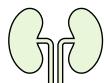




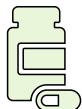
# Healthy for the Holidays

## PLAN AHEAD TO STAY OUT OF THE HOSPITAL



### DIALYSIS TREATMENTS

- Do not miss any dialysis treatments. If you need to change your time, talk to your dialysis nurse. Stay on dialysis for your entire treatment time.
- Check the transportation schedule for any time changes for the holidays. Talk to your dialysis nurse or social worker about any problems getting a ride to treatment.
- If you are traveling away from home, do not miss treatments. Talk to your dialysis nurse or social worker about dialysis at another clinic.



### MEDICINE

- Make sure you have enough medicines at home, so you do not run out of medicine over the holidays. Pharmacies might be closed over the holidays.
- Take your medicine as instructed.



### FOOD AND DRINK

- Follow your kidney food plan. Many holiday foods have too much salt, phosphorus, and potassium for dialysis patients. Talk to your dialysis nurse and dietician about holiday foods that are safe to eat.
- Follow your fluid restriction. Do not drink more than instructed. Use lip balm and sugar free candies to help with feeling thirsty.



### INFECTION

- Wash your hands. Do not be around sick people.
- If you feel sick with a fever, chills, cough, or anything else that does not feel okay for you, talk to your nurse about where to go for care.
- Get your vaccines! Make sure to get the COVID, flu, and pneumonia shots this year. There is still time to get your shots to help you get not as sick.



### WINTER WEATHER

- Stay alert for winter storms and changing road conditions.
- Talk to your dialysis team about an emergency plan if a winter storm makes it unsafe to get to the dialysis clinic.