

## What is the Corona Virus and how does it spread?

COVID-19 was originally only seen in animals and not seen in humans until December 2019. It is different from the flu or common cold, but the symptoms can be similar. Unlike the flu or common cold, an individual can be infected and not show any symptoms for 5 to 7 days. This is why the spread of this virus has been pandemic.

### How does it Spread?

- It is most commonly spread from person to person
- An uninfected person gets close (within 6 feet) to someone who is infected with the corona virus
- The infected person coughs or sneezes, sending corona virus germs into the air. The germs then land in the mouth, nose, or lungs of the uninfected person.
- It can also be spread from a surface to a person. If the corona virus gets onto a surface, like a cell phone or door knob, the uninfected person may get those germs on their hand by touching that surface. They can infect themselves simply by touching their mouth or nose.

## PURE LIFE RENAL'S RESPONSE TO Coronavirus (COVID-19)

At Pure Life Renal, we are committed to delivering a high standard of care. Our top priority has always been the health of our patients and staff. Our clinical and management team continue to monitor the COVID-19 risks and we have developed targeted protocols to ensure that these risks are minimized.

### How is Pure Life Renal (PLR) addressing COVID-19?

- We follow the CDC and CMS guidelines and cooperate with local and state health officials.
- We constantly revise our policies and procedures in accordance to guidelines from the CDC, local authorities, and clinical experts.
- We have developed targeted protocols to protect our patients and staff
- We provide constant updates and revised statements
- PLR's staff have been advised to monitor their personal health and avoid reporting to work if they are ill, at which point they should be tested as quickly as possible.

### What is PLR doing to protect patients from COVID-19?

- PLR is monitoring the situation closely and following all guidelines provided by the CDC and other governing bodies. The most critical components are infection control policies and procedures.
- We are screening all patients and staff for symptoms of COVID-19 along with travel and contact history, in accordance with CDC guidelines, before allowing access into our facilities. All individuals will be asked about fever, cough and foreign travel.
- PLR has always maintained the highest standards for cleanliness and infection control in our clinics. Strict adherence to hygiene practices, infection control, and personal protective equipment policies have been heightened. Strict handwashing on entering and leaving the facility is firmly enforced. All patients are receiving masks to wear while in the facility waiting room and treatment area.
- All staff members are wearing masks, full protective gowns, and gloves while in contact with patients.

- PLR is limiting individuals in all clinics to those necessary for patient medical care and support.
- Any individual who develops fever, cough, or other symptoms of acute illness will be referred to a hospital.
- Home visits are being minimized at this time.

### Will COVID-19 affect your dialysis treatment?

- It is important that all of our dialysis patients continue to receive their dialysis treatments as scheduled to stay healthy.
- If you are concerned about visiting your clinic, please reach out to your dialysis center and discuss these concerns in advance of your scheduled treatment
- All PLR facilities are operating at their normal hours and have implemented additional steps to avoid the spread of any virus in our clinics. Our staff are highly trained medical personnel focused on the health and well-being of our patients

### What can you do to Stay Safe?

- If you have symptoms (fever, cough, or shortness of breath) or if you think you have been exposed to the virus, please call your physician and dialysis center right away.
- Avoid close contact with others, especially those who are sick. Practice social distancing and avoid travel as much as possible.
- Wash your hands often using soap and water for at least 20 seconds. You can also use a hand sanitizer that contains at least 60% alcohol. Avoid touching your face.
- Keep your mask on throughout your entire time at the dialysis center. Even people without symptoms can spread the virus.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time outside of your dialysis treatment. Ask your dietician about the emergency dialysis diet.

### If You have Symptoms:

- The most common symptoms are fever, dry cough, and shortness of breath. It usually takes about 5 days to see symptoms after being infected but in some case, it has taken up to 14 days.
- If you have symptoms, call your doctor right away. Follow their instructions. Make sure to tell them that you are a dialysis patient. You should be immediately directed to a COVID-19 testing center.
- Call your dialysis center after speaking with your doctor. We will provide you with instructions so that you get the right dialysis treatment.
- Except for dialysis treatments, stay home unless otherwise directed by your dialysis center and/or doctor. You want to avoid contact with others and spreading the infection.

### Helpful links to Stay Informed:

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

[www.youtube.com/watch?v=1APwq1df6Mw](https://www.youtube.com/watch?v=1APwq1df6Mw)

[www.kidney.org](http://www.kidney.org)

[www.who.int](http://www.who.int)

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/dialysis.html>

<https://www.kcercoalition.com>