



COVID-19 Safety: Messages from the Patient Advisory Committee (PAC)

FOR ME, FOR YOU, FOR US ALL

It's important to stay safe as a dialysis patient or transplanted patient during the holidays. During this season, we are used to parties and gatherings with family and friends, but these can be the source of COVID-19 infection and community spread. Celebrate by calling your family members who may feel alone and talk to them. If you have the opportunity, meet virtually and celebrate. Send Christmas cards or letters and express your best wishes.

Also, don't forget to call your doctor and go to your follow-up appointments, either virtually or face-to-face. Have your labs done regularly.

Even though you may feel tired of so many restrictions because of the COVID-19 pandemic, **DO NOT LET YOUR GUARD DOWN.** Protect yourself! Celebrate this holiday season differently. Maintain social distancing, use your mask and wash your hands often.

Happy Thanksgiving and Merry Christmas!



Maria C. – Transplant Patient
QIRN3 Patient Advisory Committee
(PAC) Chair - Puerto Rico

These holidays will be very different because we will not be physically gathered together. Please, for the love and consideration of our relatives who are kidney and transplant patients, wear masks and try your best to avoid infection. Perhaps some of us may share and celebrate the holidays together. If that is not possible, we can use technology to meet at a specific time and share the holidays without exposing ourselves.

I want to see you alive – both for my family and for my health! Protect yourself, wear your mask and let's avoid spread.



Eliz M. – Transplant Patient
QIRN3 Patient Advisory Committee (PAC) Member

For you, for me and for everyone...
PUT A MASK ON!



Margarita Q. – Dialysis Patient
QIRN3 Patient Advisory Committee
(PAC) Member

We can help protect ourselves from this deadly virus. Because we love one another, we will wash our hands with soap and water for at least 30 seconds. Because we love one another, we will keep our masks always and in the right way. Because we love one another, we will keep a physical distance of no less than six feet between people. Because we love one another, we will avoid meetings, groups and activities to avoid spread. Because we love one another, we will keep cleanliness a goal at all times. Thank you and a warm embrace from our kidney community to you!



Margie N. – Dialysis Patient
QIRN3 Patient Advisory Committee (PAC) Member



Mercedes P. – Family Member
Jorge N. – Transplant Patient
QIRN3 Patient Advisory Committee (PAC) Members