



AAKP Coronavirus Disease 2019 (COVID-19) Resources for Transplant Patients

This is a concerning and confusing time for all people, especially transplant patients, and information and guidance regarding COVID-19 is evolving. AAKP is constantly updating recommendations and resources. Please refer to them regularly and feel free to contact us if any questions.

1. [Frequently Asked Questions for Transplant Recipients and Candidates from the American Society of Transplantation](#)
2. Maintain at least a two-week supply of all medication, keeping in mind any dosage changes. Have your pharmacy phone number readily available.
3. Contact your transplant coordinator or physician immediately if experiencing a cough, fever, shortness of breath or other flu-like symptoms
4. Notify your transplant coordinator or physician immediately if you think you have been exposed to a person with COVID-19.
5. Do not go directly to the clinic, transplant center or emergency room if you are experiencing a cough or fever – call ahead for instructions
6. [Check this site frequently for updates](#) – aakp.org

Recommendations for transplant recipients, household members, persons on a waitlist and persons with end stage renal disease (ESRD)

1. Avoid non-essential travel or gatherings of ten persons or more
2. Maintain a distance of 6 feet between yourself and other people
3. Avoid public crowds and public transportation
4. Cough or sneeze into tissue or an elbow. Dispose of the tissue immediately in the trash and wash your hands
5. Avoid handshaking or touching your face
6. Wash your hands frequently with soap and water for at least 20 seconds. Wash carefully building a nice lather and rinsing completely.
7. Hand sanitizer is a suitable substitute if handwashing is not available.
8. Disinfect touch points with EPA approved wipes or diluted bleach. (See [CDC recommendations for disinfectants](#))
9. Increase ventilation by opening windows if feasible
10. Work from home if feasible
11. Avoid persons who are sick in the home and in the public

12. If a household member is infected with COVID-19 the infected person should wear a [surgical mask](#), follow all [CDC recommendations](#). The infected household member should be in a separate room and use separate bathroom facilities while ill and avoid contact with the transplant recipient. Alternative accommodations should be considered for the transplant recipient.
13. There are many claims and remedies being touted as cures or treatment for COVID-19. Do not self-medicate. Consult your physician or transplant coordinator before taking any new medications.

Web Resources

1. FAQs on COVID-19 for transplant candidates and patients <https://www.myast.org/coronavirus-disease-2019-COVID-19-frequently-asked-questions-transplant-candidates-and-recipients>
2. [Coronavirus.gov](#) – the CDC website for the public
3. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
4. <https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>
5. Latest CDC updates - <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html>
6. World Health Organization – COVID-19 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
7. WHO Myth Busters - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
8. When to use a mask – WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>
9. FDA update on COVID-19 - <https://www.fda.gov/emergency-preparedness-and-response/mcm-issues/coronavirus-disease-2019-covid-19>

[Sign up for our Health Alerts to stay informed.](#)

Follow AAKP on Social Media:



@kidneypatients



@kidneypatient