

# WHAT'S NEXT FOR KIDNEY PATIENTS?

Some kidney patients are at higher risk of becoming seriously ill or dying if they catch COVID-19.

Here's some top tips on how to stay COVID safe:

## PROTECT YOURSELF AND GET FULLY VACCINATED

- Get fully vaccinated – two doses are better than one
- Without the vaccine you're at risk of becoming seriously ill if you catch COVID-19
- Ensure everyone in your household is vaccinated
- Have a third 'booster' dose if it's offered to you

## STAY ALERT AND MINIMISE THE RISK

- Maintain the hands, face, space principles – wash hands regularly and disinfect surfaces you touch frequently
- Meet outside or in well-ventilated areas and continue to follow social distancing guidance
- Continue to wear a mask and encourage those around you to do the same
- Socialise at quieter times of the day and avoid the crowds

## SEEK ADVICE AND BALANCE THE RISKS

- If you are anxious about restrictions easing, talk to your kidney doctor, nurse, or GP
- Balance the risks of catching COVID-19 by making good choices and staying alert
- Unless as part of a research study, doctors are currently recommending that you don't have an antibody test, as results aren't necessarily conclusive. Being vaccinated is the best option to help you stay protected.

Keep looking on our website for latest advice and information.

This advice is for kidney patients who are immunosuppressed, have had a kidney transplant, are on dialysis or have stage 5 chronic kidney disease (CKD).

**PROTECT YOURSELF • STAY ALERT • SEEK ADVICE**