



Patient Guide for COVID 19 – Christmas Season December 2020

The National Renal office would like to express our best wishes to all our renal colleagues and patients as festivities begin.

COVID 19 is still with us and we are aware how easy it can spread causing significant illness particularly in Severe Kidney disease and kidney transplant patients.

As we head into the Christmas festive season and the easing of Level 5 restrictions, we would like to remind you of the National guidance steps to help keep you safe;

- Patients with severe kidney disease, i.e. on dialysis, awaiting to start dialysis or living with a kidney transplant, are extremely medical vulnerable in respect to COVID19 infection and are advised to take extra precautions to prevent getting infected.
- The NRO suggests adopting strict isolation principles
- Should check with all visitors, that they do not have symptoms of COVID-19 or had recent contact with COVID-19 patients before allowing them to enter your home.
- You should also ask them to clean their hands (soap and water or hand sanitiser) and to wear a face covering to protect you and your family from the risk of infection.
- **IDEALLY Limit visitors to your home to one visitor per week, and ask them to stay for no more than one hour and to wear a mask at all times**
- Hand hygiene is the most practical way to manage that risk.
- You should keep up to date with HSE and public health bulletins regarding social gatherings .

The NRO recently issued a document regarding the COVID 19 vaccine, advocating that patients with severe kidney disease who are at high risk to be moved up the COVID 19 vaccine priority list.

