

What are the risks of catching COVID-19 from various activities?

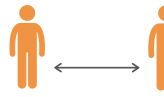
Reduce risk by:



Washing your hands



Wearing a face mask



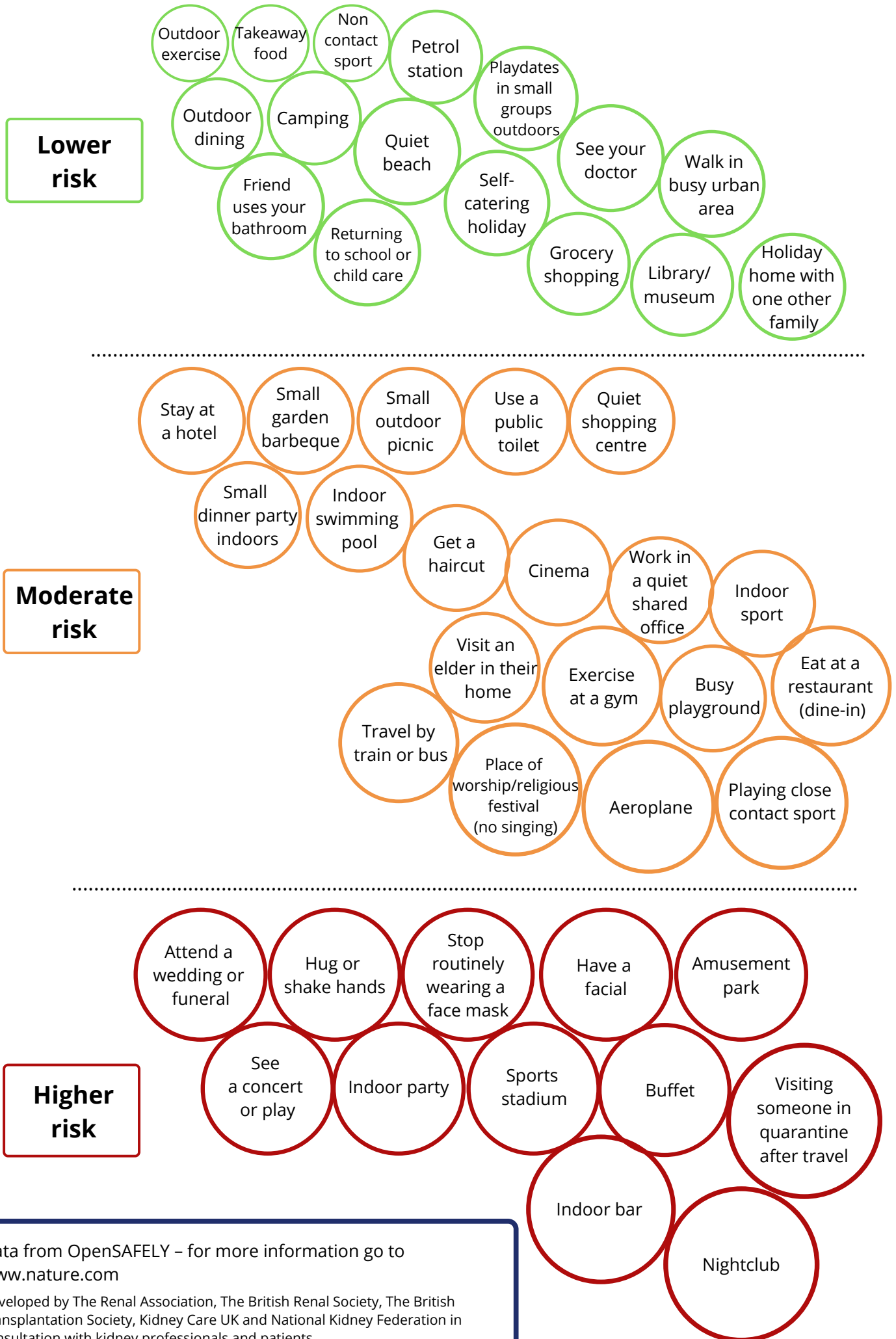
Maintaining appropriate social distancing, being outside and avoiding crowded places



Getting tested if you have symptoms



Your level of risk will go up and down with the level of infection in your community. This document is only a guide and you should use it to support you in having conversations about your personal risk level with your own healthcare professionals.



Data from OpenSAFELY – for more information go to www.nature.com

Developed by The Renal Association, The British Renal Society, The British Transplantation Society, Kidney Care UK and National Kidney Federation in consultation with kidney professionals and patients