

# COVID-19



## An End Stage Renal Disease (ESRD) National Coordinating Center (NCC) Patient Education Webinar

May 25, 2021

Coronavirus Disease 2019 = COVID-19



# Agenda

- What is this call about?
- Today's speakers
  - Keely Lenoir, BS
    - Manager, Kidney Community Emergency Response (KCER) Program
  - Topic: Preparing for Hurricane Season During COVID-19
- Questions and answers (Q&As) from chat and Q&A panels

# What Is This Call About?

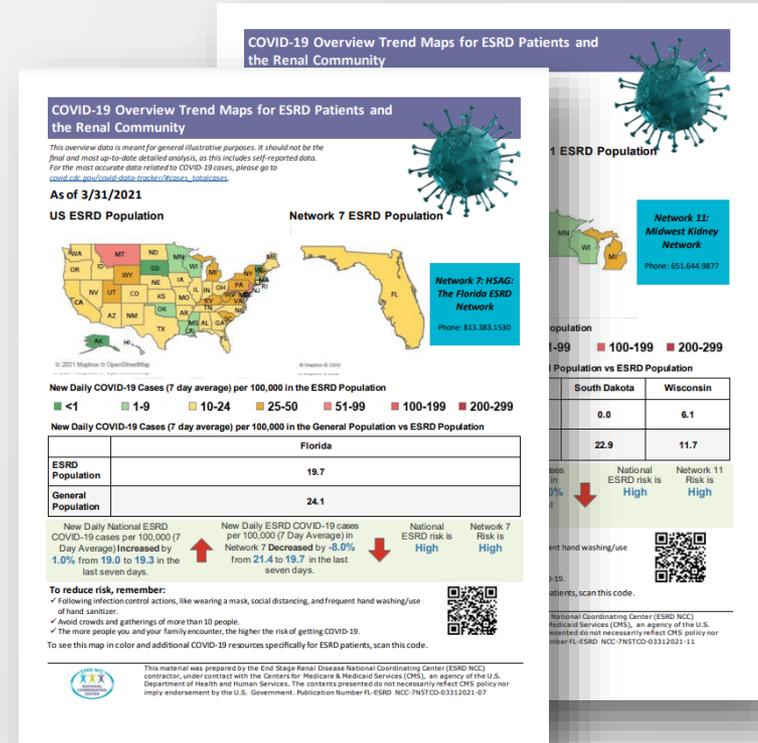
- Learn about tropical cyclones and 2021 Atlantic hurricane season.
- Hear tips on preparing for the 2021 hurricane season.
- Learn how COVID-19 may impact your planning this year.
- Obtain KCER resources for additional support.

# COVID-19 Trend Map

- Trend maps were developed by the NCC and the KCER Program.
- They track COVID-19 positive case rates among the general and ESRD populations.
- Maps are organized by ESRD Network service area.
- Available in color and black/white.

Please share maps with facilities, transplant centers, and all ESRD patients.

Located at: <https://esrdncc.org/en/covid-19/>



Source: ESRD NCC

# Keely Lenoir, BS

Manager, KCER Program



# 2021 Atlantic Hurricane Season Outlook



<https://www.youtube.com/watch?v=cU0ljJ4v-XA>

Source: National Oceanic and Atmospheric Administration (NOAA)

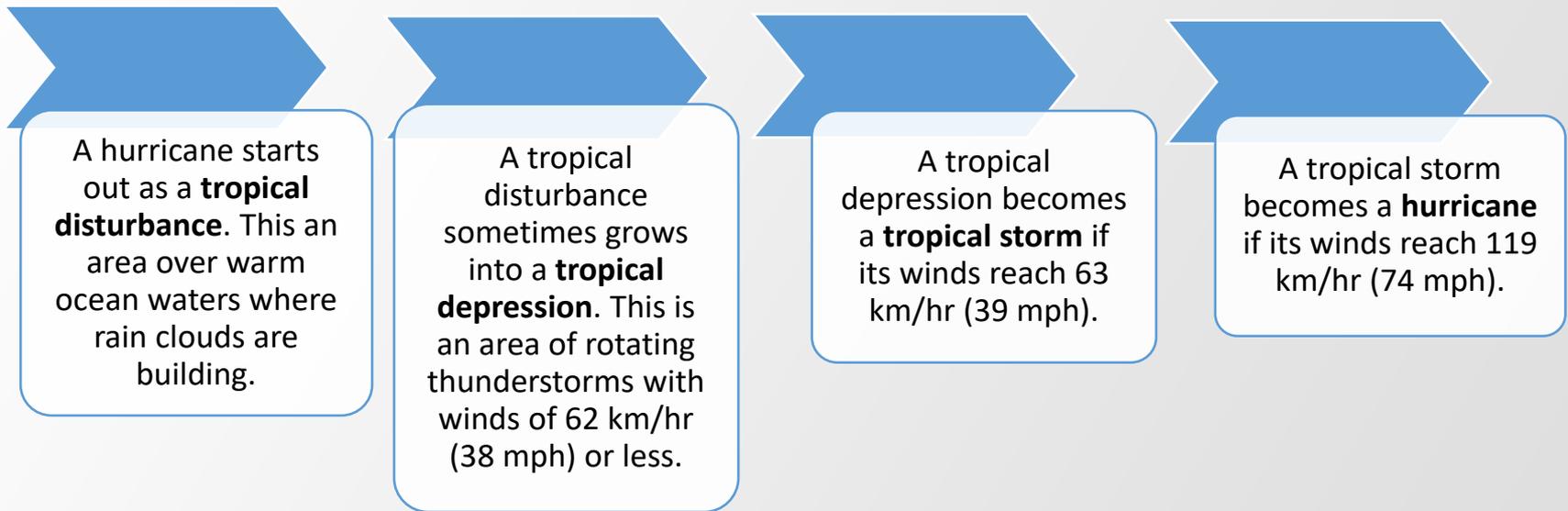
# Tropical Cyclone vs. Hurricane—Is There a Difference?



Source: ESRD NCC

- **Tropical cyclone** is the scientific term for these storms.
- Other names include **typhoon**, **cyclone**, or **hurricane**, depending on where they occur.
- Only **tropical cyclones** that form over the Atlantic Ocean or the Eastern Pacific Ocean are called **hurricanes**.

# How Does a Storm Become a Hurricane?



A hurricane starts out as a **tropical disturbance**. This an area over warm ocean waters where rain clouds are building.

A tropical disturbance sometimes grows into a **tropical depression**. This is an area of rotating thunderstorms with winds of 62 km/hr (38 mph) or less.

A tropical depression becomes a **tropical storm** if its winds reach 63 km/hr (39 mph).

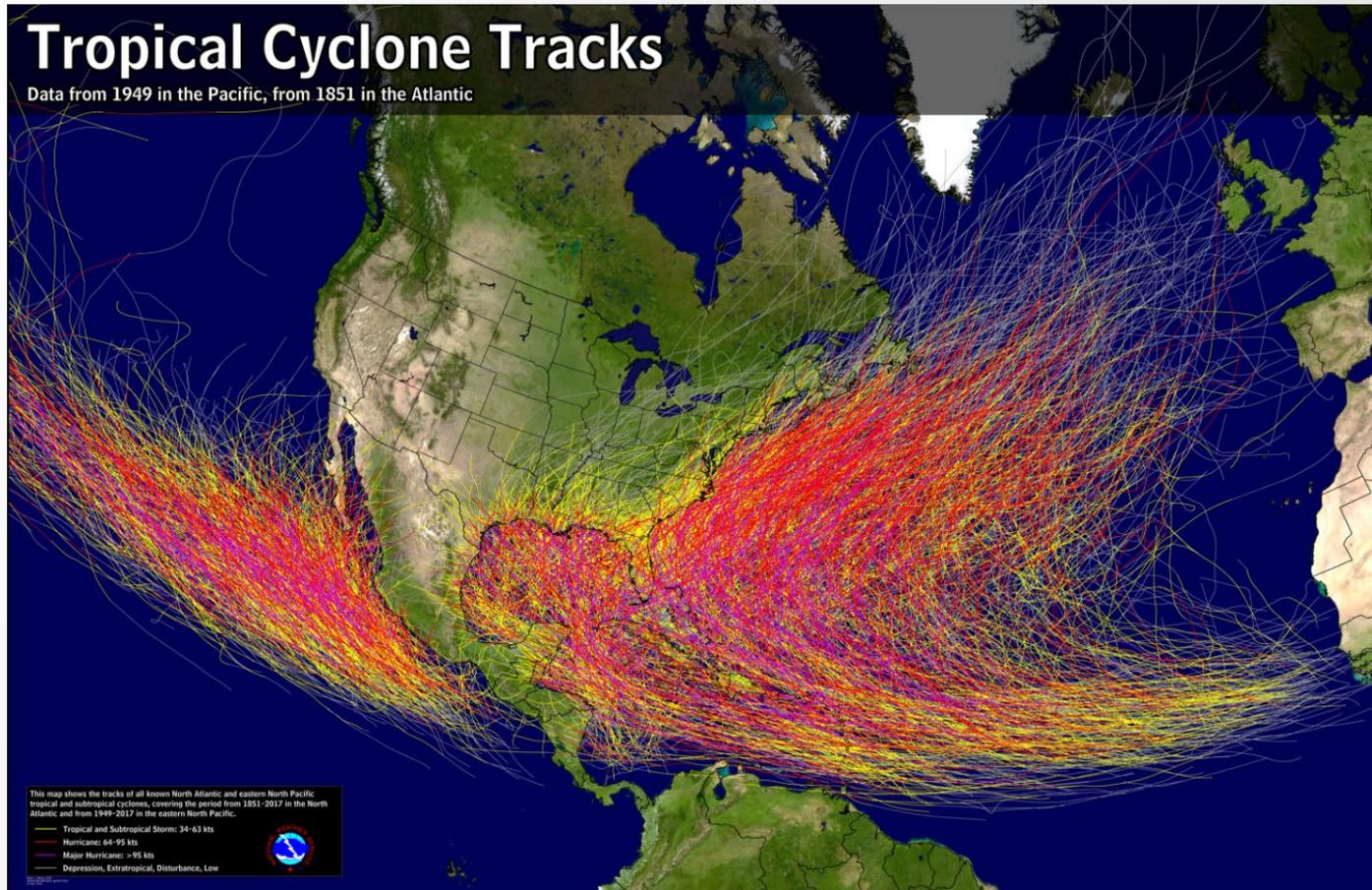
A tropical storm becomes a **hurricane** if its winds reach 119 km/hr (74 mph).

# Understanding Tropical Cyclone Categories

Tropical Cyclone Categories			
Category	Wind Speed (mph)	Damage at Landfall	Storm Surge (feet)
1	74-95	<b>Minimal</b> While wind speeds are quicker than the speed a cheetah can run, there is not much damage to property.	4-5
2	96-110	<b>Moderate</b> Wind speeds are as fast or faster than a baseball pitcher's fastball. This category cyclone may break windows and destroy trees.	6-8
3	111-129	<b>Extensive</b> This wind speed is similar, or close, to the serving speed of many professional tennis players. This category cyclone can break windows and doors.	9-12
4	130-156	<b>Extreme</b> With winds quicker than the world's fastest rollercoaster, there is much damage to property in this category cyclone.	13-18
5	157 or higher	<b>Catastrophic</b> This category cyclone causes the most damage. With wind speeds similar to the speed of some high-speed trains, it destroys buildings.	19+

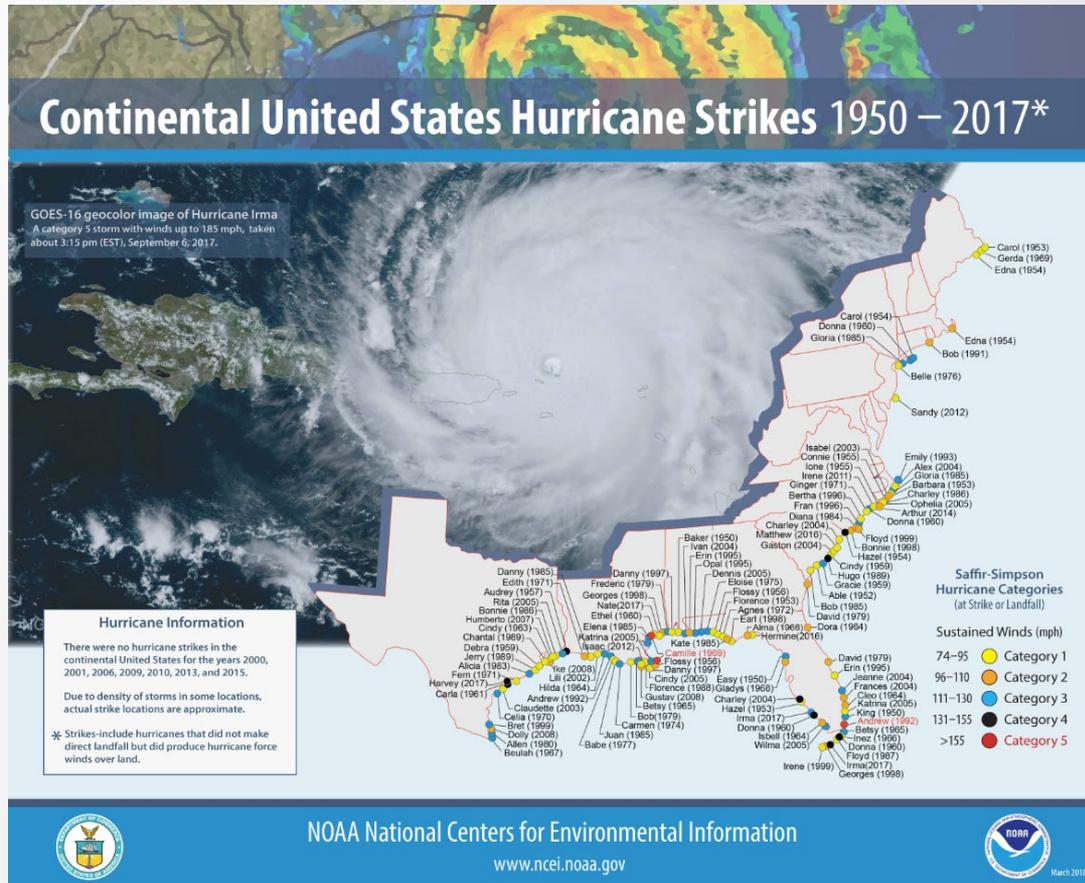
Source: NASA.gov

# Tropical Cyclone Tracks



Source: NOAA.gov

# Hurricane Strikes



Source: NOAA.gov



# Preparing for Hurricane Season



# Preparing for Hurricane Season, Part 1



Source: ESRD NCC

- Plan now.
  - Create an emergency action plan today. Do not wait.
  - Be flexible. COVID-19 may change your plans.
    - Evacuations
    - Sheltering
    - Transportation
  - Share your plan with others (i.e., family, friends, neighbors, and congregation members).
  - Discuss your plan with your dialysis facility.
    - Provide your correct, up-to-date address and contact information to your dialysis facility.
    - Have a back-up plan to get care, if your dialysis facility is closed.
    - Know how to contact your dialysis facility.

# Preparing for Hurricane Season , Part 2



- Gather disaster supplies.
  - Personal needs may include the items below:
    - Nonperishable foods for yourself and household members.
      - 3-day emergency diet plan
    - Water
    - Prescription medications
    - Medical supplies
    - Medical devices
    - Supplies for your pets
    - Flashlight
    - Batteries
    - Battery powered or hand-crank radio
    - First aid kit
    - Manual can opener
    - Cell phone with charger and a back-up battery

- Additional items needed for a “Go kit”
  - Change of clothing
  - Important papers
  - Copy of current dialysis treatment prescription
  - Current copy of monthly lab report
  - Contact list for current healthcare team
  - Hand sanitizer
  - Bar or liquid soap
  - Cloth face coverings

# Preparing for Hurricane Season , Part 3

- Evacuations

- Determine if you live in an evacuation zone,\* and if so, be sure to include this in your emergency action plan.
  - Prepare a “Go-kit.”
  - Plan your evacuation route.
  - Ask “Where will I evacuate to?”
  - Plan for your household members and pets.



Source: ESRD NCC

*\*Contact your state or local emergency management officials to find out if you live in an evacuation zone.*

# Preparing for Hurricane Season , Part 4

- Sheltering

- Plan to stay with a family member or friend first; and have a back-up plan.
- Shelters should only be used as a last resort.
- Stay informed. Your community may change plans due to COVID-19, so pay attention to local guidance about updated plans for evacuations and sheltering.
- If you have to go to a shelter:
  - Include items in your “Go-kit” that can help protect you and others from COVID-19:
    - Hand sanitizer
    - Bar or liquid soap
    - 2 cloth face coverings for each person
  - Follow disaster shelter policies and procedures designed to protect everyone in the shelter.
  - Most shelters cannot accommodate special diets, so you will need to bring 3-day emergency diet foods with you to the shelter.

# Additional Planning Considerations

- Does your community have a special needs or medical sheltering program?\*
- Is pre-registration required?
- If you are planning to evacuate the area:
  - Discuss your plans with your dialysis facility and determine where you will go for treatment while you are out of the area.
    - Do you have transportation to your back-up facility?
- Public transportation services may shut down to assist with hurricane evacuations, so make alternate arrangements for transportation now.
- Make arrangements for your pets.
  - Not all shelters accept pets.
  - Contact your local emergency management agency for more information on pet-friendly shelters in your community.

\*Contact your state or local emergency management officials to find out if your community has a special needs or medical sheltering program.

# Key Take-Aways

- Do not wait! Prepare now.
- Review the latest CDC guidance on COVID-19 and discuss how it may affect your hurricane planning.
- Stay informed. Pay attention to local guidance about updated plans for evacuations and sheltering.
- Follow evacuation orders and evacuate if told to do so.



Source: ESRD NCC

# Resources

Visit: [www.KCERcoalition.com](http://www.KCERcoalition.com).

## Additional Resources:

- FEMA Ready.gov
  - [www.ready.gov](http://www.ready.gov)
- National Hurricane Center
  - [www.nhc.noaa.gov](http://www.nhc.noaa.gov)
- CDC
  - [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- Healthcare Ready
  - [www.HealthcareReady.org](http://www.HealthcareReady.org)

FEMA = Federal Emergency Management Agency



### 3 Day Emergency Diet Plan<sup>1</sup>

Dialysis takes some of the water and wastes out of your blood. Wastes and water build up between treatments. When you get three treatments a week, this buildup should not cause a problem. When you can't get treatment, the extra water and wastes in your body can cause problems. You will need to follow a special, strict diet to limit buildup of water, protein, and potassium when you can't get your treatments.

Follow an emergency diet. This diet does not take waste that builds up in your blood if you follow it. It will help you save your life. Review the plan with your doctor or dietitian. Ask questions if you have changes based on your needs. Ask questions if you have dialysis—either home hemodialysis or peritoneal dialysis. It may apply to you, too.

You should do everything you can to get your regular dialysis within three days of your last treatment. You should plan BEFORE one happens. Collect the foods you need. Keep them in a bin so you have them on hand. The diet is for 3 days. Eat the foods first, while you have them. If you have some high sugar foods like hard candies on hand, eat them first.

<sup>1</sup> A Guide for People on Dialysis (rev. 2015)

### Emergency Preparedness Checklist and Tips

An emergency can happen at a moment's notice. Act now and prepare before disaster strikes! This checklist will help you get started.

You're not prepared if you cannot check these items on your emergency plan:

- My dialysis facility has the current street address and phone number(s) that they need to contact me and/or household member(s) or care partner(s).
- I have discussed my emergency plan and my dialysis facility with my household members.
  - Dialysis facility name: \_\_\_\_\_
  - Dialysis facility address: \_\_\_\_\_
  - Dialysis facility telephone number: \_\_\_\_\_
- I have a back-up plan to get care if my dialysis facility is closed.
  - Alternative dialysis facility: \_\_\_\_\_
  - Alternative dialysis facility address: \_\_\_\_\_
  - Alternative dialysis facility telephone number: \_\_\_\_\_
- I have a copy of my current treatment prescription record.
 

Time on treatment: _____	Dialysate: _____
Blood flow rate: _____	Treatment anticoagulation medication: _____
Dialysate flow rate: _____	
- I have an additional medical condition: \_\_\_\_\_
- I check the items in my emergency kit every six months to ensure they have not expired and are working properly.
- I review and update my emergency list at least every six months.
 

<input type="checkbox"/> Prescription medications and list of medications	<input type="checkbox"/> Warm blanket
<input type="checkbox"/> Insurance and/or Medicare Card	<input type="checkbox"/> Battery-powered radio
<input type="checkbox"/> Current copy of monthly lab report	<input type="checkbox"/> Flashlight with extra batteries
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Cell phone with charger
<input type="checkbox"/> Bottled water	<input type="checkbox"/> Books, games, puzzles
<input type="checkbox"/> Ready diet friendly non-perishable food	<input type="checkbox"/> Contact list of household members
<input type="checkbox"/> Cash	<input type="checkbox"/> Picture identification
<input type="checkbox"/> Spare glasses	<input type="checkbox"/> Car tank full of gas/alternative transportation
<input type="checkbox"/> Manual can opener	

Discuss your emergency plans with your household members and care team.

**Patient Assistance Hotlines**  
 ARA: 888.686.6867 DaVita: 800.400.8331 DCL: 866.424.1990 Fresenius: 800.626.1297 US Renal Care: 866.671.8772  
 ESRD Network: \_\_\_\_\_

This material was prepared by the Kidney Community Emergency Response (KCEER) coalition, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The information presented is not intended to replace your physician's advice. Contact your physician at 800.400.8333. © 2015. Contact #: 800.626.1297. Publication Number: K15-0018-0101-00000000.

# Let Us Hear From You

- Q&As from chat and Q&A panels

# COVID-19: A Positive Test or Under Investigation? Being Prepared

**Your dialysis facility may need to make changes with your dialysis schedule if you:**

- Test positive for COVID-19.
- Show symptoms for COVID-19.
- Have been in close contact with someone who tested positive for COVID-19.

You may have to treat at a different clinic (called a cohort facility\*). Or, you may be treated on a different shift while you get better or until it is known that you do not have COVID-19. This is done to prevent the possible spread of COVID-19 to your fellow patients and care team members.

These changes may not be something you expected, especially during a time when you are not feeling well. It might be scary to go to a different facility or change your shift time. Your facility is concerned about your health, and the health and safety of other patients and care team members. No matter the changes, you will continue to receive the same quality of care.

*You can also take care of yourself by asking questions to help you prepare.*

**Here are some questions other patients suggest you ask:**

**Questions to Ask Your Home Clinic**

- How long will I be at the cohort facility or on a different shift?
- Where is the cohort facility located?
- Do I have a choice in which cohort facility to receive treatment if I test positive?
- Is there transportation to help me to get to the cohort facility?
- When is my chair time?
- When will I be able to return to my home clinic?
- Will my home clinic keep my normal time slot available when I return?

**Questions to Ask Your Cohort Facility**

- What are the rules at this facility?
- How will I meet while I am in the cohort facility?
- How do I speak to staff, such as a dietitian, while I am in the cohort facility?

**Maintaining Your Emotional Well-being**

This may be a stressful time. It is important to take care of your emotional health.

Here are some questions to ask:

- Who can I talk to at the cohort facility if I have questions about how I am feeling emotionally?
- What symptoms should I be watching out for?
- Is there an online support group?
- Does the cohort facility have a peer mentoring program?

- Provides questions to ask your dialysis facility.
- Lists suggestions for maintaining your emotional well-being.
- Visit [www.KidneyCOVIDinfocenter.com](http://www.KidneyCOVIDinfocenter.com).
  - Select “For Patients.”

Source: ESRD NCC



# Where to Find Credible Information

## Where to Find Credible Information About the Coronavirus 2019 (COVID-19)



During this pandemic, it's especially important for everyone to take actions to keep themselves, and others, safe. To do this, let's pause and think through how and where you can find credible, or trustworthy, information—especially as someone with kidney disease.

In stressful times, you may often turn to family and friends for support. Family and friends are great to:

- ✓ Provide or receive emotional support.
- ✓ Connect with by phone call, video chat, or social media.

But your family and friends might not know the most up-to-date information on COVID-19 or the best actions to take right now, especially if you are on dialysis or have a kidney transplant. For this kind of information, you should turn to experts for credible information.



So, where can you find credible COVID-19 information? Start with these sites.

For general updates (e.g., handwashing and disinfection, stay-at-home orders, use of face masks) on COVID-19:

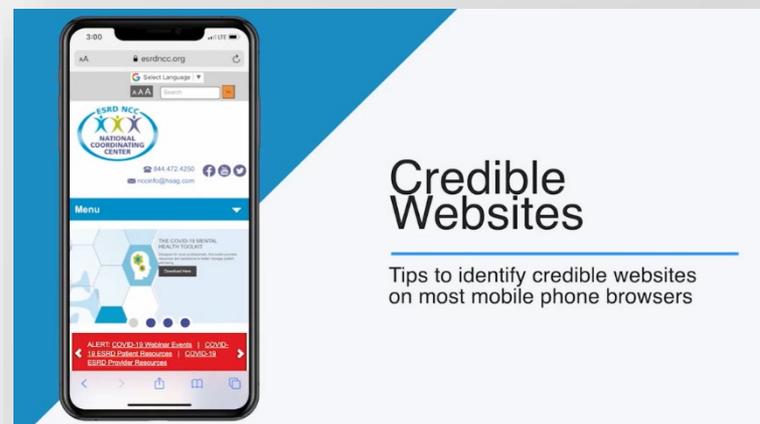
- [The U.S. Coronavirus Emergency Response](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Centers for Medicare & Medicaid Services \(CMS\)](#)
- [U.S. Department of Health & Human Services \(HHS\)](#)
- [World Health Organization \(WHO\)](#)



Most of these credible organizations also have social media accounts, like Twitter or Facebook. On Twitter check out: @CDC, @CMS, @HHS, @WHO, @ESRDNCC, @KCEPprogram, @KidneyPatients, @NKF, and @RSNHope. Most ESRD Networks have social media accounts too!

For chronic kidney disease-related updates on COVID-19:

- On the [ESRD National Coordinating Center \(NCC\)](#) website, you can learn about kidney-related COVID-19 health information and where to locate webinars from health experts and patient advocates.
- Go to the [Kidney Community Emergency Response \(KCEP\)](#) website for the most up-to-date resources on COVID-19 from government, patient, and professional organizations.
- View the [ESRD Networks](#) for a directory of ESRD Network Organizations nationwide to find kidney disease or dialysis help in your area.
- Check out the [American Association of Kidney Patients: Kidney Disease and COVID-19](#) to see webinars, frequently asked questions, and health alerts about kidney disease and COVID-19.
- Look to [Dialysis Patient Citizens: COVID-19 Resources for Dialysis Patients](#) to read about how dialysis centers are working to keep patients safe and prevent COVID-19 from spreading.
- The [National Kidney Foundation COVID-19](#) contains information to help kidney patients manage their health during COVID-19 like ideas for kidney-friendly dieting and coping strategies.
- Turn to the [Renal Support Network COVID-19](#) for tips on how kidney patients can stay physically and emotionally healthy.



## Credible Websites

Tips to identify credible websites on most mobile phone browsers

Visit [www.KidneyCOVIDinfocenter.com](http://www.KidneyCOVIDinfocenter.com).  
Click on “For Patients.”

Source: ESRD NCC

# Thank You!

[NCCinfo@hsag.com](mailto:NCCinfo@hsag.com)

844.472.4250

813.865.3545

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

Additional COVID-19 resources for patients and providers:



<https://www.kcercoalition.com/en/covid-19>



[www.kidneyCOVIDinfocenter.com](http://www.kidneyCOVIDinfocenter.com)

This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication FL-ESRD NCC-7N5TCO-05242021-01

