

# CKiD Newsletter

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The CKiD team hopes that you, your family, and friends are staying well during these challenging times. Your safety and well-being is our top concern. If you feel uncomfortable or are unable to have an in-person study visit during the pandemic, we have created an “Interim/COVID-19” visit that can be completed over the phone or



on-line. If you have not had a CKiD visit since the pandemic began, contact your nephrologist and/or research coordinator

as soon as possible as you may be able to complete an Interim visit. The information we collect for CKiD participants with chronic kidney disease (CKD) during the pandemic is very valuable and can help the nephrology team improve clinical care. As always, the CKiD study team is committed to finding ways to delay or prevent the progression of CKD at all stages of the disease for infants through young adults.

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## Did You Know ?

- The CKiD study is an international resource for understanding CKD in children – read how at: <https://www.childrensmercy.org/childrensmercy-research-institute/news-and-stories/ckid--an-international-resource-for-understanding-chronic-kidney-disease-in-children/>
- Also, check out this blog post CHOP created about CKiD: <https://www.research.chop.edu/cornerstone-blog/charting-a-course-for-children-with-kidney-disease>
- Your social worker can be a great resource if you need extra help with food, bills, or other assistance during the pandemic.



## Food & Activity Tips During a Pandemic



People with chronic conditions are at a higher risk for complications from COVID-19, so here are some tips to help stay healthy:

Before preparing or eating food, wash your hands with clean water and soap for a minimum of 20 seconds.

According to the CDC, there is no evidence that COVID-19 can be transmitted through food or food packaging, but sharing food is discouraged.

Prepare a shopping list in advance. Buy just 1-2 weeks-worth of groceries to avoid shortages. Wear a mask in the store, use wipes on the cart, and make sure reusable bags are clean.

Some salt-free spices to try while at home: Cajun Creole, Lemon Pepper, Thai Seasoning, Fajita Seasoning, & Stir Fry Ginger.

**Try these activities at home (in addition to going outside for a walk, run, or bike ride):**

### Yoga with Adriene

[www.youtube.com/user/yogawithadriene/videos](https://www.youtube.com/user/yogawithadriene/videos)

### 22-minute indoor equipment-free workout

[www.youtube.com/watch?v=onYwLRieH-Q](https://www.youtube.com/watch?v=onYwLRieH-Q)

### Cosmic Kids Yoga

[www.youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

### Kids Bop Dance Along

[www.youtube.com/watch?v=MhhYIV1yAfA1V](https://www.youtube.com/watch?v=MhhYIV1yAfA1V)





# 18 and Up

## COVID-19 Trivia



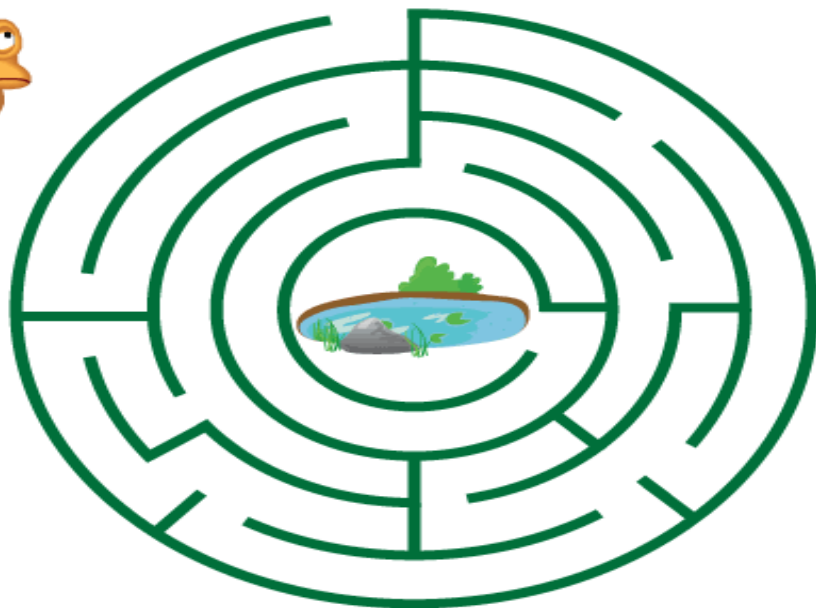
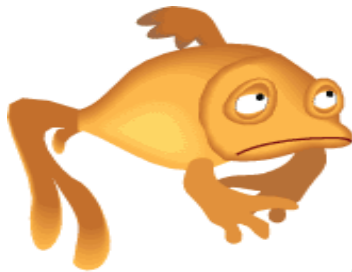
1. What does COVID-19 stand for?  
A) It's a term for Coronavirus Disease 19, because it's the 19th strain of coronavirus discovered.  
B) It's a term that stands for Coronavirus Disease 2019, the year it was first identified.
2. What other viruses belong to the coronavirus family?  
A) SARS and influenza  
B) SARS and MERS  
C) SARS and HIV
3. **True or False:** A vaccine stimulates your immune system to produce antibodies, like it would if you were exposed to the virus.
4. There are currently vaccines for the following coronaviruses:  
A) SARS  
B) MERS  
C) SARS and MERS  
D) None of the above
5. How many vaccine candidates for COVID-19 have been proposed?  
A) 25  
B) 100  
C) 120+
6. **True or False:** The virus is mutating rapidly.
7. How does weather seem to affect the novel coronavirus?  
A) The virus can't survive in hot, humid climates.  
B) Cold temperatures can kill the virus.  
C) It is not yet known.
8. Currently, which group has had more severe effects of COVID-19?  
A) Men  
B) Women
9. **True or False:** COVID-19 has currently been detected on all seven continents.



# Kid's Corner!



Help the fish get to the pond



Which person is wearing their mask correctly?



- 1) Over the mouth only
- 2) Over the nose and mouth
- 3) Under the chin

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**We're on the web!**

<https://statepi.jhsph.edu/ckid/family.html>

**CKiD Family  
Corner has:**

[Family Newsletters](#)

[Letters to CKiD  
Participants & Families](#)

[Home BP Guidelines](#)

[A list of CKiD Publications](#)



**In the CKiD study, we perform assessments to look at the way children and young adults with kidney problems think, learn and feel. During in-person CKiD visits, participants and parents have filled out questionnaires and participants may have met with a psychologist or performed assessments on an iPad. The results of this testing help us understand how children and young adults with kidney disease solve problems, cope with stress, and experience other emotions such as happiness. During this pandemic, emotional health is a challenge for most everyone. The following links provide resources (in Spanish and English) that help support families during COVID-19. Resources include: *Coping During COVID-19 – Resources for Parents; Back-to-School Anxiety During COVID; Supporting Kids Through the COVID-19 Crisis; and book recommendations.***

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://childmind.org/article/back-to-school-anxiety-during-covid/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

**Recommended children's books that address facts and emotions surrounding the pandemic:**

"COVID-19 Helpers" Author: Beth Bacon, Illustrator: Kary Lee

"Bray Bray Conquers the Coronavirus" Author: Ashley Maxie-Moreman, Illustrator: Joana Whitely

"Together: Living Life During COVID-19" Author: Kevin Poplawski, Illustrator: Michael Rausch

"We're Going to be OK" Authors: Ebony Jade Hilton and Leigh-Ann Webb, Illustrator: Ashleigh Corrin-Webb

"What Color is Today?" Author and Illustrator: Alison Stephens

[https://news.emory.edu/stories/2020/05/er\\_covid\\_19\\_book\\_winners/campus.html](https://news.emory.edu/stories/2020/05/er_covid_19_book_winners/campus.html)



# Answer Key



## COVID – 19 Trivia

1. B
2. B
3. True
4. D
5. C
6. False
7. C
8. A
9. False

Help the fish get to the pond



Which person is wearing their mask correctly?



2) Over the nose and mouth