

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.
 - Emergency/disaster diet and review it frequently with your dietitian.
- **KEEP**:
 - Your emergency contact information up-to-date.
 - A current list of your medications and allergies.
 - Important personal papers (e.g., insurance, identification) with you.
 - A good supply of medications on hand.
 - A home disaster kit with any emergency supplies and/or home dialysis supplies at the ready.
- **HAVE** a back-up plan for transportation needs (e.g., evacuation).

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 emergency/disaster diet.
 - **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.
- **DO NOT ASSUME** that the local hospital can provide your dialysis treatment.
 - Most hospitals will not be equipped to provide chronic dialysis treatments.
- Your **VASCULAR ACCESS** is for dialysis **ONLY**.

IN THE EVENT OF EVACUATION

- **HAVE** a current 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.
 - The locations of local and/or regional shelters.

COMMUNICATION IS IMPORTANT

- **TALK** to your home dialysis unit nurse manager, social worker, or administrator.
- **ASK** for the communication plan, especially in case the phones are not working.
 - It's important to know who to contact.
- **KEEP** your dialysis unit identification card with you for helpful phone numbers.

DISASTER PREPAREDNESS 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.hsag.com/esrdnetwork13
Toll-Free Phone: 1.800.472.8664
Email: info@NW13.esrd.net

