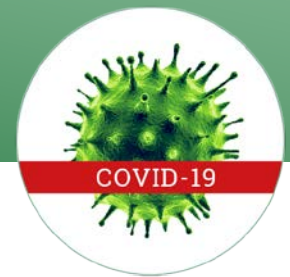


Risk of coronavirus infections in Germany and tips on infection prevention



Dear patients,

as a result of the current development in the spreading of the coronavirus in Europe, we have established a team of experts at the KfH to focus on treatment safety and securing the necessary materials.

We are closely observing the situation and will act on your behalf and keep you regularly updated via your team of medical practitioners. If you have any questions please contact your doctor and the caregiver in charge in the KfH-Zentrum.

How you can help stop the virus spreading

Precautionary measures for our dialysis patients and the chronically sick:

- Ensure good personal hygiene (in particular regular and correct hand washing: min. of 30 seconds per wash and frequent changing of towels)
- Avoid touching your face, if possible!
- Do not shake hands or hug other people
- Take care when coughing and sneezing: use paper tissues and cough / sneeze into your arm/elbow, not into your hands! Turn away from others.
- Avoid close contact with people who are suffering from respiratory diseases. Keep a distance of 1.5 to 2 metres.
- As you know, transmission of the coronavirus occurs primarily via droplets which may come into contact with the mucous membrane of another person e.g. when speaking, coughing or sneezing. Wearing a face mask will protect you and the people near you. Please wear the face mask during your journey to your dialysis treatment and back home, when entering the kidney treatment centre and during the dialysis treatment, if possible. The nursing staff will show you how to use this correctly.
- Avoid mass gatherings and contact with people from risk areas.

If there is a specific case of illness (respiratory illness) of a dialysis or home dialysis patient

See whether any of the initial symptoms of virus illnesses are occurring. These include:

- suddenly feel unwell (aching muscles or limbs or headache possibly also accompanied by a runny nose or sore throat)
- Temperature of 38°C or more or shivering
- Coughing or difficulty breathing

If you notice that you or someone in your direct environment has these symptoms, contact your doctor at the KfH-Zentrum or the medical emergency services immediately. Please **call in advance** to ensure that corresponding measures can be taken.

The transmission of coronavirus, possible symptoms and course of the illness

The coronavirus (SARS-CoV-2) is passed on between humans particularly through droplet infection from secretion of the airways.

Symptoms include a cough, runny nose, sore throat and temperature possibly also diarrhoea. The elderly as well as people suffering from chronic illnesses have more severe symptoms. Most people will have milder symptoms, similar to a weaker form of the cold. There is currently no cure or specific course of treatment for the coronavirus.

The incubation period (time between infection and showing initial symptoms)

The incubation period is currently thought to be between 2 and 14 days. During this period the person may not show any symptoms which makes it particularly difficult to contain the spread of the illness.

Situation in Germany

It is thought that the number of coronavirus infections will continue to increase. Those affected are usually people who have come into contact with someone who already has the illness. The relevant authorities and all medical facilities are prepared for the situation.

Further information on how to prevent infection

Information as well as answers to frequently asked questions (FAQ) is available on the special website of the Federal Centre for Health Education (BZgA):

 www.infektionsschutz.de

Hygiene tips (in several languages):

 www.infektionsschutz.de/mediathek/infografiken.html

Please note that the guidelines of the Federal Ministry of Health and the Robert Koch –Institute are updated daily according to the current situation and our recommendations will change accordingly.

We wish you, your family and your team of caregivers good health!



Your Hygiene Team at the KfH Andreas Canisius, Heike Hohenadel and
Medical Director Dr. med. Despina Rüssmann