Which kidney patients are at greater risk from COVID-19?

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.

Lower risk

- Female
- High blood pressure
- Age < 60
- BMI < 35 (not severely obese)
- Poorly controlled diabetes HbA1c > 58mmol, 7.5%
- Taking immunosuppressive medicine
- Chronic Lung Disease
- Age < 60
- Black, Asian & Minority Ethnic
- Liver disease
- Immuno-logical conditions e.g. Lupus
- Moderate kidney disease (stage 3, GFR 30-60)
- Severe Obesity BMI 35-40

Moderate risk

- Male
- Well controlled diabetes HbA1c < 58mmol, 7.5%
- Chronic Lung Disease
- Age 60-70
- Immuno-logical conditions e.g. Lupus
- Moderate kidney disease (stage 3, GFR 30-60)
- Severe Obesity BMI 35-40

Higher risk

- Poorly controlled diabetes HbA1c > 58mmol, 7.5%
- Dementia
- Kidney or other organ transplant
- 3 or more moderate risks
- Kidney dialysis
- Cancer diagnosis and treatment < 1 year ago
- Severe kidney disease (stages 4 & 5, GFR < 30)
- Very severe obesity BMI > 40
- Age > 70 (very high risk > 80)

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

Calculate your BMI with the NHS Living Well BMI calculator