

H1N1 Flu (Swine Flu) Recommendations For People with Kidney Disease

According to the CDC, people with chronic kidney disease (CKD) and kidney transplant recipients are high risk groups for infection with influenza. kidney patients should do the following:

Recommendations	Dialysis	Transplant
Don't stop going to dialysis out of fear.	✓	
Microbes need a way to get into a person's body. Keep your hands sanitized and away from bodily openings (mouth, eyes and nose).	✓	✓
Use tissues only to blow the nose and dispose of them immediately. Don't put tissues in pockets, etc Then wash hands or use sanitizer that is more than 60% alcohol.	✓	✓
Hand sanitizer should be rubbed into all parts of the hand and until hands are dry.	✓	✓
Follow other rules of health: eat healthy, get enough sleep, etc.	✓	✓
If in a health care facility, demand that health professionals also follow accepted methods to prevent spread of infection.	✓	✓
If you have mild cold/flu symptoms, notify your dialysis center before you go in for treatment and make sure you wear a mask.	✓	
Contact your doctor and/or dialysis provider if you have flu symptoms (fever, cough, sore throat, body aches, headache, chills and fatigue; it might include diarrhea and vomiting).	✓	✓
When you go in for treatment, let the unit know if someone in your household is sick or if you have reason to believe you might have been exposed to the novel virus. This is important because you can spread the flu before you show symptoms; the unit can then take precautions.	✓	
If you are sick, stay home from work or school and limit contact with others to keep from infecting them.	✓	✓
Avoid close contact with people who are sick, keep your distance from others to protect them from getting sick too.	✓	✓
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.	✓	✓
If you choose to wear a mask, try to get an N95 mask (the kind used when painting). Note: this mask will not protect you if you have facial hair.	✓	✓
Talk to your doctor about having an extra supply of medications on hand. Make sure to keep track of your refill date; you can develop an emergency supply by either reordering within the 5 day insurance coverage window and setting aside those extra pills or trading them out at each refill to be sure to stay within expiration dates (keep the meds in the original container with the correct expiration date).	✓	✓

Important Links

www.kcercoalition.com

www.kidney.org/help

www.pandemicflu.gov

<http://espanol.pandemicflu.gov>

Kidney Community Emergency Response Coalition

More information and announcements on the swine flu virus.

U.S. government swine, avian and pandemic flu information.

Spanish, U.S. government swine, avian and pandemic flu information.