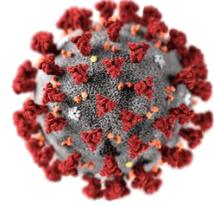


Chronic Kidney Disease and Coronavirus (Covid-19)



What is Chronic kidney disease (CKD)?

CKD means the kidneys are damaged and can't filter blood adequately. The kidneys are two bean-shaped fist sized organs, and filter extra water and wastes out of your blood and make urine.

Risk Factors for CKD:

Risk factors for developing kidney disease are diabetes, high blood pressure, heart disease, and a family history of kidney failure. Treatments include kidney transplant or dialysis. Other kidney problems include acute kidney injury, kidney cysts, kidney stones, and kidney infections.

African Americans, Hispanics, and American Indians are at high risk for developing kidney failure. This risk is due in part to high rates of diabetes and high blood pressure in these communities. Testing may be the only way to know if you have kidney disease. In South Carolina, Blacks are more than 3x more likely to develop kidney failure than their white counterparts.

COVID-19 and CKD:

The current covid-19 pandemic has a significant impact for people with kidney disease. The 2019–20 coronavirus pandemic is caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This disease is transmitted person to person in the air by respiratory droplets. Some people are unaware that they are infected since they may not have any symptoms (asymptomatic), or symptoms may appear 2-14 days after exposure to the virus. These symptoms may include a cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

People with kidney disease seem to be at higher risk for more serious COVID-19 illness. People on dialysis can have weaker immune systems, making it harder to fight infections. People with a kidney transplant need to take anti-rejection medicines (also known as immunosuppressive medicines). These medicines work by keeping the immune system less active, which can make it harder to fight infections such as Covid-19.

Recommendations to stay healthy

As communities in South Carolina begin to reopen, it is recommended that people with kidney disease and transplant recipients:

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- Always wear a mask or face covering that covers the nose and mouth whenever in public places
 - Maintain a 6 feet distance from others
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- Do not have contact with anyone who is ill.
- Avoid crowds and large public gatherings to avoid people who are ill but do not yet have symptoms
- Only go out for essential reasons as dialysis, doctor visits, grocery shopping, etc.
- Postpone vacations and other personal trips
- Call ahead to inquire about a businesses, offices, workplace and schools disinfecting policies to keep you safe.
- Wash hands frequently for at least 20 seconds and rinse well, use hand sanitizers and gloves if appropriate.
- Avoid touching your nose and mouth.
- Regularly clean and disinfect objects and surfaces in your home.
- Limit visitors.
- Talk with your health care provider about recommended vaccines. For example, influenza or flu vaccine, Hepatitis B and pneumococcal (to protect against pneumonia).

South Carolina Resources:

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| • Dialysis Patient Citizen Education Center | 1-855-291-3725 |
| • National Kidney Foundation – South Central Region | 1-888-848-5277 |
| • ESRD of South Atlantic Network | 1-800-524-7139 |
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