

What you can do to stay safe

FROM COVID-19 (CORONAVIRUS) AS OF MARCH 16, 2020

Do these things to stay as safe as possible:

- Keep going to scheduled appointments with your doctor unless he or she advises otherwise
- Avoid close contact with people who are sick and **avoid crowds** as much as possible. **Practice social distancing.**
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid touching food and eating with unwashed hands.
- Cover your cough with your elbow or arm, not your hands.
- Wash your hands **more often**, especially after being in public places or being in close contact with people. Use soap and water for at least 20 seconds. Or, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
- Avoid travel and large gatherings as much as possible.



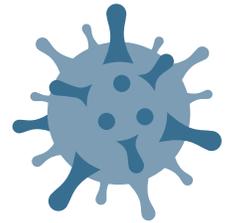
Let us know if you are feeling unwell, have a fever or flu-like symptoms.
We are working to help keep teammates and patients safe.
Thank you for trusting us!

COVID-19 (Coronavirus)

WHAT YOU NEED TO KNOW AS OF MARCH 16, 2020

What is the coronavirus?

Coronaviruses are a group of viruses. The recent outbreak is from a new coronavirus (referred to as COVID-19) that had not been found in humans before December 2019. It's a different kind of virus than those that cause the flu or common cold, but the symptoms they cause can be pretty similar.



Who can get COVID-19?

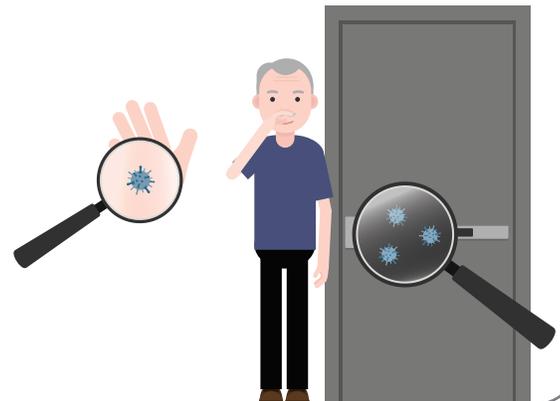
The virus can affect people of all ages. However, the greatest risk of infection is for elderly and sick patients. This includes people with late-stage kidney disease.

How does it spread?

1: Person-to-person. The virus is thought to spread most commonly from person-to-person. It may happen this way:

- An uninfected person gets close to a person who is infected by coronavirus (within about 6 feet)
- The infected person coughs or sneezes, sending coronavirus germs into the air. The germs then land in the mouth, nose, or lungs of the uninfected person

2: Surface-to-person: It's also possible that the coronavirus germs get onto a surface, like a doorknob or a cell phone. An uninfected person may get the germs on their hand by touching the surface. They then touch their mouth or nose, and the germs get into the body.



What are the symptoms?

Patients with COVID-19 have experienced mild to severe respiratory illness. Unfortunately, it can be complicated and fatal in some people. Look for these NEW symptoms and compare them to how you feel normally:

Common

- fever
- dry cough
- shortness of breath

Sometimes

- headache
- sore throat
- fatigue

Rare

- runny nose
- diarrhea



It usually takes about 5 days to see symptoms after being infected. However, it may take up to 14 days or more in some cases.

What if I have symptoms?

- Call your doctors right away and tell them you have symptoms of COVID-19. Follow their instructions. Tell them you are a chronic kidney disease patient. You may be directed to a COVID-19 testing center.
- Stay home unless instructed otherwise by your doctor. You want to avoid coming in contact with others and spreading the disease.

Stay up-to-date

Centers for Disease Control: www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html