

## What should I do if I'm unwell?

If you feel unwell it's important to phone your dialysis unit straight away. Nursing staff will be able to give you advice on what to do next. We may need to isolate you when you are dialysing to reduce the risk of spreading COVID-19 to other patients so it is important to let nursing staff know of any symptoms before arriving at the dialysis unit. We may also have to make changes to any transport you receive.



## Will I still get dialysis if I have COVID-19?

Yes. We will, however, ask that you wear a surgical mask while you are in the dialysis unit and will keep you away from other dialysis users that are not currently unwell. We may also ask that you dialyse on a different shift or indeed at a different dialysis unit within NHS Lothian.

## Wouldn't it be safer for me to miss dialysis sessions?

No, missing dialysis is more dangerous than COVID-19. You should always attend dialysis unless it has been discussed with your doctor.

## Useful Numbers & Information

### Royal Infirmery Dialysis Unit

☐ Tel: 0131 242 1210

### Western General Dialysis Unit

☐ Tel: 0131 537 1879

### St. Johns Dialysis Unit

☐ Tel: 01506 523 887

### Borders Dialysis Unit

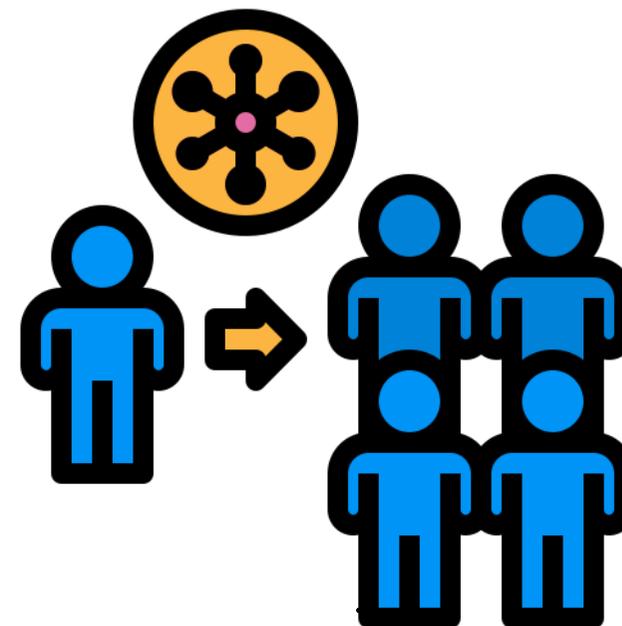
☐ Tel: 01896 826 637

Urgent medical help phone 111

Emergency medical help phone 999

For further information on COVID-19 visit

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



**CATCH IT.**



**BIN IT.**



**KILL IT.**

**CORONAVIRUS  
(COVID-19)  
Information for dialysis  
patients**



## What is coronavirus (COVID-19)?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

## How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from infected people who cough or sneeze or through touching contaminated surfaces and then touching nose, mouth or eyes.

## What are the symptoms?

Most people who become infected experience mild illness and recover, but for some it can be more severe. The symptoms include a combination of:

- **Fever**
- **Cough**
- **Difficulty breathing**
- **Muscle pain**

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.



## HOW CAN YOU PROTECT YOURSELF AND OTHERS FROM INFECTION?

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell