Alberta Health Services

Memorandum

Date: March 9, 2020

To: All Renal Patients

From: Alberta Kidney Care- South

RE: COVID 19

COVID 19, is part of a large family of Coronavirus and you most likely have been hearing a lot about this virus in the news and on the internet lately. Below you will find some basic information and instruction for your safety and care in the coming weeks.

How can I catch COVID-19?
You may have been exposed to COVID 19, if you or your family members;

- traveled outside Canada in the past 14 days and have since returned home
- have been in close contact with someone who has been traveling outside of Canada
- have been in contact with someone who has a confirmed or probably case of COVID 19

What are the symptoms of COVID 19?

- Fever
- Cough
- Difficulty breathing

How do I protect myself and my family from COVID 19 and other flu like illness?

- Wash your hands often and well
- Avoid touching your face, nose and mouth with your hands.
- Avoid close contact with people who are sick.
- Clean and disinfect surfaces that are touched often.
- Cover you cough and sneezes. Wash your hands afterwards.

What do I do if I think I have COVID- 19 or a flu like illness?

- CALL HEALTHLINK at 811
- CALL YOUR DIALYSIS UNIT, before you leave your house for a dialysis treatment or clinic visit, let them know if you have any of the symptoms listed above.
- DO NOT COME TO THE DIALYSIS UNIT, UNTIL you have talked to your Nursing Unit. We will plan for your dialysis in a way that keeps you and others from being exposed to COVID 19.

The risk of exposure in Alberta is still considered low. However the risk may change in the coming weeks. We want to keep you and your family safe. We also need to ensure that you have access to a safe place for your dialysis care. **CALL 811 or your dialysis unit, if you are unwell,** so we can keep everyone as safe and healthy as possible.

Thank you,

Your ALBERT KIDNEY CARE TEAM

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