

COVID-19

Ongoing advice for children and young people with kidney disease

20 August 2020



What is the current situation with COVID-19?



In August, shielding stopped for people at high risk of severe COVID-19 infection



Across the UK, fewer than 10 children and young people under 18 years with kidney disease have been found to have COVID-19



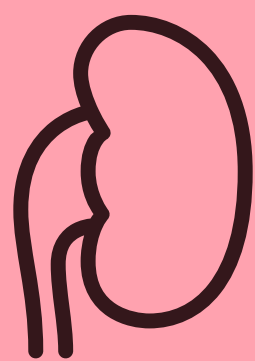
Worldwide, about 100 COVID-19 cases have been reported in children with kidney conditions on immune medicines - most were mildly affected



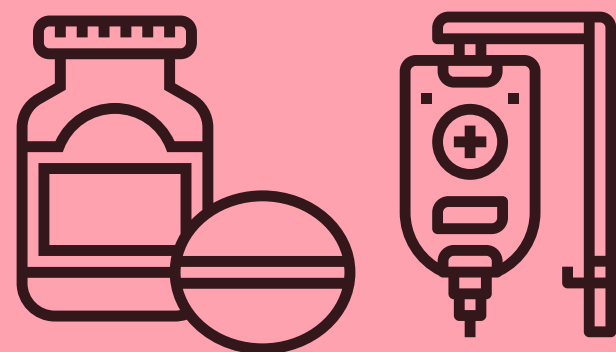
Children who were shielding are advised to return to school in September - the Government has issued advice to schools to help protect pupils and staff

Children & young people at higher risk

You are considered **at high risk of all infections** including COVID-19:



If you have received a kidney transplant **in the last 3 months**



For 6 weeks after starting high doses of **strong immune medication** e.g. high dose steroids (20mg/day) AND another strong immune medicine



If your **kidney team** states you are at high risk

Guidance

- We recommend you take **strict infection precautions** including social distancing, avoiding crowded spaces and people with symptoms of infection
- Please seek **urgent medical review** if you are unwell - it is important to get your **annual flu jab**
- Family members **do not** need to shield but should follow Government guidance - parents and carers should talk to their employers about minimising risk
- Your kidney team will advise when to return to school

What if I was previously in the intermediate risk group?



- We recommend you follow Government advice and attend school or nursery
- It is important to get your **annual flu jab**

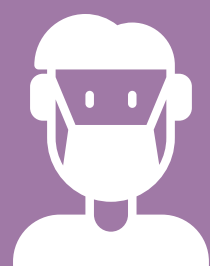
Waiting for a kidney transplant

- You will need to self-isolate **for up to 2 weeks** before a planned living donor transplant - your kidney team will provide more information
- You are **unlikely to need** to self-isolate if waiting for a donor kidney - this will be decided on a case-by-case basis by your kidney team

What can we all do to minimise catching or spreading COVID-19?



Wash your hands regularly



Wear a mask



Maintain social distancing



Get tested if you have symptoms