

# Being ready for a health visit during COVID-19:

## A Kidney & Transplant Patient Checklist

You may need to go to a hospital or treatment center during COVID-19. This kidney and transplant patient guide has been developed by leading healthcare professionals, after reviewing national guidelines, to help you create a safety plan.



### Prepare for your appointment or stay

- Call the hospital ahead of time to let them know you are on your way and that you have a health issue that puts you at greater risk of having problems from COVID-19.
- If you're going for a reason that is unrelated to COVID-19, ask if there is a separate entrance for non-COVID patients.
- Know how you will get to the hospital or center, such as with a family member or a transportation company. Know that the person driving you will probably not be able to go inside with you.

**Tip:**

Don't be afraid to ask the hospital or center what safety measures they are taking to protect patients.





How will you get there?

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### Gather the items you need to take with you

**Safety items:**

- Face mask – an N95 mask if you have one, or a fabric or surgical mask 
- Disposable gloves 
- Hand sanitizer 
- Your own pen (and touch-screen stylus, if you have one) to use at registration 

**Medical items:**

- Health insurance card/s
- List of any medicines and supplements you take (and/or bring them with you)

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- List of any allergies you have

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- Names and phone numbers of your health care team

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**Tip:**

When you list your health care team, include your doctor/s, dialysis center, transplant center and coordinator.

**Personal items:**





- Photo ID card
- Credit card or debit card
- Mobile phone and phone charger

**Tip:**

If you are staying overnight, also take:

- Spare set of clothes, shoes, pajamas, slippers
- Toiletry items such as toothbrush, toothpaste, deodorant, hairbrush, lip balm

**Once you arrive at the hospital or center, follow these main tips for safety:**

- Wear a face mask and disposable gloves.  
- Stay 6 feet or more away from other people – except for health care workers who need to test you or give you treatment. 
- Avoid touching your eyes, mouth, and nose 
- Wash your hands often with soap and water for at least 20 seconds 