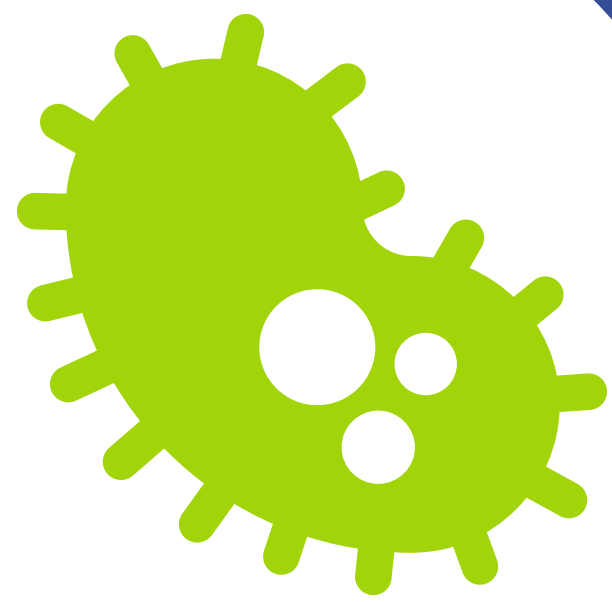


# WHAT IF...

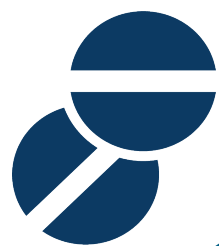


# A PANDEMIC

Most patients think they are prepared for an emergency, but few actually are.

## Emergency Checklist

1. Follow guidelines from the Centers for Disease Control & Prevention (CDC) on how to prevent the spread of COVID-19 during travel to dialysis and at home.
2. Be flexible. Guidelines may change as more is learned about the pandemic.
3. Ask your care team if medical appointments can be held as telehealth instead of in-person visits.
4. Discuss the possibility of a home modality with your nephrologist.
5. Transplant patients should make sure they have access to appropriate medications. Ask your healthcare team for resources or help if you have concerns about access to medications.
6. If curfews are in place, ask your dialysis facility for a medical necessity card to prove a need for transport to and from dialysis.
7. The ESRD Network is your contact for questions and concerns about the pandemic. Reach out to your Network, if necessary.



## THE FACTS

- An epidemic:
  - Is a disease that affects a large number of people within a community, population or region
  - Becomes a pandemic when it spreads over multiple countries or continents
- Coronavirus disease 2019 (COVID 19):
  - Is an ongoing global pandemic
  - Is caused by severe acute respiratory syndrome coronavirus 2 (SARS CoV 2)<sup>1</sup>
  - Was first found in Wuhan, China in December 2019<sup>2</sup>
  - Was declared a “Public Health Emergency of International Concern” by the World Health Organization (WHO) on January 30, 2020
  - Was declared a pandemic by the WHO on March 11, 2020<sup>3</sup>
- As of June 29, 2020, reports show:<sup>4</sup>
  - More than 10.1 million cases in more than 188 countries/territories
  - More than 502,000 deaths
  - More than 5.16 million recoveries



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2. World Health Organization (WHO). Novel Coronavirus – China. World Health Organization. <https://www.who.int/csr/don/12-january-2020-novel-coronavirus-china/en/>. Published 2020. Accessed June 29, 2020.
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4. Johns Hopkins University (JHU). ArcGIS Dashboards. Gisanddata.maps.arcgis.com. <https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>. Published 2020. Accessed June 29, 2020.