

Are You Ready?

Steps to Consider For Dialysis Patient and Family Disaster Planning

WHAT TO DO TO PREPARE

- **KNOW** your dialysis unit emergency policies and procedures.
- **KEEP** your emergency contact information up-to-date.
- **PROVIDE** any necessary out-of-state contact information to your dialysis unit.
- **KNOW** your disaster diet and review it frequently with your dietitian.
- Remember that your **VASCULAR ACCESS** is for dialysis **ONLY**.
- **KEEP** a current list of your medications and allergies.
- **PREPARE** a home disaster kit with emergency supplies and/or home dialysis supplies.
- **REMEMBER** to keep a good supply of medications on hand.
- **KEEP** important personal papers with you (e.g., insurance, identification).
- **HAVE** a back-up plan for transportation needs (e.g., evacuation).
- **REFER** to your local and/or state Emergency Preparedness guidelines.
- Be **PREPARED** year-round.

KEY POINTS TO REMEMBER IF DISASTER STRIKES

- **EVACUATE** if directed to do so by your local authorities.
- If you must go to a local shelter, **ALERT** the shelter manager of your dialysis needs.
- **START** your disaster diet. Remember to **LIMIT** fruits and vegetables. **LIMIT** your fluids to ½ normal fluid intake.
- **INFORM** your home dialysis unit of your location. This will also allow you to see if your home dialysis unit is open for business.
- Don't assume that the local hospital can provide your dialysis treatment. Most hospitals will not be equipped to provide chronic dialysis treatments.

WHERE TO GO

- Be **AWARE** of whether your home dialysis unit could be destroyed or damaged.
- **KEEP** a list of dialysis facilities in your state or region.
- **KNOW** your evacuation plan, especially if you live in an evacuation zone and/or mobile home.
- **KNOW** the locations of local or regional shelters.

WHOM TO CONTACT

- **TALK** to your home dialysis unit nurse manager, social worker, or administrator.
- **ASK** for the communication plan, especially in the event that phones are not working.
- **ASK** whom to contact at your home dialysis unit.
- **KEEP** your dialysis unit identification card with you for helpful phone numbers.

RESOURCES

- CMS Preparing for Emergencies: A Guide for People on Dialysis
- Kidney Community Emergency Response (KCER) Coalition www.kcercoalition.com
- Dialysis Facility Compare website: www.medicare.gov
- For more information or to file a grievance, contact:

HSAG: ESRD Network 13
4200 Perimeter Center Drive, Ste. 102 Oklahoma City, OK 73112
Website: www.network13.org Phone: 1-800-472-8664
Email: info@NW13.esrd.net

