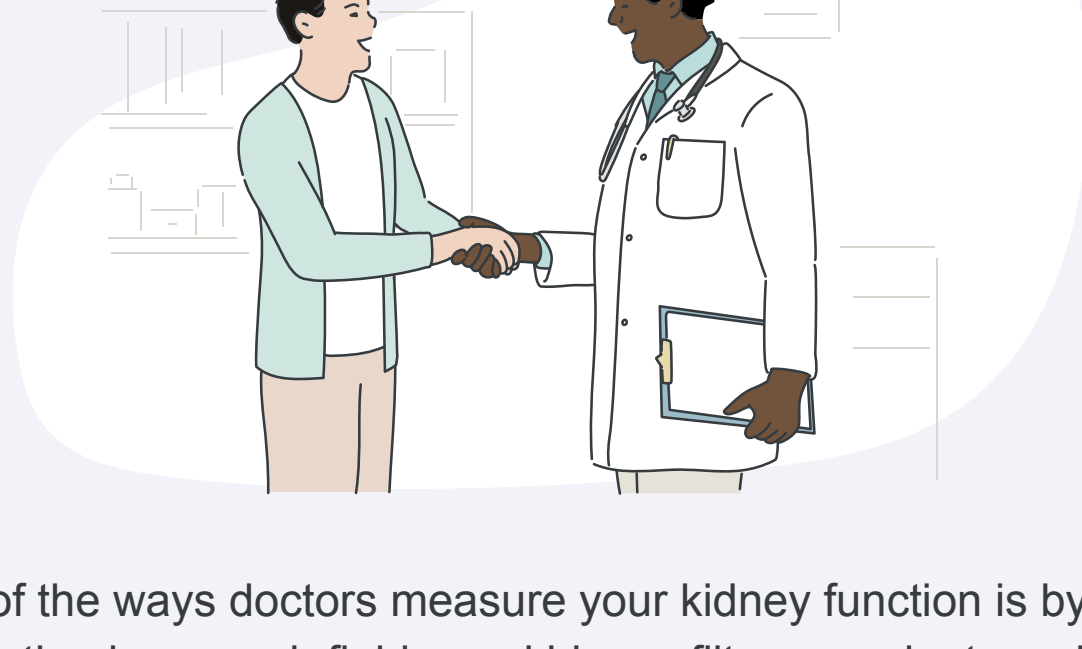


YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 WHEN YOU HAVE CHRONIC KIDNEY DISEASE

Having an underlying medical condition, including chronic kidney disease (CKD), increases your risk of getting very sick* from a COVID-19 infection.¹

Figuring out your risk for getting very sick from COVID-19 when you have CKD is based on your kidney function, which is how well your kidneys work.² Doctors classify CKD based on your kidney function, and that plays a major role in your risk for getting very sick from a COVID-19 infection.²

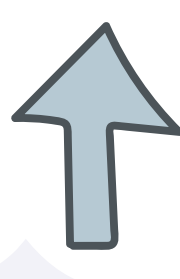


One of the ways doctors measure your kidney function is by estimating how much fluid your kidneys filter per minute, using a value known as the estimated glomerular filtration rate (eGFR).²

Doctors monitor eGFR and how it changes over time in order to detect kidney disease, understand how serious it is, and make decisions about how to treat it.² The lower your eGFR, the less fluid your kidneys are able to filter per minute and the worse your kidneys function. Having CKD or worsening kidney function is linked to a greater risk of getting very sick from a COVID-19 infection.^{1,2}



The lower your eGFR, the poorer your kidney function and...



The higher your risk for getting very sick from a COVID-19 infection

If you have advanced CKD and need dialysis or a kidney transplant (this is known as end stage renal disease), you are at an even higher risk for getting very sick from COVID-19.³ Because you likely spend more time in hospitals or dialysis clinics, you may also be more likely to get an infection.²

Other Risk Factors

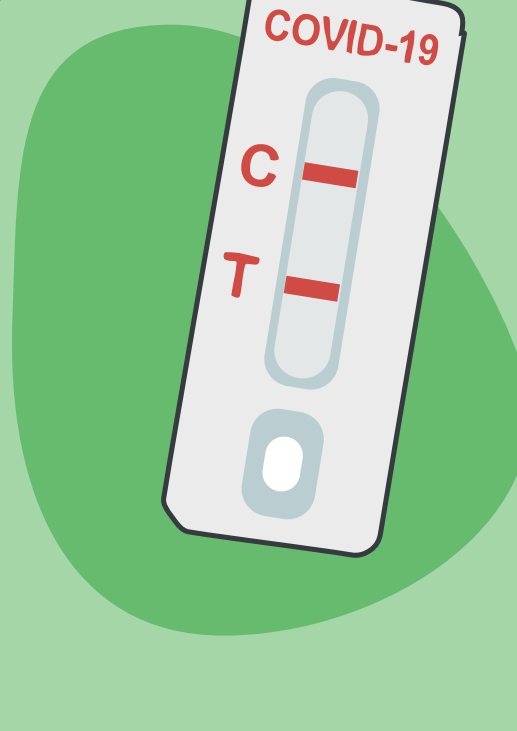
Being on dialysis is associated with a higher risk of death from a COVID-19 infection.^{4,5} In fact, for those on dialysis, age and frailty are two other medical conditions that have been shown to be linked to deaths that occur with a COVID-19 infection.⁵



WHAT YOU CAN DO

COVID-19 can be serious, but you can help prepare for it^{6,7}:

- Talk to your healthcare provider about getting vaccinated against COVID-19, including an updated booster if eligible⁸
- Understand your risk for severe COVID-19. Your risk is dependent on multiple factors, including age (50 years and older), underlying medical conditions, whether you have been vaccinated, and other risk factors. Talk to your healthcare provider about your personal risk.⁹
- Know the signs and symptoms of COVID-19⁶
- If you have symptoms of COVID-19, get tested immediately. If you were exposed to COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing¹⁰
- Talk to your healthcare provider about potential treatment options if you test positive for COVID-19 or have signs or symptoms of COVID-19¹¹



Some additional points to consider:

- If you are a dialysis patient, continue with your regularly scheduled dialysis treatments³
- If you have a kidney transplant, continue anti-rejection medicines prescribed by your healthcare provider, wash hands, maintain good hygiene and follow the recommendations from your healthcare team³



ADDITIONAL REMINDERS FOR PEOPLE AT HIGH RISK FOR SEVERE ILLNESS FROM COVID-19

The Centers for Disease Control and Prevention (CDC) provides some information on how to continue protecting your own and others' health¹:

1

Take preventative measures

- Stay up to date with COVID-19 vaccinations
- Improve ventilation (moving air into, out of, or within a room)
- Get tested if you have symptoms
- Follow recommendations for what to do if you have been exposed
- Stay home if you have suspected or confirmed COVID-19
- Seek treatment if you have COVID-19 and are at high risk of getting very sick
- Avoid contact with people who have suspected or confirmed COVID-19
- Wear a mask or respirator (for example, N95)
- Increase space and distance (avoid crowded areas, or keep distance between yourself and others)

2

Seek care when needed

- Call your healthcare provider if you have any concerns about medical conditions or about having COVID-19. **If you need emergency help, call 911 right away.**
- Do not delay getting care for any existing medical conditions

3

Continue medications and preventative care

- Continue your medications as prescribed and do not change your treatment plan without talking to your healthcare provider
- Have at least a 30-day supply of your medications (both prescription and non-prescription)
- Follow your current treatment plan to keep your medical condition(s) under control
- Keep appointments with your healthcare provider, when possible
- Learn about stress and coping. It can be helpful to talk with a healthcare provider if you are experiencing increased stress.

4

Accommodate dietary needs and avoid triggers

- Have food options readily available that last for a long time without spoiling, and meet your needs based on your medical condition(s)
- Know the triggers of your medical condition and avoid them when possible

*Getting very sick (being severely ill) with COVID-19 means that a person is more likely to be hospitalized, need intensive care, require a ventilator to help them breathe, or die.⁶

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