

# Reducing your risk during the COVID (coronavirus) pandemic

## What is this leaflet about?

This leaflet helps you understand your own risk of getting COVID (coronavirus) and gives advice about how you can reduce the chances of becoming very ill.

During the lockdown please follow additional [government guidelines](#) about increased restrictions.

## After the lockdown is lifted

Unfortunately, we know that COVID-19 will be with us for some time. The rest of this leaflet is about measures you can take to protect yourself even after lockdown is over.

## What is the most important thing I can do?

Reduce risk by:



Washing your hands



Wearing a face mask



Maintaining appropriate social distancing, being outside and avoiding crowded places



Getting tested if you have symptoms

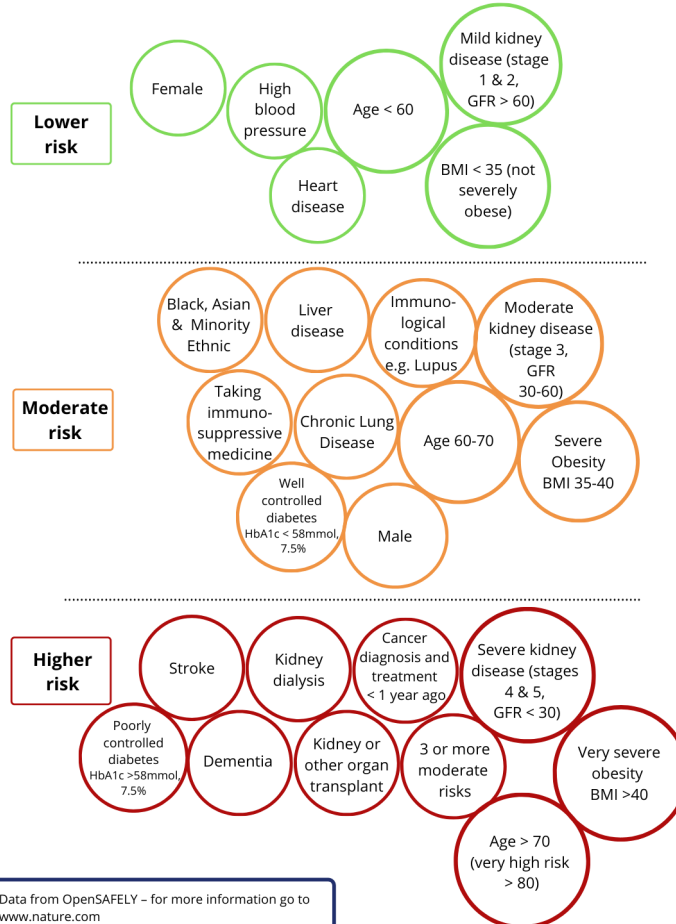
## KNOW YOUR OWN RISK

Unfortunately, many kidney patients are at increased risk of serious illness if they catch COVID-19.

### Which kidney patients are at greater risk from COVID-19?



Your level of risk will go up and down with the level of infection in your community. This document is only a guide and you should use it to support you in having conversations about your personal risk level with your own healthcare professionals.



Data from OpenSAFELY - for more information go to [www.nature.com](http://www.nature.com)  
 Developed by The Renal Association, The British Renal Society, The British Transplantation Society, Kidney Care UK and National Kidney Federation in consultation with kidney professionals and patients



**Calculate your BMI** with the NHS Living Well BMI calculator

v1: 10/8/20  
 Adapted from the InformationIsBeautiful.net COVID-19 coronavirus infographic datapack

Having several of the lower or moderate risk factors may mean your risk is the same as someone with only one risk factor in a higher group. Ask your clinical team if you would like more information.

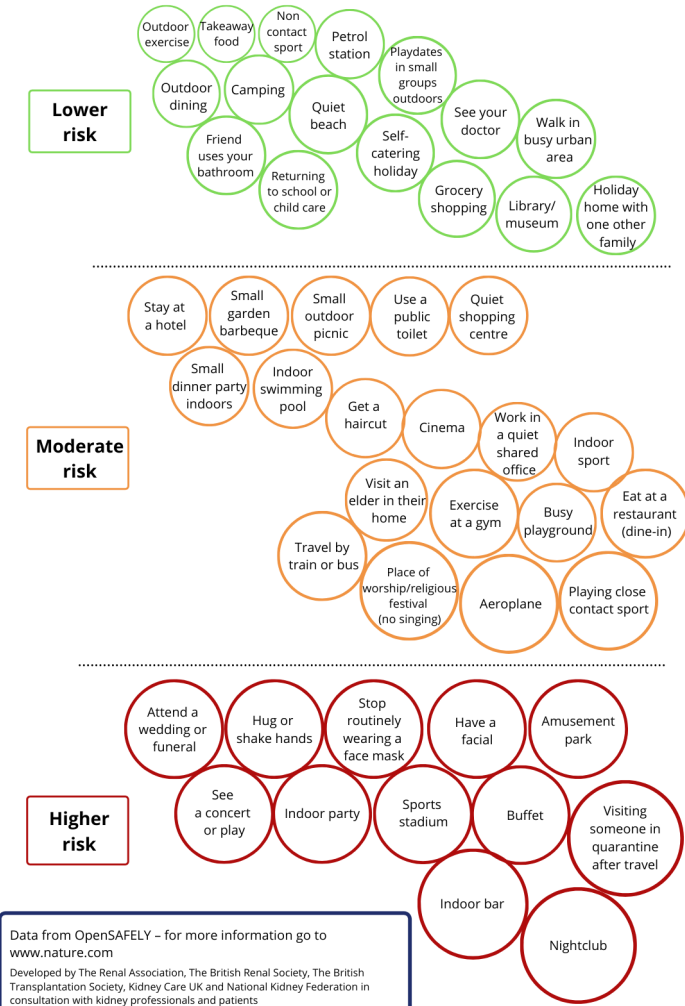
## CONSIDER YOUR OWN ACTIONS

You are more likely to catch COVID-19 doing some activities than others. This infographic shows how risky a number of common activities are.

### What are the risks of catching COVID-19 from various activities?



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v4: 28/8/20  
 Adapted from the InformationIsBeautiful.net COVID-19 coronavirus infographic datapack

You can use this infographic to help choose which activities to do, and which to avoid. If you have risk factors which put you at higher risk, please follow all the measures with extra care.

## EXTRA INFORMATION

### What can you do to reduce your risk some more?

Some of your risk factors cannot be changed – for example you can't change your sex or age. However, you can change some factors to reduce your chance of being badly affected if you catch COVID-19.

### If you are overweight

Calculate your own BMI (Body Mass Index – a number which should be between 20-25 if you are a healthy weight). You can find a link to calculate your BMI at: <https://www.wcrf-uk.org/uk/here-help/health-tools/bmi-calculator>

If your BMI is above 25 you can:

- Ask your team if there is a local weight management service and if they will be able to refer you.
- Try an online movement class, you can find a link for these at: <https://beamfeelgood.com/onDemand/list/kidney-disease>

### If your diabetes is poorly controlled

Talk to your diabetes team or GP about how you might take better control of your blood sugar levels. They may suggest diet, lifestyle or medication changes.



### If you are active on the kidney transplant waiting list

Everybody should adopt measures to reduce the risk of catching or transmitting COVID-19. These are mentioned on the front of this leaflet: wash your hands, wear a face mask, maintain social distancing; if you develop symptoms of COVID-19, self-isolate and get a test.

You need to take particular care to follow all of these measures because if you did catch COVID-19, you may be at greater risk of becoming seriously unwell and you would not be able to receive a kidney transplant until you have fully recovered. If you develop symptoms of COVID-19, in addition to self-isolating and getting a test, you should let your kidney care team know.

There may be slight variation in the guidance based on the location of your kidney unit and your local rate of COVID infection. Please check with your kidney care team for more information.

### If you are being asked to go to your workplace

If you are being asked to return to work or training/studying outside of your home, you should have a discussion with your employer about an individual risk assessment.

This will enable your employer to know that you are at increased risk if you catch COVID-19 and take steps to make your work place as safe as possible to reduce the chance of infection. Please ask your employer about this if you have not had one of these assessments.

### If you need to come to hospital for treatment

Healthcare teams have made many changes to keep people who need medical treatment as safe as possible. This includes reducing numbers of people in clinics, reducing visitors, testing patients and some staff for COVID-19.

### If you need to come into hospital for a planned operation/procedure

If you are offered the opportunity to come for an operation or procedure, it is because your local hospital has created safe pathways to minimise any risk of COVID-19 during your admission. You will be asked to self isolate for a period of time before your admission. Please check with your local hospital about details of how long you need to isolate for before your admission.

### Where to find more information:

- [www.kidneycareuk.org/coronavirus](http://www.kidneycareuk.org/coronavirus)
- [www.kidney.org.uk/news/coronavirus-latest-information-and-advice](http://www.kidney.org.uk/news/coronavirus-latest-information-and-advice)
- [www.kidneycareuk.org/get-support](http://www.kidneycareuk.org/get-support)

