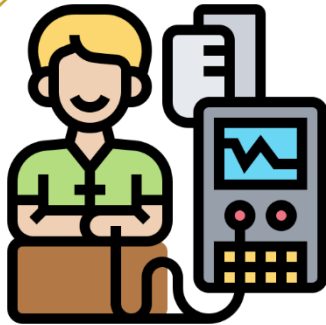


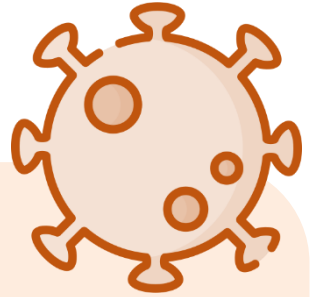


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# COVID-19 Precautions for Dialysis Patients





**Protect yourself and others around you by knowing the facts and taking appropriate precautions.**

# What should we do to prevent the spread of COVID-19?

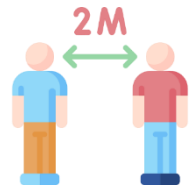
1. Clean your hands more often especially before and after entering dialysis unit.



2. Don't touch your eyes, nose or mouth unless your hands are clean.



3. Maintain a safe distance from anyone who is coughing or sneezing.



4. Wear a mask all the time especially in present of health care worker.



# What should we do to prevent the spread of COVID-19?

5. Cover your nose and mouth with a tissue when you cough or sneeze or your bent elbow.

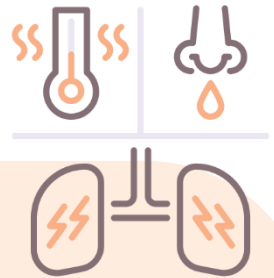


6. Report immediately to your primary care doctor if you have a fever, cough and difficulty breathing or when you contact with a someone who tested COVID positive during the **previous 14 days**.



7. Always clean and disinfect your surroundings and do not share someone else's tools





**If you have symptoms of COVID-19 or you have had a history of exposure risk during the previous 14 days, you should immediately contact your doctor for an advice and a plan of care for you in order to protect you and others from causing an outbreak of the virus in the dialysis unit**

## What precautions should I follow?

### First: Medical Mask

Wear the medical Mask (not the fabric mask) all the time in dialysis unit to protect you and others from spreading the infection. Remember that the mask alone doesn't protect you from COVID-19, you should maintain the social distance and keep your hands clean all the time (hand hygiene).



# What precautions should I follow?

## Second: Hand Hygiene

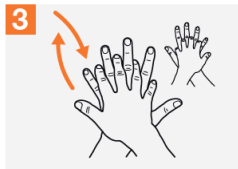
Hand Hygiene is the most effective and simple way to prevent infection whether with hand sanitizer or soap and water.



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



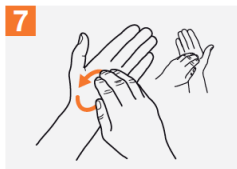
4 Palm to palm with fingers interlaced;



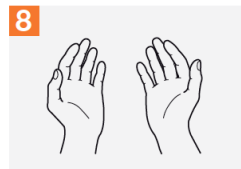
5 Backs of fingers to opposing palms with fingers interlocked;



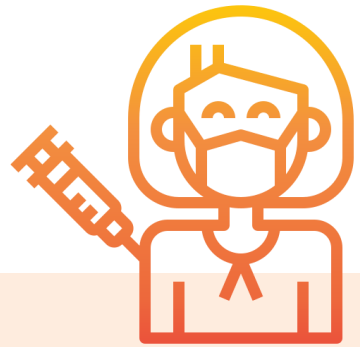
6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



# COVID-19 Vaccine



# Why Should I take COVID-19 vaccines?

**Protects**

From getting COVID-19

**Develops**

Your immune system response safely and effectively

**Protects**

Your body by preventing or controlling the infection



## Vaccine will allow the followings:

Lifting the travel  
ban



Reduction of social  
distance



Return to normal  
life gradually



## How do vaccines work?

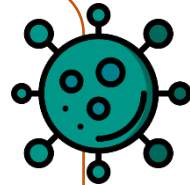
The vaccine reduces the risk of infection by helping the body's natural defense for protection to safely develop immunity to disease



What happens to your immune system when receiving the vaccine?

### Remembering the disease

and how to fight it



### Producing antibodies

Proteins that the immune system naturally produces to fight the disease



### Recognizing the virus

As soon as it enters the body

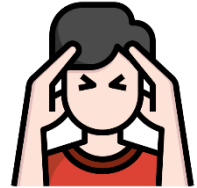


## What are the vaccine side effects?

- Injection site reaction pain or redness.



- Feeling tired and having headache.



- High temperature and body tremors.



If you experience any of these symptoms, take a pain reliever and if the symptoms worsen call 937

## Can everyone get COVID-19 Vaccine?

There are some people at risk of getting COVID-19 and they shouldn't get the vaccine such as those people who are allergic to the vaccine components.

You should not receive the vaccine if you have had a serious allergic reaction to medicines, vaccines or food



## What should I do if I get allergic reactions after getting the vaccine?

- ✓ Tell the medical staff before you take the vaccine that you have had a serious allergic reaction.



- ✓ If you have a reaction to the vaccine, it usually happens within minutes. Don't worry there is a medical team trained to deal with allergic reactions and treat them immediately.





# Myths and Facts



**Myth**



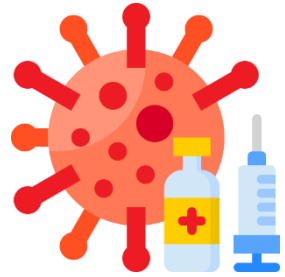
Once I receive the COVID-19 vaccine, I no longer need to wear a mask

**Fact**



You should wear the face mask because the vaccine doesn't prevent COVID-19 but it reduces your risks of exposure and death.





**Myth**



I will get COVID-19 if I get the vaccine

**Fact**



You won't get COVID-19 from the vaccine because it doesn't contain the live virus.



**Myth**



Covid-19 vaccine alters DNA.

**Fact**



The vaccine doesn't enter the cell's nucleus and it won't alter your DNA.



**Myth**

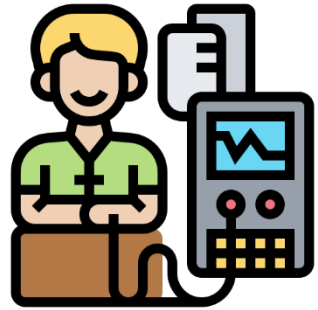


I have had Covid-19 so I don't need the vaccine.

**Fact**



You need to get vaccinated even after recovery to ensure longer immunity.



**Myth**



Hemodialysis patient cannot take the vaccine because they have weak immunity.

**Fact**



Hemodialysis patient should take the vaccine they have a high priority for vaccination.



**Hemodialysis patients should  
receive vaccine doses from the  
same vaccine type**

### Sources and references:

MOH and CDC

All pictures used are from flaticon.com

### Review and Audit:

The content of this booklet has been reviewed by the Infection Control Unit consultants at King Fahad Hospital of the University.

**Health Awareness Unit**

**IAU-21-196**

**Infection Control Department**



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