dialysis facility is closed.
    - Know how to contact your dialysis facility.

Source: ESRD NCC
Preparing for Hurricane Season, Part 2

• Gather disaster supplies.
  ▪ Personal needs may include the items below:
    – Nonperishable foods for yourself and household members.
      o 3-day emergency diet plan
    – Water
    – Prescription medications
    – Medical supplies
    – Medical devices
    – Supplies for your pets
    – Flashlight
    – Batteries
    – Battery powered or hand-crank radio
    – First aid kit
    – Manual can opener
    – Cell phone with charger and a back-up battery
  
  – Additional items needed for a “Go kit”
    o Change of clothing
    o Important papers
    o Copy of current dialysis treatment prescription
    o Current copy of monthly lab report
    o Contact list for current healthcare team
    o Hand sanitizer
    o Bar or liquid soap
    o Cloth face coverings
Preparing for Hurricane Season, Part 3

• Evacuations
  ▪ Determine if you live in an evacuation zone,* and if so, be sure to include this in your emergency action plan.
    – Prepare a “Go-kit.”
    – Plan your evacuation route.
    – Ask “Where will I evacuate to?”
    – Plan for your household members and pets.

*Contact your state or local emergency management officials to find out if you live in an evacuation zone.
Preparing for Hurricane Season , Part 4

• Sheltering
  ▪ Plan to stay with a family member or friend first; and have a back-up plan.
  ▪ Shelters should only be used as a last resort.
  ▪ Stay informed. Your community may change plans due to COVID-19, so pay attention to local guidance about updated plans for evacuations and sheltering.
  ▪ If you have to go to a shelter:
    - Include items in your “Go-kit” that can help protect you and others from COVID-19:
      o Hand sanitizer
      o Bar or liquid soap
      o 2 cloth face coverings for each person
    - Follow disaster shelter policies and procedures designed to protect everyone in the shelter.
    - Most shelters cannot accommodate special diets, so you will need to bring 3-day emergency diet foods with you to the shelter.
Additional Planning Considerations

• Does your community have a special needs or medical sheltering program?*
  ▪ Is pre-registration required?

• If you are planning to evacuate the area:
  ▪ Discuss your plans with your dialysis facility and determine where you will go for treatment while you are out of the area.
    − Do you have transportation to your back-up facility?

• Public transportation services may shut down to assist with hurricane evacuations, so make alternate arrangements for transportation now.

• Make arrangements for your pets.
  ▪ Not all shelters accept pets.
  ▪ Contact your local emergency management agency for more information on pet-friendly shelters in your community.

*Contact your state or local emergency management officials to find out if your community has a special needs or medical sheltering program.
Key Take-Aways

• Do not wait! Prepare now.
• Review the latest CDC guidance on COVID-19 and discuss how it may affect your hurricane planning.
• Stay informed. Pay attention to local guidance about updated plans for evacuations and sheltering.
• Follow evacuation orders and evacuate if told to do so.

CDC = Centers for Disease Control and Prevention
Resources


Additional Resources:
• FEMA Ready.gov  
  www.ready.gov
• National Hurricane Center  
  www.nhc.noaa.gov
• CDC  
  www.cdc.gov/coronavirus
• Healthcare Ready  
  www.HealthcareReady.org
Let Us Hear From You

• Q&As from chat and Q&A panels
COVID-19: A Positive Test or Under Investigation? Being Prepared

- Provides questions to ask your dialysis facility.
- Lists suggestions for maintaining your emotional well-being.
  - Select “For Patients.”

Source: ESRD NCC
My Plan, My Care

This tool will help you partner with your care team during your Plan-of-Care meeting.

Offers a list of topics to discuss, including questions to ask about:
- Dialysis health.
- Emotional health.
- Vaccination.

Visit [www.esrdncc.org/patients](http://www.esrdncc.org/patients).
- Select “For New Dialysis Patients.”
- Look under the “Being Involved in Your Care” category.

Source: ESRD NCC
Where to Find Credible Information

About the Coronavirus 2019 (COVID-19)

During this pandemic, it’s especially important for everyone to take actions to keep themselves, and others, safe. To do this, let’s pause and think through how and where you can find credible, or trustworthy, information—especially in someone with kidney disease.

In stressful times, you may often turn to family and friends or online for support. Family and friends are great to:
- Provide or receive emotional support.
- Connect with in person, by phone, video chat, or social media.

But your family and friends might not know the most up-to-date information on COVID-19 or the best actions to take right now, especially if you are on dialysis or have a kidney transplant. For this kind of information, you should turn to experts for credible information.

So, where can you find credible COVID-19 information? Start with these sites.

For general updates (e.g., handwashing and distancing, stay-at-home orders, use of face masks, etc.) on COVID-19:
- The U.S. Centers for Disease Control and Prevention (CDC)
- Centers for Medicare & Medicaid Services (CMS)
- U.S. Department of Health & Human Services (HHS)
- World Health Organization (WHO)

For chronic kidney disease-related updates on COVID-19:
- On the ESRD National Coordinating Center (NCC) website, you can learn about kidney-related COVID-19 health information and where to locate webinars from health experts and patient advocates.
- Go to the Kidney Community: Community Response Portal website for the most up-to-date resources on COVID-19 from government, patient, and professional organizations.
- View the ESRD Networks for a directory of ESRD Network Organizations nationwide to find kidney disease or dialysis help in your area.
- Check out the American Kidney Fund’s “COVID-19 Resources for Patients” to see webinars, frequently asked questions, and health alerts related to kidney disease and COVID-19.
- Look to ESRD National Coordinating Center (NCC) Resources for ESRD Patients to read about how dialysis centers are working to keep patients safe and prevent COVID-19 infections spreading.
- The American Kidney Fund and The Renal Network COVID-19 for tips on how kidney patients can stay physically and emotionally healthy.


Source: ESRD NCC
Thank You!

NCCinfo@hsag.com
844.472.4250
813.865.3545
www.esrdncc.org

Additional COVID-19 resources for patients and providers:

www.kidneyCOVIDinfocenter.com

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