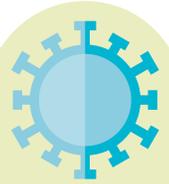


11 Things You Can Do to Get Ready for a Kidney Transplant During COVID-19



- 1. Understand your transplant team's plan for the COVID-19 pandemic.** Stay in touch as things may change. *Follow up with each transplant program with which you are listed.*
- 2. Notify your transplant coordinator if you become ill or hospitalized.** If you are active on the wait list and are COVID-19 positive, notify your transplant team right away. *It will not be safe to be transplanted until fully recovered. If you have been exposed to COVID-19 and are in quarantine, contact your transplant programs for their protocol.*
- 3. If you are in transplant work-up, ask what tests you still need.** Track what has been completed and what still needs to be done. Ask each doctor's office about telehealth to best meet all your healthcare goals. Keep your transplant programs up to date on your progress.

4. Follow the fundamentals of staying safe during COVID-19.

Practice social distancing, wear a mask, wash your hands often, and follow your doctor's and dialysis facility's policies.



5. Exercise and stay active.

Consider going for a walk alone or with a family member, or do light chores around the house or yard. *Talk with your doctor before starting an exercise plan.*

6. Contact your caregivers or support system.

Make sure they are still able to support you during your transplant. If they are unable, understand that things change. Replace them with someone new.

7. If you are active on the wait list, ask if you are due for any annual tests.

This might be something like a mammogram or dental exam. Check that your transplant coordinator received the results.



8. Contact your transplant team if your insurance changes.

You may lose your insurance or have a change in insurance due to a job loss or change because of COVID-19.

9. Review your medication list with your dialysis team.

If you are active on wait list and are called for a transplant, your medication list will be current.

10. Do your best to take care of yourself, stay healthy, and eat well.

Do not skip or shorten your dialysis treatments. *Dialysis is very important to staying healthy.*

11.

Take care of your mental health, too. It's normal to feel sad, frustrated, or disappointed right now. If these feelings are overwhelming, talk to your healthcare team.



COVID-19 = Coronavirus 2019

Note: These tips are generalized for most programs and most patients. Please speak with your healthcare team about your unique situation.



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