

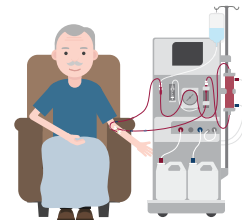
# COVID-19 Myths

AS OF OCTOBER 14, 2020

## General COVID-19 Myths:

### Myth 1: Dialysis cleans COVID-19 out of my blood.

No. Dialysis cannot remove viruses like COVID-19 from your blood and cannot make you immune to the virus. Dialysis filters waste and extra fluid from your blood.

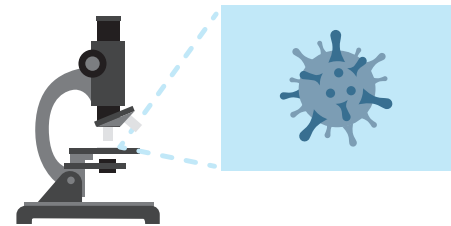


### Myth 2: COVID-19 results in death for dialysis patients.

No. Many dialysis patients can recover from COVID-19. Individuals who are on dialysis, however, are at a higher risk of getting COVID-19.

### Myth 3: COVID-19 is a hoax.

No. COVID-19 is a very real pandemic caused by a real, detectable virus. It's a serious health threat that has affected every state in the U.S. Across the world, countries are partnering to respond to COVID-19.



### Myth 4: COVID-19 comes and goes like allergies.

No. If you get the virus, it will be in your system for a period of time. Also, symptoms can be much more severe than allergies.



### Myth 5: I shouldn't be stressed out about COVID-19.

This is a hard time for everyone. The pandemic has impacted all of our daily lives. Mental health is always important, especially when facing something new.



If you're struggling with loneliness, grief, anger, or any other emotion, our social workers are here to support you. They can suggest ways to deal with these emotions.

## COVID-19 Prevention Myths:

### Myth 6: Vitamin C can prevent COVID-19.

No. Vitamin C cannot prevent COVID-19. The CDC does not currently recommend taking any vitamins or supplements for prevention. However, eating a healthy diet may help strengthen your immune system.



Talk to your nephrologist and dietitian before taking any new vitamins or supplements. Some vitamins may actually be harmful for dialysis patients.

### Myth 7: Wearing a mask and washing hands prevents me from getting COVID-19.

These are great ways to prevent the virus and we all need to keep them up! But unfortunately, they cannot 100% guarantee you will not get the virus. That's why it's important we continue to screen you every time you arrive at the center and that you contact us with any new symptoms.



## COVID-19 Treatment Myths:

### Myth 8: There are vaccines and drugs to treat COVID-19.

No. Medical professionals are still working to identify drugs to treat COVID-19. There are currently no drugs to treat COVID-19 at home.



There are vaccines in clinical trials that could help prevent COVID-19, but they have not yet been approved.

### Myth 9: COVID-19 can be prevented with a flu shot.

No. Get your flu shot. The flu shot protects against the flu, not COVID-19. The flu vaccine is always important, especially this year. You don't want to get the flu and COVID-19 at the same time. Remember, you cannot get the flu from the flu shot—it's safe and effective.

