

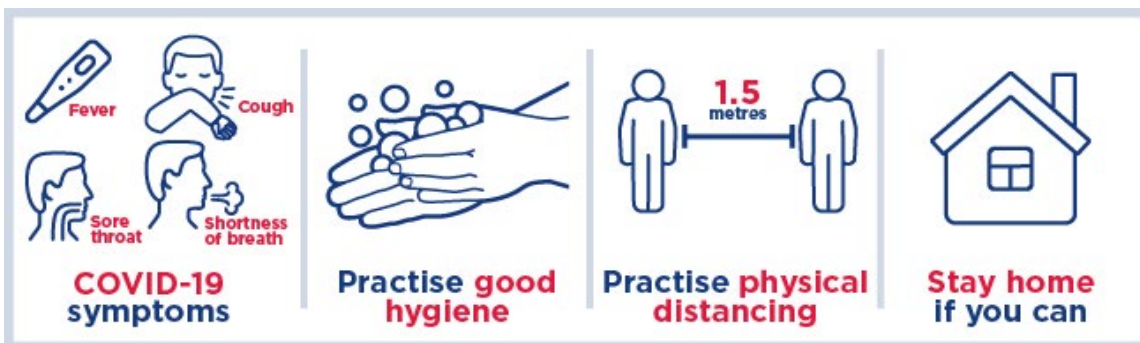
COVID-19: Consumer evidence summary for kidney or kidney-pancreas transplant recipients

This summary is for kidney or kidney-pancreas transplant recipients in Australia and New Zealand and should not replace advice from your Transplant team.

All recommendations are ungraded and based on the best information available at the time of writing.

All transplant recipients including those on stable doses of immunisations are at risk of severe COVID-19 infection.

Take precautions to stay safe



Maintain usual care



Continue your regular medications

Keep up your regular appointments and tests

If you have COVID-19 symptoms



Contact your transplant team for **testing immediately**



Wear a mask in public areas if advised by your doctor

Avoid risks



It is not safe to re-use single use masks



Consult your transplant team **before** commencing any new medicines

Return to school/work



Discuss with the transplant team and your child's school any requirements **specific** to your child



Develop a **safe** return-to-work plan with your transplant team and employer

Australia Emergency: 000

Lifeline
13 11 14, lifeline.org.au

Beyond Blue
1800 512 348, coronavirus.beyondblue.org.au

Government
headtohealth.gov.au/covid-19-support/covid-19

Transplant Australia
1800 827 757, transplant.org.au

Kidney Health Australia
1800 454 363, kidney.org.au

New Zealand Emergency: 111

Healthline
Free call 0800 611 116, healthpoint.co.nz

Government
Call or text 1737, covid19.govt.nz

Depression helpline
Call 0800 111 757 or text 8681, depression.org.nz

Kidney Health New Zealand
Tel 0800 543 639, kidney.health.nz



How to put on, use, take off and dispose of a mask

1



Before putting on a mask, wash hands with alcohol-based hand rub or soap and water

2



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

3



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

4



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water