



Special Edition: Hurricane Preparedness Newsletter

**Have a Plan. Work the Plan.
It's Hurricane Season. Are You Ready?**

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? Hurricanes are unpredictable, and the damage left in their path can limit your access to medications and dialysis treatment. You need to plan ahead! Your plan will also need to include protection for yourself and others from Coronavirus 2019 (COVID-19).

1. Make a plan with everyone who lives in your home.

- Know who is going to do what, how, and when.
- Find out if you live in an evacuation zone.
- Plan where you will evacuate.
- Plan your evacuation route.
- Register for the Special Needs Shelter Program, if needed. To find out if you qualify, and to register, visit www.snr.floridadisaster.org or talk to your facility social worker.



2. Practice the Plan.

- Make sure everyone knows what to do and how to communicate with one another. Remember that after a storm cell phone use may be limited.

3. Make sure you have a packed “Go-Bag” with:

- Copies of important documents in a waterproof, 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 seven 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.
- Items that can help protect you and others from COVID-19, such as hand sanitizer, a bar or liquid soap, and two cloth face coverings for each person.

4. Stay informed.

- Copies of important documents in a waterproof, portable container.
- Plans for evacuating and sheltering in your area may change due to COVID-19, so pay attention to local information.

For more detailed information on hurricane preparedness and other patient resources, visit the Network 7 Emergency Preparedness webpage (www.hsag.com/NW7EmergencyPrep) and the Kidney Community Emergency Response (KCER) website (www.kcercoalition.com/Patients) or call Network 7 at 1.800.826.3773.

Make Alternative Arrangements for Dialysis 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 is closed after a storm or for a facility close to where you will evacuate.



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 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.

When Your Dialysis Facility Is Closed

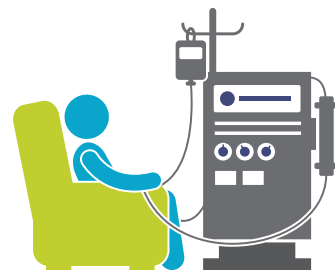
If an emergency or disaster happens near you, be ready with a back-up plan to get the care you need.

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.
- It is in a mandatory evacuation zone.

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
 - American Renal Associates (ARA): 888.880.6867
 - US Renal Care: 866.671.8772
- If you cannot call your dialysis care team or your facility's emergency phone number, call your back-up facility.
- Your facility may be trying to call you, so it is important to answer your phone and check messages during this time.
- **Only go to the hospital for dialysis as a last resort!**



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.

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

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. This plan is 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.

DAY 1 Breakfast

- ½ cup (c.) milk prepared from dry milk with ½ c. distilled water or ¼ c. evaporated milk with ¼ c. distilled water
- 1 single serving of cereal (½–¾ c.)
- 1 tablespoon (Tbsp.) sugar
- ½ c. pineapple (single serving)

Morning Snack

- 5 vanilla wafers
- Honey or jelly, as desired on wafers
- 10 sourballs

DAY 2 Breakfast

- ½ c. milk prepared from dry milk with ½ c. distilled water or ¼ c. evaporated milk with ¼ c. distilled water
- 1 single serving of cereal (½–¾ c.)
- 1 Tbsp. sugar
- ½ cup pears (single serving)

Morning Snack

- 3 graham crackers
- Honey or jelly, as desired
- 10 jelly beans

DAY 3 Breakfast

- ½ c. milk prepared from dry milk with ½ c. distilled water, or ¼ c. evaporated milk with ¼ c. distilled water
- 1 single serving of cereal (½–¾ c.)
- 1 Tbsp. sugar
- ½ c. pears (single serving)

Morning Snack

- 6 unsalted crackers
- Honey or jelly, as desired on crackers

Lunch

- 2 slices white bread
- ¼ c. low-sodium tuna (open new can daily)
- 1 Tbsp. margarine or mayonnaise (individual packet or open new jar daily)
- ½ c. pears (single serving)
- Powdered drink mix with ½ c. distilled water

Afternoon Snack

- 6 unsalted crackers
- Honey or jelly, as desired on crackers
- 10 jelly beans

Dinner

- 2 slices white bread
- ½ cup (2 oz.) low-sodium chicken (open new can daily)
- 2 Tbsp. margarine or mayonnaise (individual packet or open new jar daily)
- ½ cup peaches (single serving)
- ½ cup cranberry juice (from box or pouch)

Evening Snack

- 3 graham crackers
- Honey or jelly, as desired on crackers
- 10 mints

Lunch

- 2 slices white bread
- ¼ c. (1 oz.) low-sodium turkey (open new can daily)
- 1 Tbsp. margarine or mayonnaise (individual packet or open new jar daily)
- ½ c. mixed fruit (single serving)
- Powdered drink mix with ½ c. distilled water

Afternoon Snack

- 6 unsalted crackers
- Honey or jelly, as desired on crackers

Dinner

- 2 slices white bread
- ½ c. (2 oz.) low-sodium chicken (open new can daily)
- 2 Tbsp. margarine or mayonnaise (individual packet or open new jar daily)
- ½ c. applesauce (single serving)
- ½ c. cranberry juice (from box or pouch)

Evening Snack

- 5 vanilla wafers
- Honey or jelly, as desired
- 10 sourballs

Lunch

- 2 slices white bread
- 2 Tbsp. low-sodium peanut butter
- ½ c. peaches (single serving)
- Powdered drink mix with ½ c. distilled water

Afternoon Snack

- 3 graham cracker squares
- Honey or jelly, as desired on crackers
- 10 mints

Dinner

- 2 slices white bread
- ½ c. (2 oz.) low-sodium chicken (open new can daily)
- 2 Tbsp. margarine or mayonnaise (individual packets or open new jar daily)
- ½ c. pineapple (single serving)
- ½ c. cranberry juice (from box or pouch)

Evening Snack

- 5 vanilla wafers
- Honey or jelly, as desired
- 10 mints

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