Have a Plan. Work the Plan.
It’s Hurricane Season: Are You Ready?

As we learned during the 2018 hurricane season, hurricanes are unpredictable, and the damage left in their path can limit your access to medications and dialysis treatment. **You need to plan ahead!** Are you prepared for the special precautions you need to take as a kidney patient in the event a storm limits transportation, power, and/or water supply?

1. Make a plan with everyone who lives in your home.
   - Know who is going to do what, how, and when.
   - Determine two meeting places, one close to home and one out of the area.

2. Practice the plan.
   - Make sure everyone knows what to do and how to communicate with one another.

3. Make sure you have a packed “go bag” with:
   - Copies of important documents in a waterproof and portable container.
   - Contact and meeting place information for the household.
   - **Emergency phone numbers** for your doctors and dialysis center.
   - **Your dialysis treatment prescription.**
   - At least three days’ worth of medication and a full medication list, including dosages.
   - **Your three-day emergency diet.**
   - **Medical equipment**, including syringes, alcohol wipes, and glucose monitoring strips if you are diabetic.

For more detailed information on hurricane preparedness and invaluable patient resources, visit the Network 7 Emergency Preparedness page ([www.hsag.com/NW7EmergencyPrep](http://www.hsag.com/NW7EmergencyPrep)) and the Kidney Community Emergency Response (KCER) website ([www.kcercoalition.com/Patients](http://www.kcercoalition.com/Patients)).

Each year, **hurricane season runs from June 1–November 30.** The forecast for the 2019 Hurricane Season predicts 13 named storms, with five becoming hurricanes and two becoming major hurricanes. **You need to be ready!** Visit [www.KCERCoolition.com](http://www.KCERCoolition.com) for additional information on how to be prepared.
Make Alternative Arrangements for Your Treatment Before an Emergency

If you get hemodialysis at a dialysis facility:
- Make sure your dialysis facility has your current street address and phone number(s) in case they need to contact you.
- Arrange for back-up transportation to your dialysis facility.
- Ask your dialysis facility about other dialysis facilities near you that can treat you if your dialysis facility closes.

If you perform home hemodialysis:
- Contact your water and power companies to register for special priority restoration of lost services.
- Keep a flashlight and batteries near your dialysis machine.
- Contact your local dialysis facility about back-up treatment locations both near to and far from your home.

If you use Continuous Ambulatory Peritoneal Dialysis (CAPD):
- Keep the battery charged at all times if you use an ultraviolet device.
  - A charge should last for three days.

If you use Continuous Cycling Peritoneal Dialysis (CCPD):
- Learn and practice manual CAPD, so if you lose power, you can switch from CCPD to manual CAPD.
- Contact your water and power companies ahead of time to register for special priority restoration of lost services.

Take it From Me!

When Hurricane Irma hit Central Florida, I was prepared for it. In the weeks leading up to landfall, I:
- Made sure that I had enough medication just in case the stores were closed.
- Checked with my nephrology team to make sure I was up-to-date with all my vaccines.
- Asked for a copy of my most recent labs, treatment orders, and hepatitis status.
- Made sure that I knew where to go after the storm.

I want other patients to know that there is no such thing as being too prepared. The lesson that I learned was to be mentally, physically, and emotionally prepared for disaster.

After the storm had passed I made sure that my nephrology unit new that I was safe, and I was okay. I am very glad that my nephrology team worked with me and got me hurricane-prepared.

—Loren Woolery, Kidney Patient
### Sample 3-Day Meal Plan

This sample meal plan provides about 40–50 grams of protein, 1500 mg sodium, 1500 mg potassium, and less than 500 cc or 16 ounces of fluid for each of the three days. They are stricter than your normal kidney diet to keep waste products from building up in your blood during an emergency situation. Fluid is limited to less than two cups (or 16 ounces) each day to prevent swelling and shortness of breath.

Of course, these menus are just to give you an idea of how you should plan your food during a disaster. Tailor your 3-day meal plan to suit your tastes and medical needs. Ask your facility’s dietician to assist you.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
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<tr>
<td>– ½ cup (c.) milk prepared from dry milk with ½ c. distilled water or ¼ c. evaporated milk with ¼ c. distilled water</td>
<td>– ½ c. milk prepared from dry milk with ½ c. distilled water or ¼ c. evaporated milk with ¼ c. distilled water</td>
<td>– ½ c. milk prepared from dry milk with ½ c. distilled water, or ¼ c. evaporated milk with ¼ c. distilled water</td>
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<tr>
<td>– 1 single serving of cereal (½–¾ c.)</td>
<td>– 1 single serving of cereal (½–¾ c.)</td>
<td>– 1 single serving of cereal (½–¾ c.)</td>
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<tr>
<td>– 1 tablespoon (Tbsp.) sugar</td>
<td>– 1 Tbsp. sugar</td>
<td>– 1 Tbsp. sugar</td>
</tr>
<tr>
<td>– ½ c. pineapple (single serving)</td>
<td>– ½ cup pears (single serving)</td>
<td>– ½ c. pears (single serving)</td>
</tr>
<tr>
<td><strong>Morning Snack</strong></td>
<td><strong>Morning Snack</strong></td>
<td><strong>Morning Snack</strong></td>
</tr>
<tr>
<td>– 5 vanilla wafers</td>
<td>– 3 graham crackers</td>
<td>– 6 unsalted crackers</td>
</tr>
<tr>
<td>– Honey or jelly as desired on wafers</td>
<td>– Honey or jelly as desired</td>
<td>– Honey or jelly as desired on crackers</td>
</tr>
<tr>
<td>– 10 sourballs</td>
<td>– 10 jelly beans</td>
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</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
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<tr>
<td>– 2 slices white bread</td>
<td>– 2 slices white bread</td>
<td>– 2 slices white bread</td>
</tr>
<tr>
<td>– ¼ c. low-sodium tuna (open new can daily)</td>
<td>– ¼ c. (1 oz.) low-sodium turkey (open new can daily)</td>
<td>– 2 Tbsp. low-sodium peanut butter</td>
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<tr>
<td>– 1 Tbsp. margarine or mayonnaise (individual packet or open new jar daily)</td>
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<td>– ½ c. mixed fruit (single serving)</td>
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<tr>
<td>– ½ c. pears (single serving)</td>
<td>– ½ c. mixed fruit (single serving)</td>
<td>– Powdered drink mix with ½ c. distilled water</td>
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<tr>
<td>– Powdered drink mix with ½ c. distilled water</td>
<td>– Powdered drink mix with ½ c. distilled water</td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon Snack</strong></td>
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<td><strong>Afternoon Snack</strong></td>
</tr>
<tr>
<td>– 6 unsalted crackers</td>
<td>– 6 unsalted crackers</td>
<td>– 3 graham cracker squares</td>
</tr>
<tr>
<td>– Honey or jelly as desired on crackers</td>
<td>– Honey or jelly as desired</td>
<td>– Honey or jelly as desired on crackers</td>
</tr>
<tr>
<td>– 10 jelly beans</td>
<td></td>
<td>– 10 mints</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>– 2 slices white bread</td>
<td>– 2 slices white bread</td>
<td>– 2 slices white bread</td>
</tr>
<tr>
<td>– ½ cup (2 oz.) low-sodium chicken (open new can daily)</td>
<td>– ½ c. (2 oz.) low-sodium chicken (open new can daily)</td>
<td>– ½ c. (2 oz.) low-sodium chicken</td>
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</tr>
<tr>
<td>– ½ c. peaches (single serving)</td>
<td>– ½ c. applesauce (single serving)</td>
<td>– ½ c. pineapple (single serving)</td>
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<tr>
<td>– ½ cup cranberry juice (from box or pouch)</td>
<td>– ½ c. cranberry juice (from box or pouch)</td>
<td>– ½ c. cranberry juice (from box or pouch)</td>
</tr>
<tr>
<td><strong>Evening Snack</strong></td>
<td><strong>Evening Snack</strong></td>
<td><strong>Evening Snack</strong></td>
</tr>
<tr>
<td>– 3 graham crackers</td>
<td>– 5 vanilla wafers</td>
<td>– 5 vanilla wafers</td>
</tr>
<tr>
<td>– Honey or jelly as desired on crackers</td>
<td>– Honey or jelly as desired</td>
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<td>– 10 sourballs</td>
<td>– 10 mints</td>
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</table>
Hurricane Irma was a very scary storm for me and my family. We live directly on the coastal water with a dock, which puts my neighborhood in evacuation Flood Zone A. Therefore our plan had to be executed immediately.

The weathermen advised those who live on the coastal water to go to a shelter. That may sound great for some but it is very worrisome to a kidney patient. I recently had a pancreas/kidney transplant, and one of the first things the doctors told me was to sanitize your hands and stay in a clean environment.

My family and I had to think quickly on what to do, where to go, and how far away to escape to safety. We all decided to go to Georgia and find a place that had space for four and a dog. This was very challenging, but we found a place, a 4-star hotel. Come to find out, as we were there thinking we were safe with lights, AC, and a comfy clean room, Irma came rolling into Georgia!! The high winds knocked out the hotel’s electricity and left us in the dark for days. They did not have a backup generator! No lights. No AC. No hot food.

The lesson I learned is to plan in advance before hurricane season. Do not wait for the last minute. Have emergency funding, call your transplant center or dialysis center first. Find out what you may need to do before finding shelter. If by chance you decide to stay at home during the hurricane, MAKE SURE you have a backup generator, charge phones, cook food, have AC, and use of your medical devices. Always get at least a two week medicine supply, have a crate for your pets, and bring extra flashlights, cases of water, and food. And don’t forget your hand and room spray disinfectants.

When we returned to Florida, our house was the only house with electricity. The ice was still frozen, refrigerator cold, no flooding, no broken windows, cable and TV were still working, and the boat was untouched. We only had loose branches and a ripped patio screen. Sometimes our own anxiousness gets in our way but peace be still. Plan ahead for hurricanes. You won’t regret it!

—Sonia Piatt, Kidney Patient
When Your Dialysis Facility Is Closed

If an emergency or disaster happens near you, be ready with a back-up plan to get the care you need.

**Your dialysis facility may close because:**

- There is no power or water.
- There is damage to the building.
- The weather prevents facility staff from getting there safely.

**When your dialysis facility closes:**

- Call your dialysis care team or your facility’s emergency phone number to learn where and when to get treatment.
  - DaVita: 800.400.8331
  - Fresenius: 800.626.1297
  - Dialysis Clinic, Inc. (DCI): 866.424.1990
  - DCI Donor Hotline/Transient Patients: 800.969.4438
  - American Renal Associates (ARA): 888.880.6867
  - Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 800.985.5990
  - US Renal Care: 866.671.8772
  - Network 7: 800.826.3773

- If you cannot call your dialysis care team or your facility’s emergency phone number, call your back-up facility.

- **Only go to the hospital for dialysis as a last resort!**

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**Emergency Supplies for Home and Peritoneal Dialysis**

You never know when a disaster may strike. As directed by your dialysis team, keep five to seven days of supplies at home. Check expiration dates and replace as needed, or every six months. Check expiration dates and replace as needed, or every six months.

### Peritoneal Dialysis (PD) Patients

- Five cases of solution (1.5%, 2.5%, 4.25%)
- Masks
- One case of lines and caps
- Betadine and hand sanitizer
- Extra batteries for blood pressure monitor

### Home Dialysis (HD) Patients

- Seven days of home HD supplies
  - If you use a NxStage machine with a PureFlow device, have backup bags on hand. Be sure they have not expired.
  - NxStage cartridges or dialyzers and lines
  - Saline bags
  - Needles
  - Tape and scissors
  - Syringes and heparin
  - Gloves and hand sanitizer

- Ask your facility about doing treatments less frequently to stretch out supplies.
- If there is no power, you can do PD by hand.
  - Use hand warmers to heat your bags.
Hurricane Ready Crossword

Crossword Clues

Across
4. To get ready
5. The means by which the hemodialysis machine is connected to blood vessels
7. The process by which blood is cleaned for a kidney patient
8. A sudden, urgent, unexpected occurrence or occasion requiring immediate action
9. To train or drill

Down
1. A violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or in excess of 72 miles per hour
2. A specified method of doing something
3. A regimen of medical therapy
6. A strong wind accompanied by heavy rain

See answer key on page 4