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.

How will you get there?

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

Tip: Don’t be afraid to ask the hospital or center what safety measures they are taking to protect patients.
Medical items:
- Health insurance card/s
- List of any medicines and supplements you take (and/or bring them with you)
- List of any allergies you have
- Names and phone numbers of your health care team

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