

Kidney health

During the Stay at Home Order

For Stages 1-3



Older adults and people with kidney disease or other severe chronic conditions are at a higher risk for more serious coronavirus illness.

It is especially important for kidney disease patients to take action to reduce their risk by staying away from the general public.

You can manage kidney disease during the stay at home order by:

Staying fit

Working out is a great way to de-stress and help keep your immune system in shape. Use this time to get your body strong and healthy and work toward 30-minute sessions. You should build up gradually to this level. There is nothing magical about 30 minutes. If you feel like walking 45 to 60 minutes, go ahead. Choose continuous activities such as:

- Walking
- Gardening
- Bicycling (indoors or outdoors)
- Chair exercises
- Aerobic dancing

*If you feel very tired or have shortness of breath, please stop exercising.

6 STEPS TO PREVENT ILLNESS



Wash hands for at least 20 seconds



Avoid close contact



Stay home if you're sick



Cover coughs and sneezes



Wear a face mask if you are sick



Clean and disinfect

Find more information, visit [CDC.gov](https://www.cdc.gov)

Medication management

It's important to take your medications as prescribed by your doctor.

- Check with your healthcare professional if you have any questions about your medications.
- Use your medications properly and as directed.
- Try to get refills for 90 days.

Kidney-friendly diet

*This diet is not for people who have restrictions for the minerals phosphorous and potassium.

It's important for you to have shelf-stable food choices to help you follow your kidney diet. Prepare by stocking up for 2-3 weeks. Shelf stable means foods that last a long time without spoiling such as:

- Canned and frozen foods (salt free)
 - Kidney-friendly foods
 - Water and medicine
 - Avoid using salt (and salt substitutes if you have a potassium restriction)
- * If you have CKD 4 or 5 you should continue to follow the renal diet as taught by your dietitian.

Fruits (2-3 servings/day)

- No sugar added canned or frozen fruits
- Dried fruit
- Fruit juice

Vegetables (2-3 servings/day)

- No salt added or low-sodium canned (rinse) or frozen vegetables

Protein - 3 oz. (2-3 servings/day)

- Fish
- Turkey
- Chicken
- Dried beans and peas
- Shelf-stable tofu

Dairy (2-3 cups/day)

- Dry milk solids
- Evaporated milk
- Shelf-stable milk alternative (refrigeration required after opening)
- Rice, soy, almond milk

Grains

- Whole grain breads and pastas
- White or brown rice
- Low-sodium dry cereals
- Cooked cereals
- Grits
- Rolled or steel cut oats

Fats

- Unsalted butter or margarine
- Low-sodium mayonnaise (single packets)
- Salad or cooking oil

For more information, please email us at MemberHealthEd@RegalMed.com.



The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.