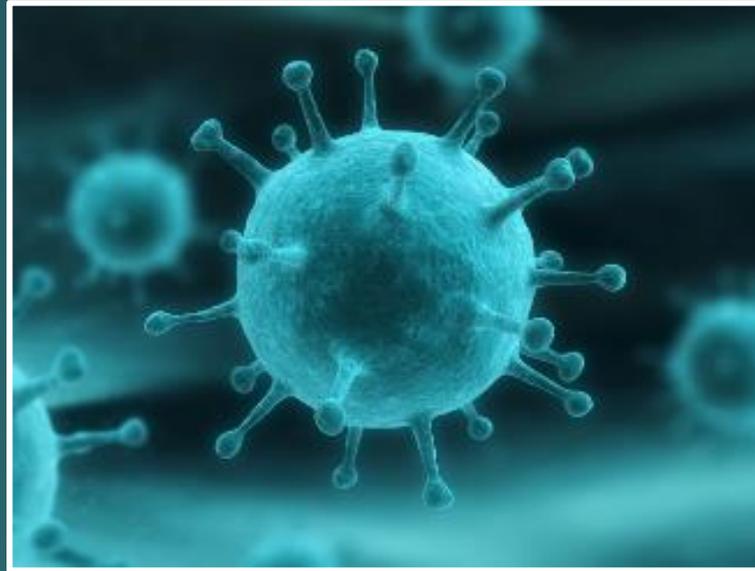


# COVID-19

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



November 10, 2020

COVID-19 = Coronavirus Disease 2019



# Agenda



- What is this call about?
- Today's speaker:
  - Jeffrey Silvers, MD  
Medical Director, Pharmacy and Infection Control,  
Sutter Health
  - Topic: Influenza Prevention, COVID, and Renal Disease
- Questions and answers (Q&As) from chat and Q&A panels

# What Is This Call About?



- Hear from stakeholders and peers in the ESRD community who are adapting to COVID-19.
- Share examples and provide real-world strategies for facilities to use.
- Engage in bi-monthly calls on varying topics.

# INFLUENZA PREVENTION, COVID, AND RENAL DISEASE

Jeffrey Silvers, M.D.

Medical Director, Pharmacy and Infection Control, Sutter Health



WHY DOES EVERYONE TALK ABOUT 1918?

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# THE GREAT PANDEMIC OF THE LAST CENTURY

# Remembering 1918

- Pine caskets were stacked in the living room. The city had slowed to a near halt. Schools were closed. Church services were banned. The government limited its hours of operation. People were dying—some who took ill in the morning were dead by night.
- Mass graves were dug by steam shovel and bodies buried without coffins in many places.

By Edward A. Rogers, 1873-1960—From the Joseph R. Knowland collection at the Oakland History Room, Oakland Public Library. Digital copy via [1], Public Domain.

FAST FORWARD—THIS IS NOT 1918

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**DIFFERENT VIRUS,  
ADVANCES IN MEDICAL  
CARE AND TECHNOLOGY**

KNOW THE DIFFERENCE:

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# COVID-19 VS. INFLUENZA

# INFLUENZA, THE FLU, AND COVID-19

**Influenza** is a virus that predominantly causes contagious seasonal respiratory illnesses that result in increased time off from work or school, hospitalizations, and deaths.

**COVID** is a disease caused by a different respiratory virus (SARS-CoV-2). It is not seasonal and also can result in increased time off from work or school, hospitalizations, and deaths.

**“The Flu”** is a frequently used shortened version for the word influenza.

- When people get sick with diarrhea, they sometimes call it the “stomach flu,” but that is a totally different illness and is not at all related to influenza.

# How Is COVID-19 Different From the Flu?

**INFLUENZA**

Incubation 1-4 D  
Outbreaks of varying severity almost every year, usually in the winter  
Historically explosive onset, cough, high attack rate  
Most complications are respiratory and secondary bacterial infections

Incubation 2-14 D  
No seasonality  
High incidence of asymptomatic to mild disease, but can progress to life threatening disease  
Complications are respiratory, involvement of multiple organs, thrombosis, and clotting

**COVID**

# How Does COVID-19 in 2020 Compare to Influenza in 1918?

## 1918 Influenza

Estimated to have infected  
500 million people  
(1/3 of the world population)

Est. to have killed 40–60  
million people

## 2020 COVID-19

Global cases  
46,639,757  
(11/2/20)

Global deaths recorded  
1,202,013 (11/2/20)

# INFLUENZA AND COVID



Three or four different strains of flu can circulate and cause disease during one season

You can get influenza more than once during a season

We have a vaccine to prevent Influenza

We will be getting a vaccine to prevent COVID, but do not have one yet

A person can be infected with both COVID and Influenza at the same time

**Simultaneous infections may make it much more likely that the person will end up in the hospital or die**

Social distancing, masking, and hand hygiene can help reduce the risk of acquiring either of these infections

# TWINDEMIC

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## EXPLAINED

Chronic Kidney Disease

# Managing Your Personal Risk

# Are You at Risk?

Kidney disease is associated with increased risk of severe illness from influenza, including:

- Chronic kidney disease (CKD) at any stage
- After kidney transplants
- Dialysis treatment

CKD weakens the immune response to infections

Persons with CKD frequently have other co-morbidities, e.g. diabetes, heart disease, and pulmonary disease, which increase the risk of more severe disease from influenza

About 1,000 people with ESRD die unnecessarily each year due to influenza-like illness

# INFLUENZA AND ESRD

## Excess Deaths Attributable to Influenza-Like Illness in the ESRD population

- The annual increase in number of deaths mostly due to overall increase of number of people with ESRD.
  - 2000–2014: 390,158; up to 678,383.
- Shows seasonal variation
- Highest mortality usually in the first quarter of the year (January–March)
- Annually accounts for excess of ~1000 deaths due to ILI between the 4th quarter of one year and the 1st quarter of the subsequent year.

# What Can You Do to Reduce Your Risk?

## GET YOUR FLU SHOT!

Make sure it is an appropriate vaccine.

- Live attenuated nasal vaccine not appropriate with underlying medical conditions, e.g. chronic kidney disease

If you are 65 years or older, get the vaccine approved specifically for your age group

- High Dose (Fluzone High-Dose) or Adjuvanted (Fluad or Fluad Quadrivalent)

Physical isolation in dialysis unit of someone with respiratory infection, e.g. Flu or COVID

Wear masks, physical distance, and wash your hands!

# INFLUENZA VACCINATION

# My Flu Shot Gave Me the Flu

The flu vaccine contains non-living parts of the virus—non-living virus cannot infect you

The flu vaccine takes about 2 weeks to work and a person can still get the flu if exposed during that time before the immunity builds up

Some people do develop some temporary complaints after the immunization, e.g. headache, low grade fever, nausea, sore arm, and aching. They usually resolve within 1–2 days

The strain of flu you get may not be covered by the vaccine

# I Never Get The Flu, So I Do Not Need The Vaccine

About 40% who develop influenza may be asymptomatic

You could have the flu and never know it but infect a grandparent, child, or friend who is medically vulnerable

Protect your loved ones and the larger community

# Getting The Flu Is Not A Big Deal

Getting the flu *can* be a big deal

The flu is a serious disease that can lead to hospitalization and death, especially for high-risk people—those with chronic medical conditions like chronic kidney disease, and the elderly

Pregnant people and children younger than 6 months of age are also high risk

# I Am Young, so I Do Not Need to Get Vaccinated for the Flu.

Everyone is susceptible to influenza

Although most young healthy adults ultimately do fine, some still end up in the hospital and/or die

Even those who do not get severe disease frequently have to miss work or school for multiple days and can experience long-term residual fatigue

# I Cannot Get a Flu Shot Because I Am Pregnant.

The **CDC recommends that all pregnant women get flu vaccinations** because pregnant women are at a higher risk for serious complications from flu

The vaccine is safe during pregnancy

Flu may be harmful for a developing baby

Getting the flu shot while you are pregnant even helps protect your baby from the flu for months after birth because moms pass antibodies to their babies before they are born

Babies younger than 6 months cannot get the flu vaccine and are more likely to suffer serious complications from the flu

# I Got Vaccinated for the Flu Last Year, so I Do Not Need It Again this Year.

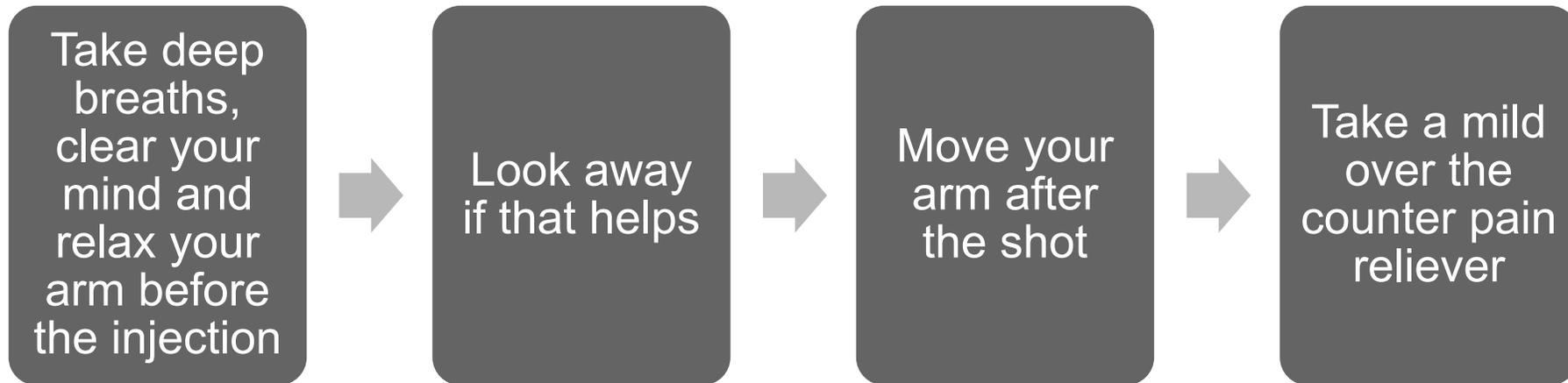
Immunity provided by the vaccine only works for 1 season

The vaccines are updated to keep up with the changes in the viruses

There are 3 or 4 strains of influenza that circulate every year

You can get the flu more than once in a season from different strains

# TIPS TO AVOID FLU-SHOT PAIN



# VOLTAIRE WAS RIGHT...

Perfect is the  
enemy of good

Not getting a flu  
vaccine because  
it doesn't always  
work is putting  
yourself and your  
loved ones at risk  
of getting a life-  
threatening  
disease

Even partial  
protection can  
lessen the  
severity of the  
illness and save  
lives

# TAKE HOME MESSAGES

All persons 6 months and older, who do not have contraindications, should receive an annual flu vaccination

Persons with chronic kidney disease are at increased risk of having severe illness and possibly dying from influenza

Flu vaccination:

- Reduces the risk of getting the flu
- Reduces the risk of ending up in the hospital or ICU if you get the flu
- Lowers severity of illness if you do get sick

The time to get the flu vaccine is NOW



TO THE HEALTHCARE  
HEROES,

**Thank you.**

TIME FOR

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# QUESTIONS

# Let Us Hear From You

Q&As from chat and Q&A panels



# Inspirational Posters

- Evidence-inspired 12” x18” posters
- PDF format for on-demand printing
- Focus on psychological/physical health, emergency preparedness, and COVID-19.



To view, visit <https://esrdncc.org/professionals/inspirational-posters/>.

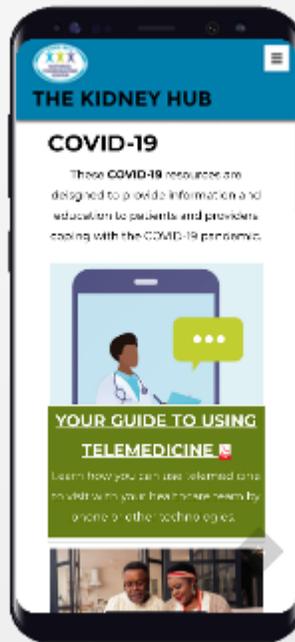
# The Kidney Hub



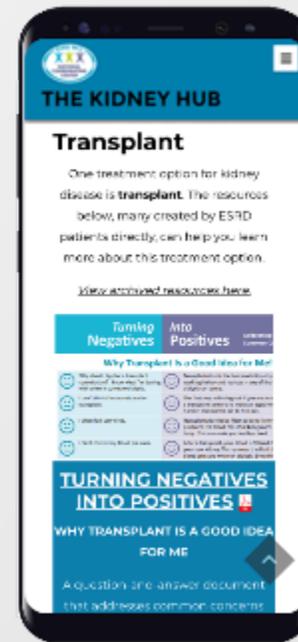
- The Kidney Hub
- Mobile-friendly web tool created with patients, for patients
- Links to new videos and helpful resources added
- Visit [www.TheKidneyHub.org](http://www.TheKidneyHub.org) today!



*Home Dialysis: Choosing Home Dialysis*



*COVID-19: Your Guide to Using Telemedicine*



*Transplant: Turning Negatives Into Positives*



# Our Next COVID-19 Webinar Events



- Patient-focused event: November 17, 2020, 4 p.m. ET
- Provider-focused event: November 24, 2020, 3 p.m. ET

### COVID-19 Webinar Events

To support ongoing COVID-19 information and education needs in the End Stage Renal Disease (ESRD) Network community, the ESRD National Coordinating Center (NCC) is facilitating a series of COVID-19 educational events. These recurring webinar events will feature professional and patient subject matter experts from around the country sharing how they or their organizations are coping with and combatting COVID-19 in their areas of practice.

You can register for Provider or Patient events below. Previous event recordings will be available in the accordions at the bottom of this page.

Share the ESRD NCC COVID-19 events by embedding the badge on the right on your websites, social networks, profiles, and blogs. Click on the badge for more information.

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#### Upcoming Provider Event

Wednesday, October 28, 2020  
3:00 PM to 4:00 PM ET



The badge features the text "COVID-19 Webinar Events" at the top, a central image of a coronavirus particle, and a button that says "Click for More Information". Below the button is the website address "www.esrdncc.org".

Visit [kidneyCOVIDinfocenter.com](https://kidneyCOVIDinfocenter.com) to register, or scan the QR code with your smartphone camera.

# 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 Number FL-ESRD NCC-7N5TCO-11042020-01

