

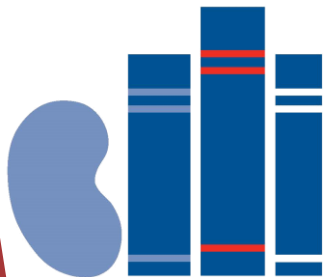
What the COVID-19 Means for Kidney Patients

This webinar will start shortly. The slides and the webinar recording will be available at www.dpcedcenter.org

Next webinar: April 30th on Vascular Access

Reminders

- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: *6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording** and **slides** by email
- Please complete the feedback form at the end of the program

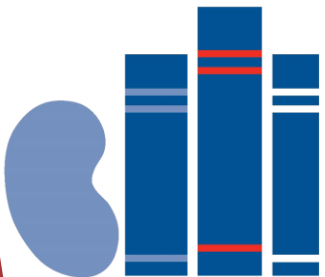


Today's Presenters

Shannon Novosad, MD, MPH



Alan Kliger, MD



Dialysis Patient Information and Resources for COVID-19

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

March 13, 2020

Presentation Objectives

- Describe COVID-19
- Review what patients can do to protect themselves from respiratory infections including COVID-19
- Detail CDC's recommendations for outpatient hemodialysis facilities to prevent the spread of COVID-19

What is COVID-19?

COVID-19 is the abbreviation for Coronavirus Disease 2019

'CO' stands for 'corona'

'VI' stands for 'virus'

'D' stands for 'disease'

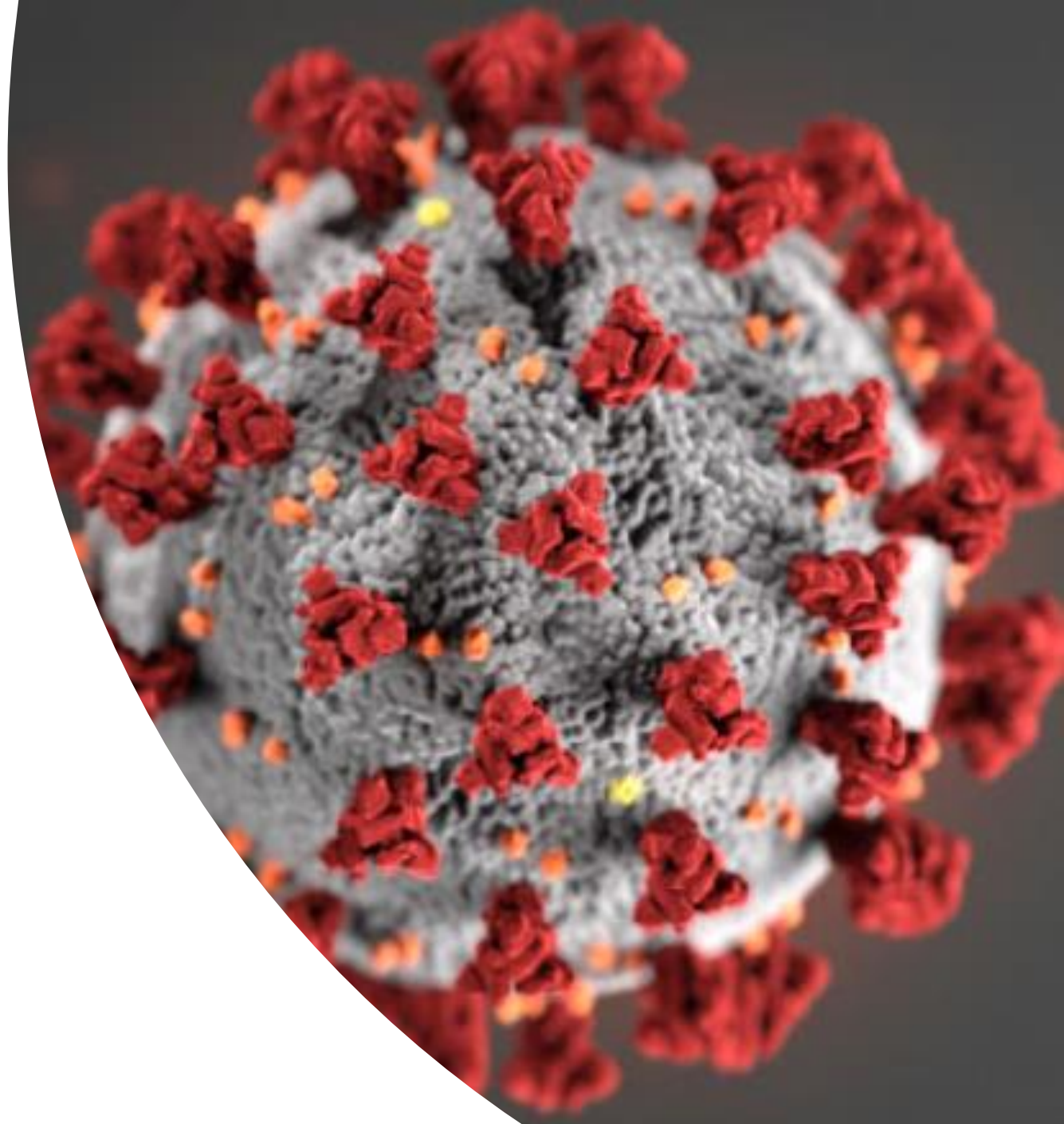
'19' refers to 2019



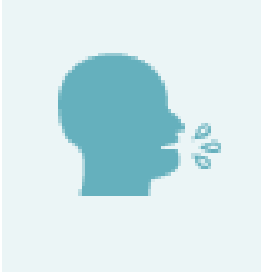
COVID-19

What is COVID-19?

- COVID-19 is a respiratory illness
- Caused by a type of virus called a 'coronavirus'
- This novel (new) coronavirus was first discovered in China
- On January 31, 2020, Health and Human Services Secretary Alex M. Azar II declared a public health emergency for the United States



How COVID-19 Spreads*



- **Person-to-person** is the main way this disease spreads
 - Between people in close contact with one another (about 6 feet)
 - Through respiratory droplets when an infected person coughs or sneezes



- **Contact with infected 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

COVID-19 Signs and Symptoms

- It takes between 2-14 days for symptoms to start
- Common symptoms: Fever, cough, sore throat, shortness of breath, muscle aches, fatigue
- Less common symptoms: headache, diarrhea
- Initial symptoms might be mild and fever might be absent



**Who is at risk for getting very sick from
COVID-19?**

**As a dialysis patient,
it is important for you to take actions
to protect yourself from getting COVID-19.**

Take Action Outside and Inside the Dialysis Facility

Hand Hygiene

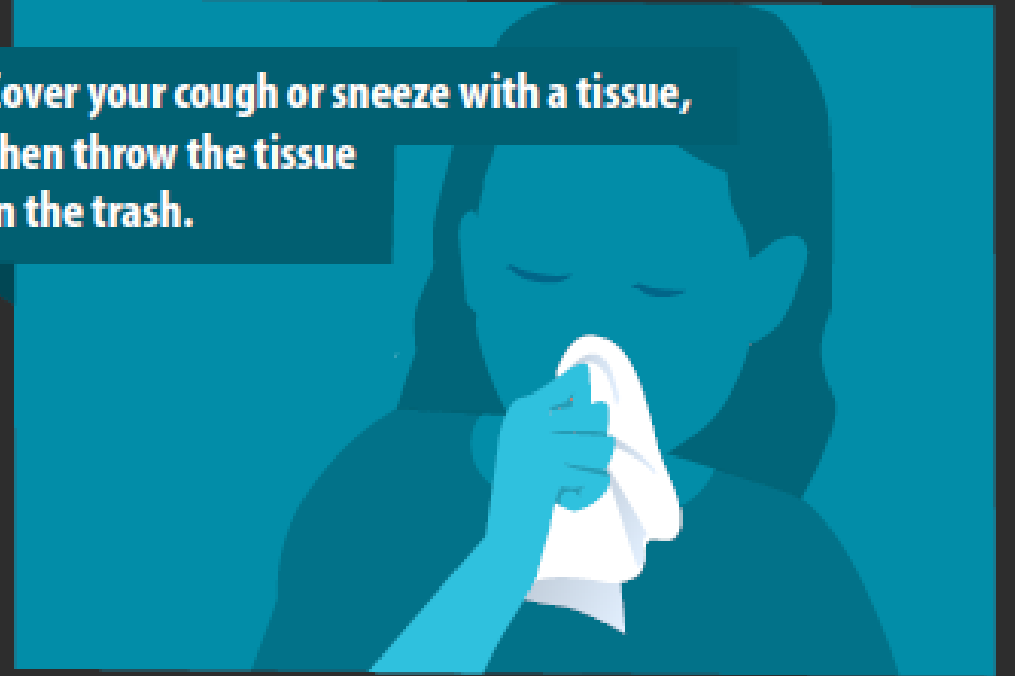
- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not available, use a **hand sanitizer** that contains at least 60% alcohol.
- Examples of when to clean your hands:
 - After blowing your nose, coughing, or sneezing
 - After being in a public place.
 - After touching surfaces in public places.



Respiratory Hygiene

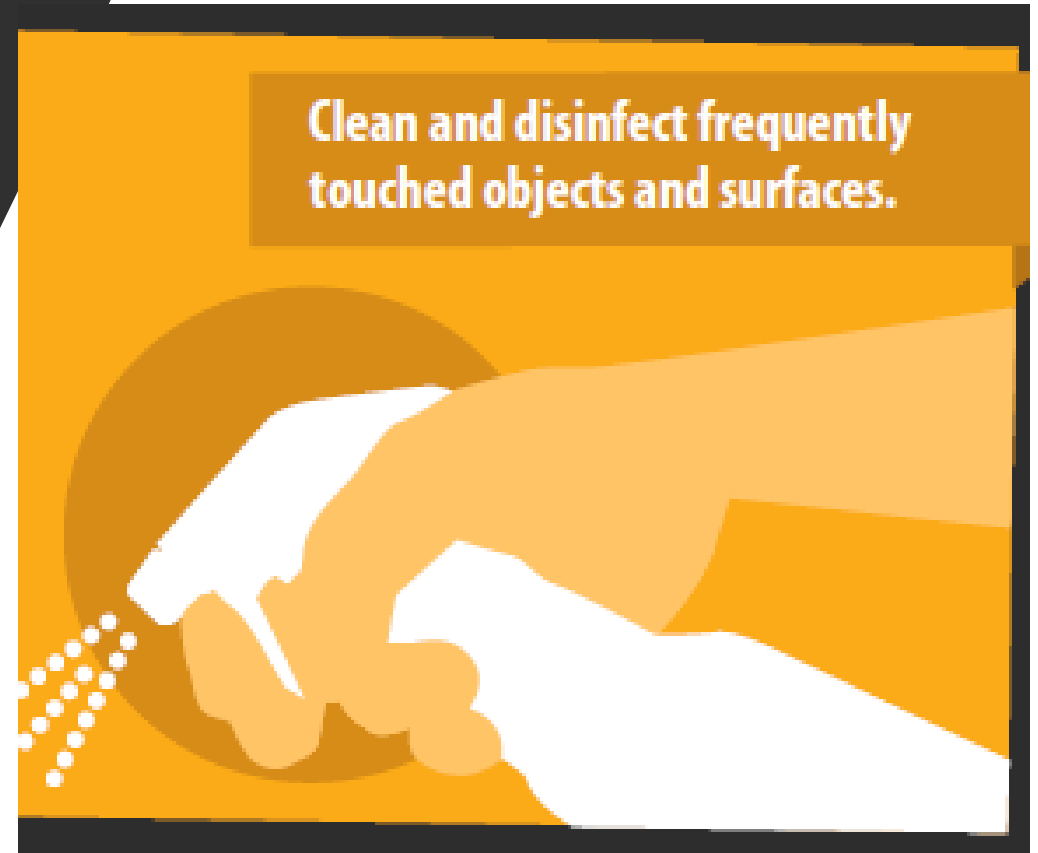
- **Cover your cough or sneeze with a tissue**, then throw the tissue in the trash
- If a tissue is not immediately available, cough or sneeze into **your elbow**.
- Clean your hands.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



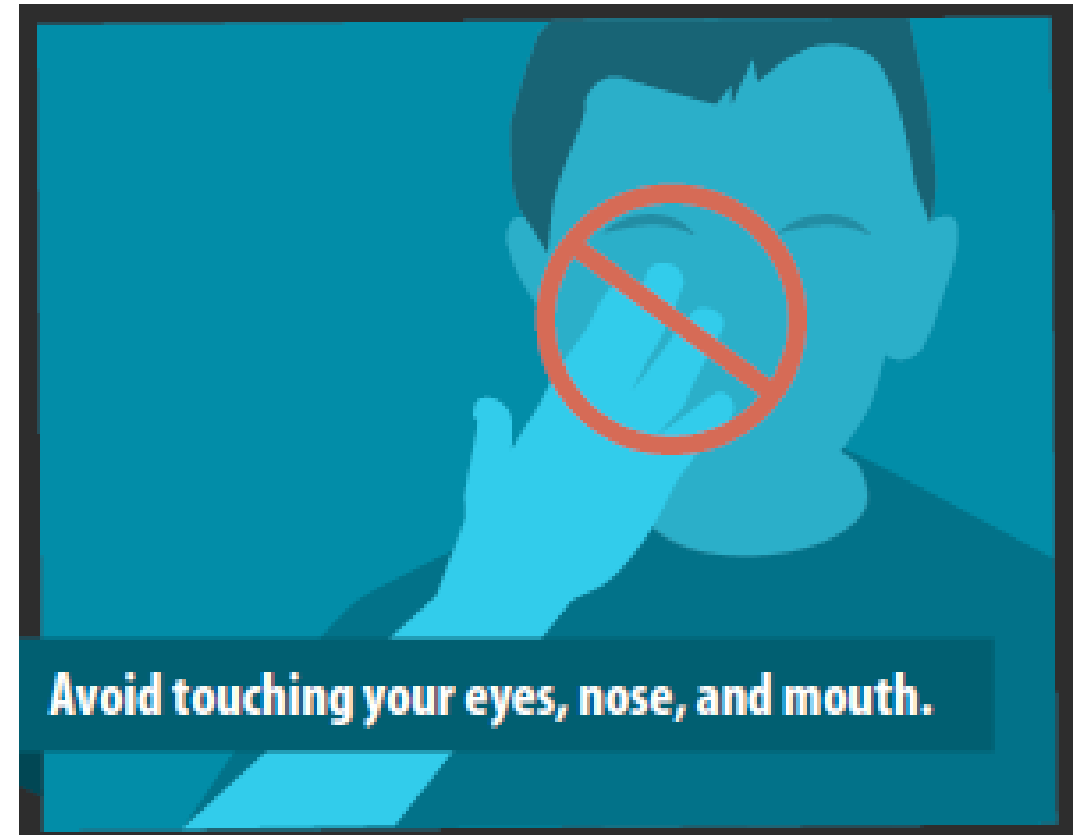
Clean and Disinfect Surfaces

- Clean and disinfect your home to remove germs:
 - Practice routine cleaning of frequently touched surfaces
 - Tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones
 - Follow the instructions on disinfecting wipes.
 - Know the amount of time the surface must stay wet with the solution in order to properly disinfect the area.



Things to Avoid

- Avoid touching your face, nose, and eyes
- Avoid crowds, as much as possible, especially in poorly ventilated spaces
- Avoid handling high-touch surfaces in public places
 - Elevator buttons, door handles, handrails, handshaking with people
 - Use a tissue or your sleeve to cover your hand or fingers if you must touch something



Other Considerations

- Take **everyday precautions** to keep space between yourself and others
- When you go out in public, keep away from others who are sick, limit close contact and **wash your hands** often
- Avoid **cruise travel** and non-essential air travel

Have a Plan if You Get Sick

- Talk with your family and caregivers
- Stay in touch with others by phone or email
 - You may need to ask for help from friends or family
- Know important contacts and have phone numbers for your:
 - Dialysis facility
 - Medical providers
 - Care providers
- If you have a caregiver, determine who can provide you with care if your caregiver becomes sick
- Make sure you have access to several weeks of medications and supplies

If COVID-19 is Spreading in Your Community

Remain alert for notices from local public health authorities

BUT, DO NOT postpone your dialysis treatment!

If You Feel Sick or Think You May Have Been Exposed

- Call your dialysis clinic and primary care provider to let them know your symptoms
 - This will help them take care of you and make proper preparations for your dialysis treatments
- Know when to get emergency help
 - Emergency warning signs include:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

CDC's Recommendations for Outpatient Hemodialysis Facilities



Coronavirus Disease 2019 (COVID-19)

CDC > Coronavirus Disease 2019 (COVID-19) > Resources for Healthcare Facilities



Coronavirus Disease 2019 (COVID-19)

COVID-19 Situation
Summary +

What You Should Know +

Travel Information +

Preventing COVID-19
Spread in Communities +

Protect Yourself & Family +

Interim Additional Guidance for Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed COVID-19 in Outpatient Hemodialysis Facilities

Background

These recommendations should be used with the CDC's [Interim Infection Prevention and Control](#)

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

Education and Training

- All staff and patients should be educated about the importance of hand hygiene, respiratory hygiene, and cough etiquette
 - Staff should not report to work if they are ill
- Staff should be trained about proper use of Personal Protective Equipment (PPE)
- Staff should be provided with education on the signs and symptoms of COVID-19 and when to contact the local health department for support

Waiting Area Changes

- You should see signs at clinic entrances with instructions for patients with fever or symptoms of respiratory infection to alert staff so appropriate precautions can be taken
- There should be space in waiting areas for ill patients to sit separated from other patients
- Tissues, alcohol-based hand rub (ABHR), and trash cans should be provided
- Signs with information about hand hygiene, respiratory hygiene, and cough etiquette may be posted

Plan for Arrival

- The facility should have a plan to identify if you have a fever or symptoms of a respiratory infection **before** you enter the treatment area
- You should be told to call ahead to report fever or respiratory symptoms, which allows your facility to:
 - Plan ahead for your arrival OR
 - Direct you to the hospital
- You should be asked about fever or respiratory symptoms when you arrive
 - If you have symptoms a facemask should be worn for the entire time you are in the facility



Plan for Treatment

- Ideally, if you are ill your treatment will be in a separate room (if available) with the door closed
 - If a separate room is not available, treatment will be at a corner or end-of-row station, away from the main flow of traffic (if available)
 - You should be separated by at least 6 feet from the nearest patient (in all directions)

Environmental Cleaning and Disinfection

- The routine cleaning and disinfection procedures the staff currently performs are appropriate for COVID-19 in dialysis settings
- Any surface, supplies, or equipment located within 6 feet of an ill patient should be disinfected or discarded

You Might Notice:

- A change in your treatment time or day
 - Depending on your facility set-up, staff may need to change your schedule to make sure you are receiving the safest care possible
- A change in your chair
 - Your facility may rearrange stations to keep you safe
- A change in the personal protective equipment (PPE) that the staff wear
 - Additional or special gowns to care for you as well as a facemask during high risk times
- Facilities may ask you to wear a facemask for your entire treatment, from the time you enter the building to the time you leave

Speak Up

- Don't be afraid to use your voice. It's 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?



Resources

CDC Website Resources

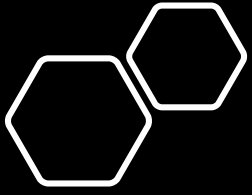
- COVID-19 Situational Summary
 - <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
- People at Risk for Serious Illness from COVID-19
 - <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- Preventing COVID-19 Spread in Communities
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
- Videos
 - <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>
- Print Resources
 - <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- This an emerging, rapidly evolving situation and CDC will provide updated information as it becomes available, in addition to updating guidance on its website.

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

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.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Healthcare Quality Promotion

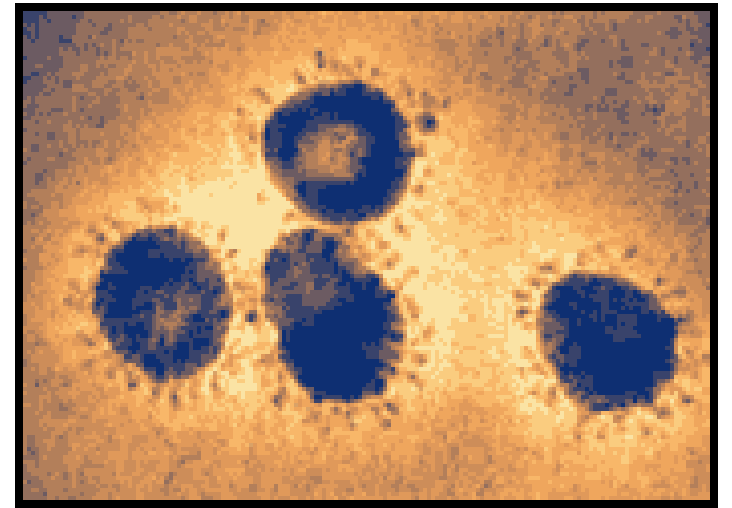




COVID-19

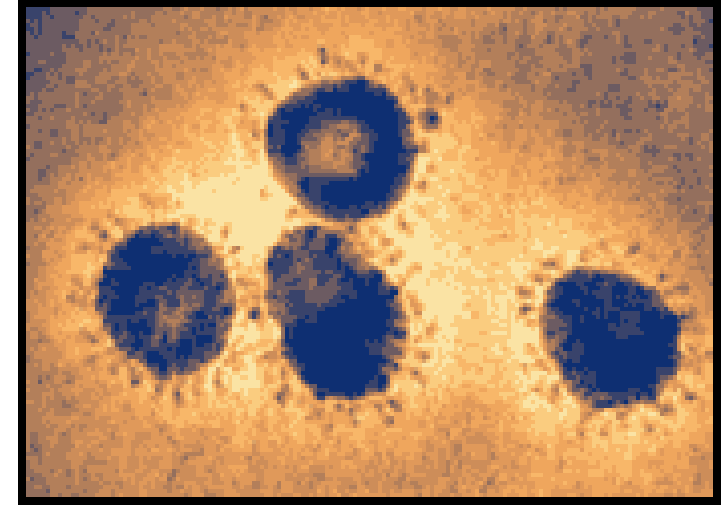
What every dialysis patient and their
family should know

Alan S. Kliger, MD



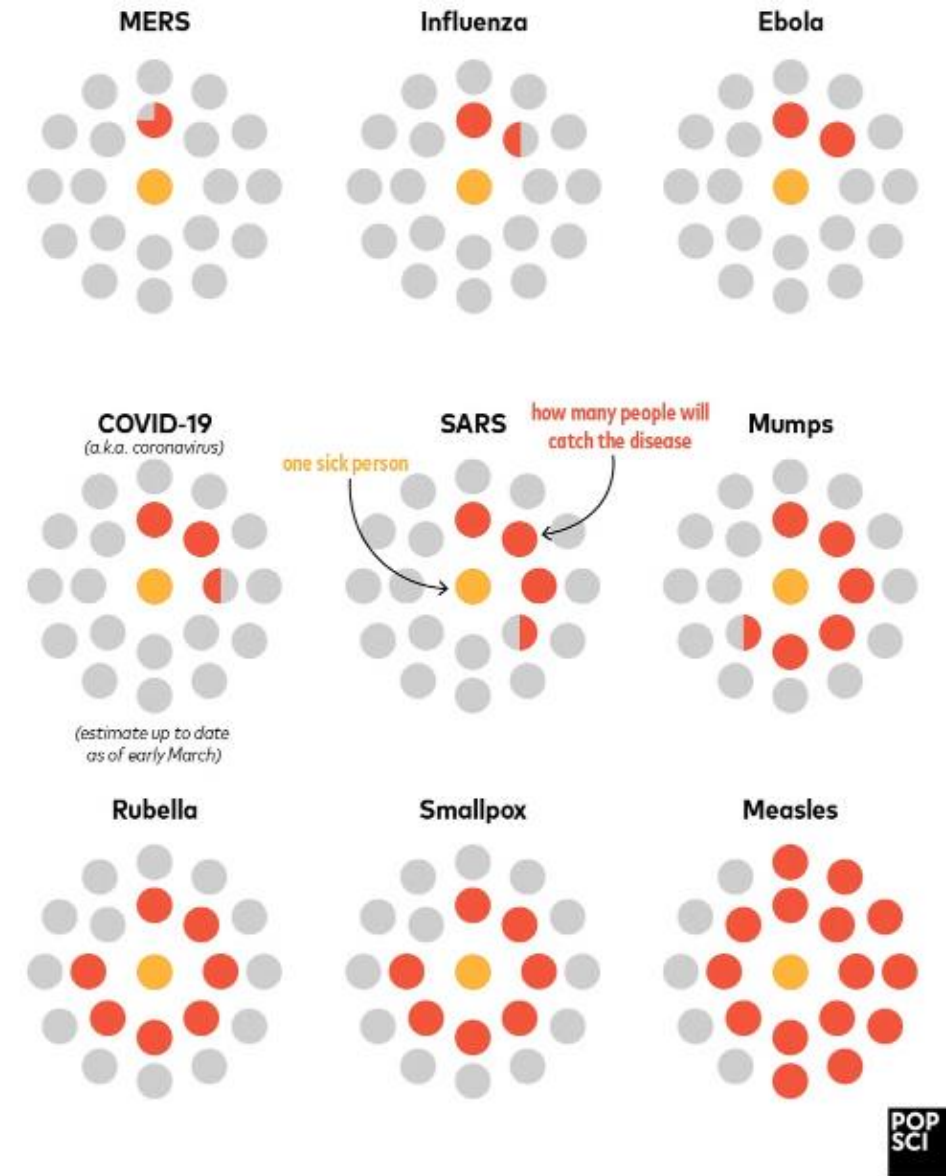
What are Coronaviruses?

- Large family of viruses, common in people and many different species of animals including camels, cattle, cats, and bats.
- SARS-CoV-2 is the coronavirus causing COVID-19
- Epicenter of outbreak: Wuhan, Hubei Province, China
- The full-length genome sequencing of the virus shows a close relationship to bat SARS-like coronavirus – so it is likely this started with bat to human infection
- Since then, we have seen person-to-person spread.



Just How Contagious is COVID-19?

- Image source: “Just How Contagious is COVID-19? This Chart Puts it in Perspective”, Matthew R. Francis, February 20, 2020.
- <https://www.popsci.com/story/health/how-diseases-spread/>

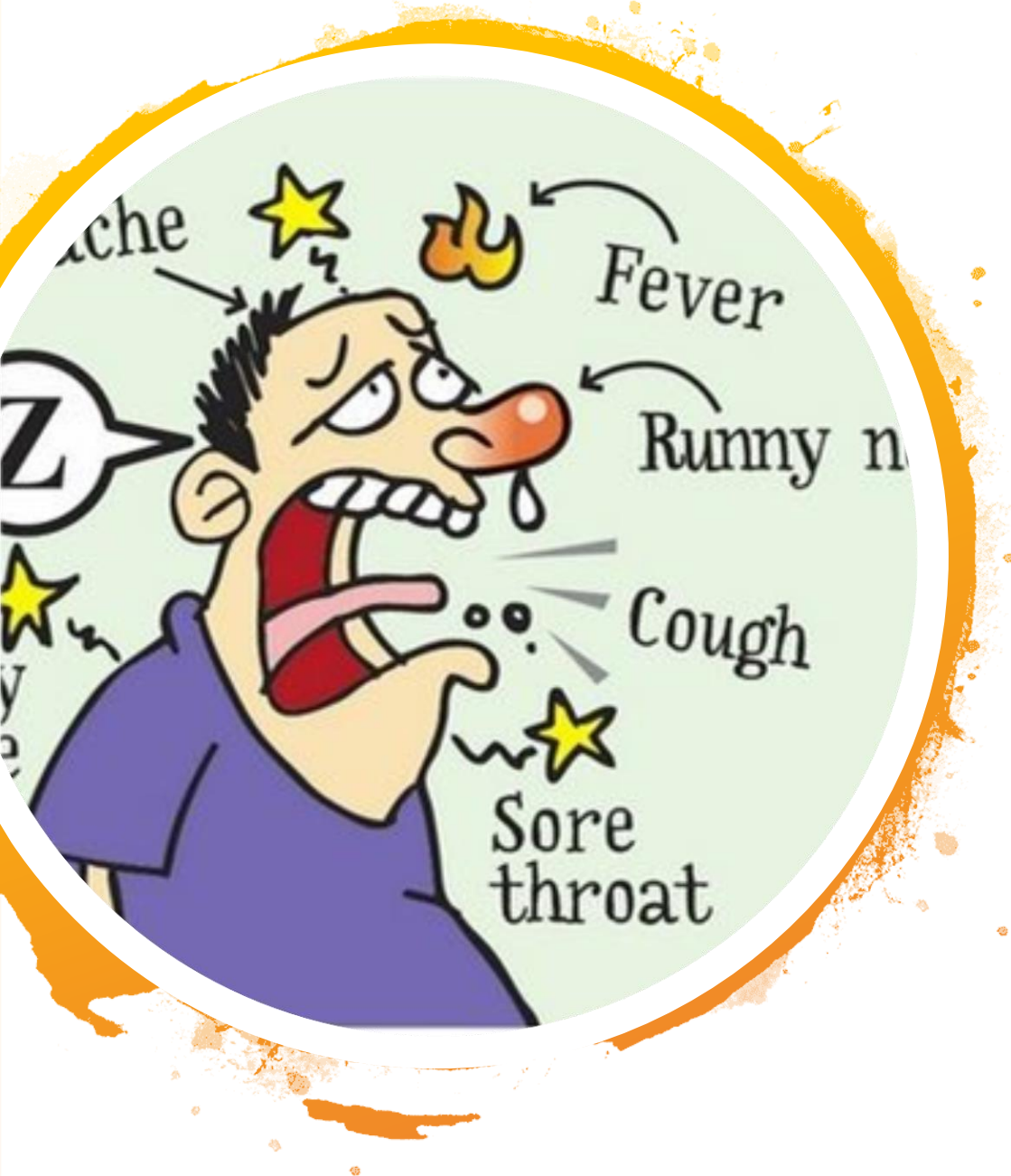


Coronavirus is on par with SARS in terms of infectiousness. Infographic by Sara Chodosh

How Does the Virus Spread?

- A person with infection sneezes or coughs
- Millions of virus particles on droplets of fluid are aerosoled into the air





How Does the Virus Spread?

- Those droplets land on surfaces and people
- Other people then touch these surfaces, and carry virus particles to their mouth, eyes, nose
- Virus particles then travel to the lungs, where they cause infection



How Does the Virus Spread?

- Other possible transmission
 - Direct contact
 - Fecal spread

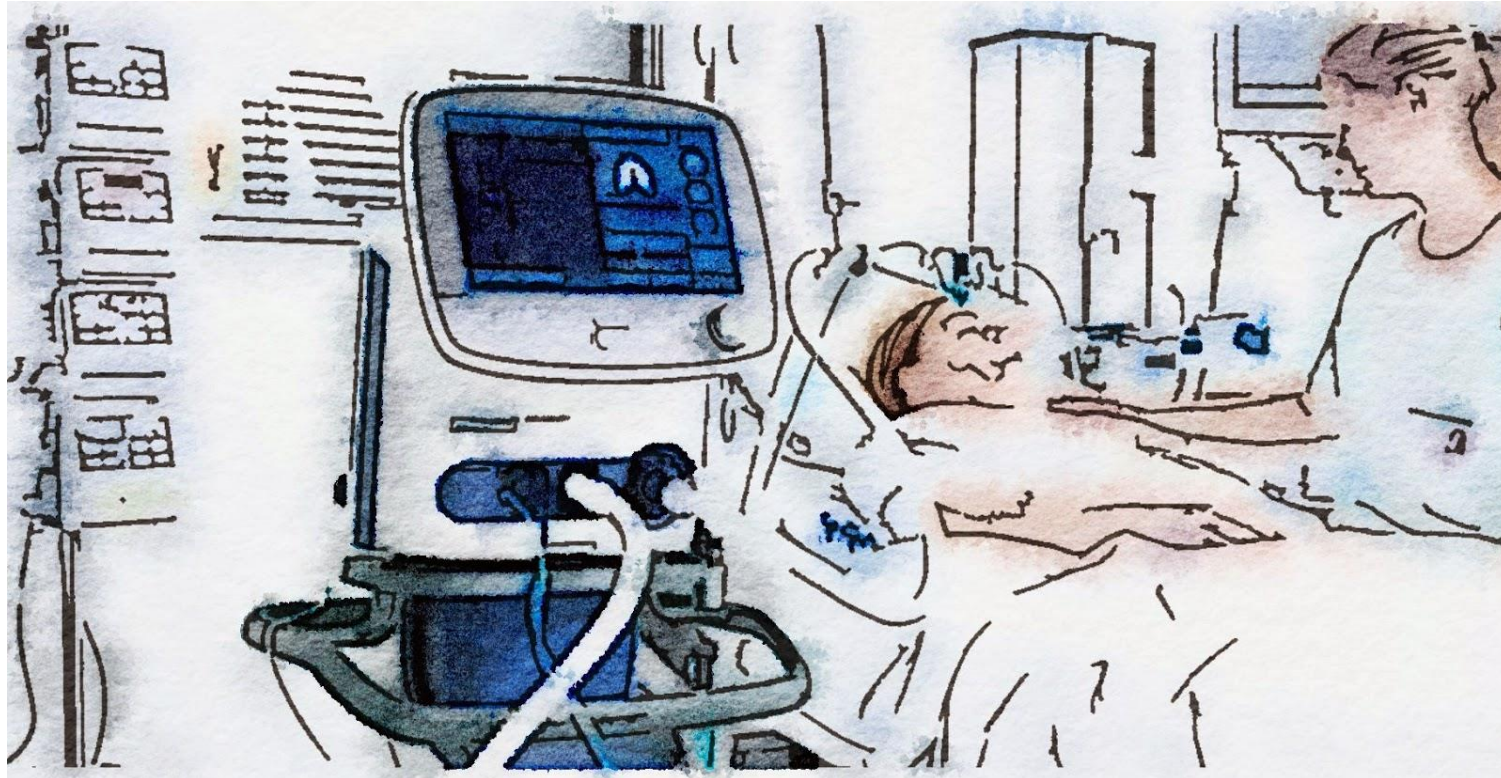


COVID-19 Infections

- Symptoms may appear 2 – 14 days after exposure
- Some people have mild symptoms or no symptoms at all
- Most patients have fever, cough. Some have fatigue or muscle aches
- Most patients recover with no complications

COVID-19 Infections

- Some patients have more severe disease, including severe pneumonia, widespread viremia, acute respiratory failure, kidney failure
- Current data suggest that 2% - 3% of infected patients may die



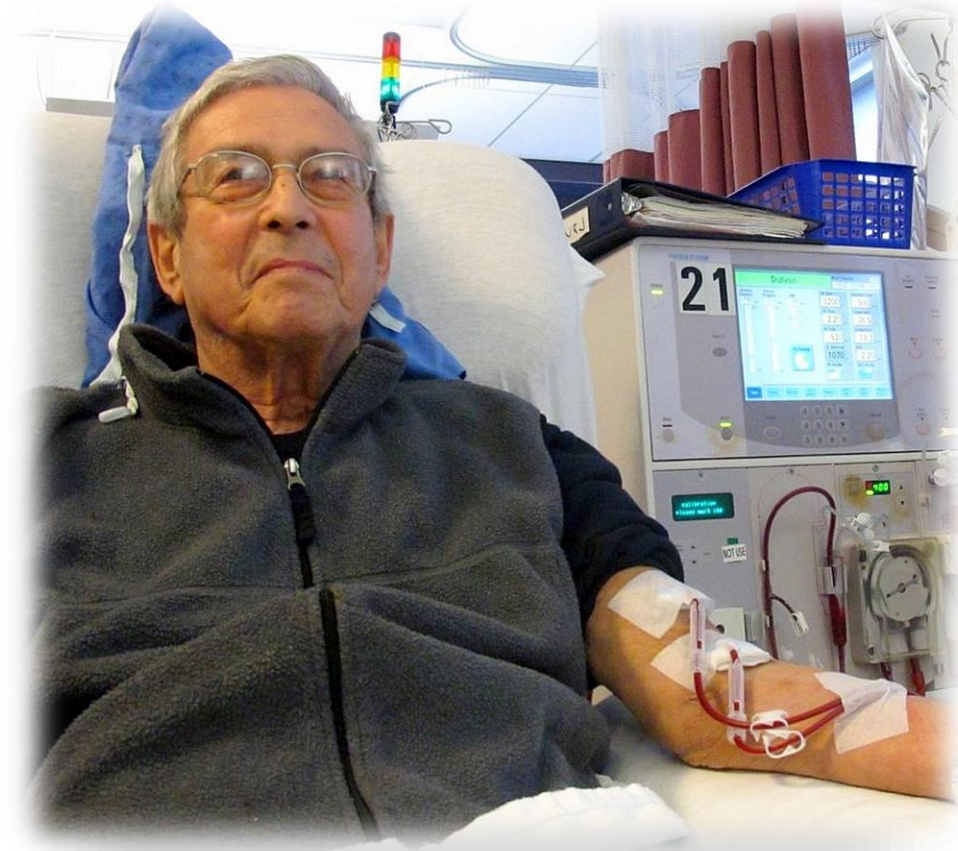


Virus Mortality: Comparison with Other Viruses

• Wuhan Novel Coronavirus (2019-nCoV)	2-3%
• SARS	9.6%
• MERS	34%
• Recent Influenza Pandemics	0.1%
• Swine Flu	0.02%

Who is at Highest Risk of Complications?

- Children appear to be at very low risk of complications
- Risk rises with age over 65 years old. People older than 80 are at highest risk
- Risk is also higher for people with chronic diseases, including diabetes, chronic lung disease and heart disease
- People with chronic kidney disease on dialysis are also at higher risk



Prevention

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick, but come for dialysis (call ahead to say you are sick!)
- Cover your cough or sneeze with a tissue, then throw the tissue in a plastic-lined trash container



Prevention

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe





Examples of Frequently Touched Objects

- Counters
- Tabletops
- Doorknobs
- Bathroom fixtures
- Toilets
- Phones
- Keyboards
- Remotes
- Tablets

Prevention



- Follow CDC recommendations for using a facemask
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of disease to others.
- The use of facemasks is crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).



Prevention

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

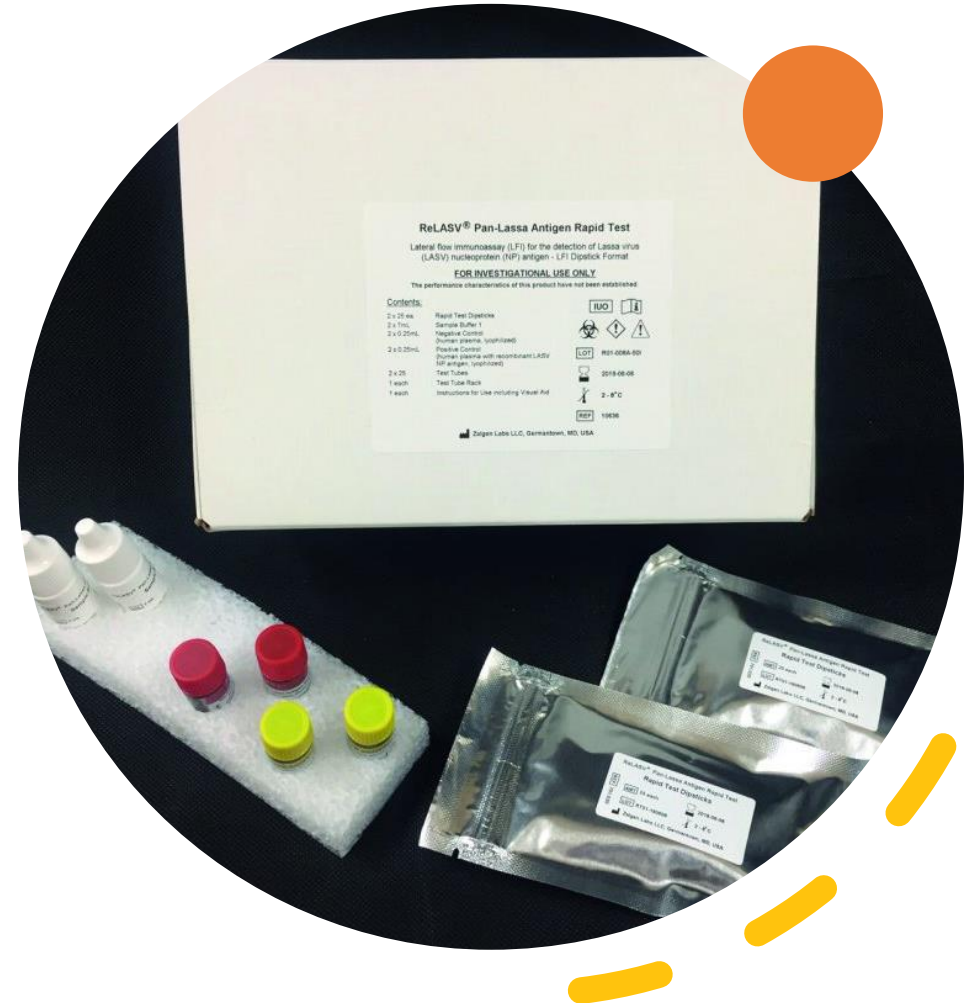


If You Are Sick

- Stay home except to get medical care (including dialysis)
- Separate yourself from other people and animals in your home
- Call ahead before you visit the doctor or the dialysis unit
- Wear a facemask when in contact with others
- Cover coughs and sneezes
- Clean hands often
- Avoid sharing personal household items like dishes, glasses, cups, eating utensils, towels, bedding
- Clean all high-touch surfaces every day
- Monitor your symptoms
- Talk to your doctor and state/local health departments about when to come out of isolation

Public Health Perspective

- First Step: Containment
 - Identify individual cases - - isolate
 - Test kits - - CDC distributed > 1 million to state and local health departments. Goal is to have commercial manufacturer distribute 4 million + widely
 - Containment buys time: suppresses peak of infection cases and delays arrival of infection to new areas



Public Health Perspective

- Next Step: Mitigation

- CDC assists health care system to function
- Supply chain: masks, gloves, gowns, alcohol gel, other supplies
- Special needs of nursing homes, dialysis facilities, etc.
- Guidance on how to manage exposed health care personnel
 - When health care workers should go home
 - Define low/mid/high risk exposure – on CDC website
 - Low/mid risk exposure, if HCP is asymptomatic, can go back to work. If they develop any symptoms, place facemask, stop working and seek medical care
- Guidance on when patients/HCP can be removed from isolation
 - Time-based decision: days since onset of symptoms; days since cessation of symptoms

Guidance for Health Care Workers

- Patient placement
 - Negative pressure isolation rooms
 - Private room with door closed
 - Cohort COVID-19 patients in 1 location, or 1 shift (last of day), or 1 area (end of the line)
- Staff Personal Protective Equipment
 - N95 personal fitted face masks vs surgical facemasks
 - Eye protection, gowns, gloves



Mitigation in Communities with Spreading Infection

- Social Distancing for infected people and those at high risk
 - Stay at home for 14 days unless you need medical care
 - Work from home
- Handwashing
- Cover coughs and sneezes
- Adequate supply of food and medicine at home
- If you are 65+ or at high risk, and you are in areas where infection is spreading, think what actions you can take to reduce your exposure



What to Do if You Are at High Risk

- Stay at home as much as possible
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time
- When you go out in public, keep away from others who are sick. Limit close contact and wash your hands often
- Avoid crowds



Summary

- COVID-19 is a viral disease that spreads like the flu
- Most people who get infected get through the illness with no long-term effects
- People at higher risk include those over 65, and those with chronic diseases such as diabetes, chronic lung disease, heart disease and chronic kidney disease
- To prevent catching the virus, wash hands frequently, clean surfaces, stay at least 6 feet away from people who appear sick (fever, cough)
- Hands carry the virus: fist or elbow bump instead of handshakes; minimize touching people who may be sick
- Prepare your home for possible self-quarantine – meds, food, supplies

Summary

If you develop a fever, cough, muscle aches, fatigue

Call ahead to alert dialysis unit

Contact your doctor

Wear a face mask when in contact with others

Keep calm – most people with COVID-19 do fine



Questions?

Chat box or unmute phone line #6
And then mute line *6



Thank You for Attending Today!

**Please complete the
Feedback Form**



**Join us on April 30th for our
next webinar!**

