

HEALTH TIP



COVID-19 AND KIDNEY HEALTH

The realities of the current pandemic should not sideline kidney health for those with chronic conditions:

- Stay in touch with your healthcare team. Many providers are offering telemedicine appointments which keep you safe, while still getting your health needs addressed.
- Find ways to exercise that help you maintain a safe distance from others – walking, yoga and other at-home workouts are great options!
- Covid-19 can also attack the kidneys. If you recovered from the virus and suffered kidney issues as a result, following up with your doctor is important.

