COVID-19

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

July 7, 2020
Agenda

• What is this call about?
• Today’s speaker
• Shannon Novosad, MD, MPH
  ▪ Dialysis Safety Team, Prevention and Response Branch, Division of Healthcare Quality Promotion, Centers for Disease Control and Prevention (CDC)
• Stephanie Booth, HCA, CHHT, CIC
  ▪ Making Dialysis Safer for Patients Coalition
• Topic: COVID-19 Stop the Spread of Germs and Protect Yourself
• Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Hear tips for coping in a COVID-19 environment.
• Provide real-world experiences for others to put into use.
• Engage in weekly calls on varying topics.
COVID-19: Stop the Spread of Germs and Protect Yourself

Dialysis Safety Team, Prevention and Response Branch,
Division of Healthcare Quality Promotion,
Centers for Disease Control and Prevention

July 7, 2020
How COVID-19 Spreads*

- **Person-to-person** is thought to be the primary way this disease spreads.
  - Between people in close contact with one another (about 6 feet).
  - Through respiratory droplets when an infected person coughs, sneezes, or talks.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

- **Contact with contaminated surfaces or objects**
  - It may be possible to get COVID-19 by touching surfaces and then touching your mouth, nose, or eyes.

*COVID-19 is a new disease and we are still learning how it spreads.
Symptoms of COVID-19

Symptoms can:

- Range from mild to severe illness.
- Appear 2–14 days after you are exposed to the virus that causes COVID-19.
Wash Your Hands Often

- With soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
  - Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

Social Distancing

- Put 6 feet of distance between yourself and people who do not live in your household.

- Keeping space between you and others is one of the best tools to avoid being exposed to COVID-19 and slowing its spread.

- Everyone should wear a cloth face covering in public settings, especially when other social distancing measures are difficult to maintain.

Practice Source Control

- Patients should wear a cloth face covering every time they leave their house, including during dialysis treatments.
- Take extra measures to put distance between yourself and others.
  - Maintain a distance of 6 feet whenever possible.

Wear Your Face Covering Correctly

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.

Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you are infected, but do not have symptoms.
- Wear the covering in public settings when around people outside of your household, especially when other social distancing measures are difficult to maintain.
- **Do not** put the covering around your neck or up on your forehead.
- **Do not** touch the face covering, and, if you do, wash your hands.

Take Off Your Cloth Face Covering Carefully, When You Are Home

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine (learn more about how to wash face coverings by visiting the hyperlink below).
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Mandatory mask laws differ by state. Requirements to wear a mask/face covering can be specific to locations such as:

- Public transport
- Essential businesses
- Everywhere in public

Even if your state is not requiring the use of masks, wearing a face covering will help you and others around you stay safe.
Remember to also:

- Cover cough and sneezes.
  - Sneeze or cough into a tissue, or the inside of your elbow.
- Clean and disinfect.
  - Disinfect frequently used items and touched surfaces as much as possible.
- Monitor your health.
  - Watch for symptoms.
  - Contact your care team if you begin to feel ill.
- Stay informed about the latest COVID-19 news in your state.

COVID-19 Dialysis Resources

How our facility is keeping patients safe from COVID-19

The compaient dialysis facility is prepared for the possible arrival of patients with coronavirus disease 2019 (COVID-19). We are committed to keeping patients safe and are taking the following steps to reduce the risk of COVID-19 in our patients and staff.

- We are providing extra training for staff and educating for patients about the importance of hand hygiene, face masks, respiratory hygiene and cough etiquettes.
- Thinner, alcohol-based hand sanitizer, and touch-free hand washing dispensers in the waiting area and treatment area. Soap and water will continue to be available at all handwashing sinks and in the treatment area.
- We are monitoring all staff for symptoms of COVID-19.
- We are monitoring patients on dialysis and retraining for symptoms of COVID-19.
- We are monitoring patients on dialysis and retraining for symptoms of COVID-19.

Call us:
- We are prepared to identify and separate patients with symptoms of COVID-19.
- We are prepared to administer COVID-19 vaccination to the facility and educated on the protocols for the treatment of COVID-19.
- We have established protocols for the treatment of COVID-19 cases in the facility.
- We have established protocols for the treatment of COVID-19 cases in the facility.

Coronavirus Disease 2019 (COVID-19)
Keeping Patients on Dialysis Safe

What is COVID-19?
COVID-19 is a respiratory illness that can spread from person to person, similar to influenza.

Take Everyday Precautions

- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Avoid touching your face.
- Everyone should wear a cloth face covering in public settings where other social distancing measures are difficult to maintain.
- Avoid close contact with people who are sick.
- Avoid crowds and keep at least six feet of space between yourself and others if COVID-19 is spreading in your community.
- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Avoid using tissues in the trash and immediately clean your hands.
- Routinely clean and disinfect surfaces you often touch, such as cell phones, computers, countertops, handles, and light switches.

Preparing the Facility

You may see changes as the dialysis facility prepares to keep you safe during treatment. This may include:
- Signs with special instructions for patients with symptoms of COVID-19.
- Additional education about hand hygiene and cough etiquette.
- Waiting areas will be divided for patients with symptoms and patients without symptoms.
- A change in patient chair locations, treatment times, or days.
- A change in the gowns, facemasks, and eye protection that the staff uses.
- Patients, visitors, and staff will all be wearing a cloth face covering or facemask the entire time they are in the facility.

Speak Up

- Do not be afraid to use your voice. It is ok to ask staff questions, such as:
  - What is the clinic doing to prepare for COVID-19?
  - How will these changes affect my treatment?
  - What can I do to protect myself and others?
  - Do you mind cleaning your hands again before you care for me?

https://www.cdc.gov/dialysis/patient/speak-up-video.html
Thank you!

dialysiscoalition@cdc.gov

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Let Us Hear From You

• Q&As from chat and Q&A panels
Visit TheKidneyHub.org.

- Secure, mobile-friendly web tool for patients and professionals.

- Developed by the ESRD NCC with assistance from patient subject matter experts (SMEs).

- Links to important resources, such as:
  - COVID-19, infection prevention, transplant, home dialysis, and new ESRD patient education.
  - New features include access to the Patient Grant Library, an informative Understanding High-Kidney Donor Profile Index (KDPI) and Increased Risk Kidneys video, and more.

- Visit today and bookmark to your device’s home screen.
Our Next COVID-19 Quickinar Events

• Save the dates for our next events.
  ▪ Provider-focused event:
    July 8 at 5 p.m. ET
  ▪ Patient-focused event:
    July 14 at 5 p.m. ET

• Visit www.kidneyCOVIDinfocenter.com for information and to register.
Thank You!

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

Additional COVID-19 resources for patients and providers:

wwwthekidneyhub.org/covid19/
www.kidneyCOVIDinfocenter.com

This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication Number FL-ESRD NCC-7N5TCO-07062020-01