

Are You Ready?

Steps to Consider For Kidney Transplant Patient and Family Disaster Planning

WHAT TO DO TO PREPARE

- **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.
 - An extra two-week supply of medications on hand, in their original containers, if possible.
 - Original bottles will provide necessary information when you arrive at your destination if you evacuate.
 - 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).
- **PACK** your key items in a waterproof bag.
 - Suggested key items: 8-ounce bottles of water, a hand-operated can opener, hand sanitizer, travel-sized toiletries, disposable wipes, toilet paper, sunscreen, a miniature flashlight, a mask, gloves, a thermometer, batteries, matches, and candles.
- **STOCK** several days' worth of disposable eating utensils and canned/package rations of foods.
 - Examples include: peanut butter, saltines, tuna, and juices.

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 transplant status.
- **LET** shelter management or emergency personnel know of your need to take medications regularly and that you've been directed to limit your exposure to infections.
 - Sanitizers, gloves, and a mask can help.
- If you are diabetic, **HAVE** your diabetic needs with you.
 - Medications (e.g., insulin), supplies (e.g., syringes, alcohol wipes, glucose testing items), and food items (as directed by your dietitian).

IN THE EVENT OF EVACUATION

- **HAVE** a current list of transplant centers.
 - A national listing of transplant centers is available from the United Network for Organ Sharing (UNOS).
Phone: 1.888.894.6361 | Website: www.unos.org
- **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

- **ASK** who you should contact at your transplant unit in emergency situations.
 - Know if it should be the transplant coordinator, nurse manager, social worker, or administrator.
- **ASK** for the communication plan, especially in case the phones are not working.
- **KEEP** your transplant identification card with you for helpful phone numbers.

DISASTER PREPAREDNESS RESOURCES

- UNOS Patient Services: www.transplantliving.org
- National Kidney Foundation websites:
 - www.kidney.org/transplantation
 - www.kidney.org/sites/default/files/11-10-0807_IBD_disasterbrochure.pdf
- 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

