

## DCI Coronavirus (COVID-19): Reminders

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### PROTECT YOURSELF - PROTECT OTHERS

COVID-19 brought stress to our lives. It has been difficult to follow new health guidelines, be separated from loved ones and miss favorite activities. Cities and states are beginning to reopen. You may feel scared or happy about this or feel both at the same time.

As your area begins steps to reopen, health experts recommend high risk groups continue to take precautions to protect themselves and others. People on dialysis are one of these high risk groups.

### WHAT SHOULD I DO?

- **Continue to stay at home whenever possible.**
- **Avoid situations with large groups of people.** This might include sit-down restaurants, church, travel in groups and visiting with friends and family.
- As health experts ease restrictions, continue to **keep a safe distance from others and wear a mask.**

If you must go to an area where there are groups of people, such as the grocery store, a doctor's appointment, a special family gathering, or public transportation, then protect yourself and others by:

- Staying at least 6 feet away from others whenever possible
- Wearing a face mask, the entire time you are out.
  - Even when wearing a mask, stay at least 6 feet from others.  
Wearing a mask does not replace the need for distance.
- Washing your hands frequently with soap and water or hand sanitizer.
- Avoiding touching your face.
- Avoiding frequently touched items or surfaces as much as possible. If it isn't possible, wash your hands as soon as possible after the contact.
- Coughing and sneezing into your elbow.