

# Protect Yourself:

## How to get your routine labs drawn safely during a pandemic

As the Coronavirus, also known as COVID-19, continues to spread throughout the U.S., protecting your health is very important. As a patient receiving home dialysis, routine clinic visits for lab draws can place you at increased risk of infection. However, the following simple tips can help protect you from potential exposure to the virus.

### Centers for Disease Control and Prevention (CDC) Recommendations



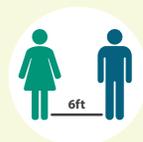
Wash your hand with soap and water often for at least 20 seconds.



No sink in sight? Use Hand Sanitizer. Rub until hands are dry.



Avoid touching your face, nose, eyes.



Keep at least 6ft between yourself and others.



Keep away from others who are sick.

### When you arrive at the clinic:

- Call from the parking lot and let them know you have arrived.
- The CDC recommends, waiting in your car or outside the clinic until they call you or tell you to come inside for your appointment time.

### If Public Transportation is your only option:

- Buses and trains have increased their cleaning practices. You may be asked to board in the back of the bus. Sit at least 6 feet away from people if you are able. Wash your hands after touching any surfaces.
- Ride share services/Taxis: have increased training with their drivers about symptoms of COVID-19 and have increase cleaning of vehicles after uses.

### Other alternatives to consider:

Ask your doctor if your home dialysis nurse can perform the labs at home or through a mobile lab services available in your area.

#### Helpful Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### Should I wear a mask or gloves?

- CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies)
- Masks should be cloth-made and not those used by healthcare professionals such as surgical masks or N-95s.
- Wearing gloves is a personal preference. If you choose to wear gloves be careful not to touch your face. Always change your gloves after each place you go and wash your hands.

### What to do if you must wait inside:

- Sit at least 6 feet away from other people.
- Avoid touching surfaces in public places like elevator buttons, door handles, handrails, and shaking hands with people.
- Use a tissue or your sleeve to cover your hand or finger before opening a door or pushing an elevator button.
- Wash your hands after touching any surfaces in public places like arm rests, counter tops, or using the bathroom.
- Wash your hands before touching your face. Touching your face after touching a dirty surface is how you might get sick.