

My Plan: In Case of Emergency

An emergency or a disaster can occur at any time. Floods, ice storms, heat waves, tornadoes, loss of electricity, and many other events could get in the way of your treatment. As a kidney patient you need to know ahead of time what you can do to stay healthy during an emergency. Having an emergency kit and plan can help you be prepared.

My Emergency Kit

My emergency kit should include:

- A copy of my medication list, emergency diet, and phone list
- Emergency supplies (recommended):
 - Water, one gallon of water per person per day for at least three days for drinking and sanitation
 - Food, at least a three-day supply of non-perishable food
 - Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
 - Flashlight and extra batteries
 - First aid kit
 - Whistle to signal for help
 - Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
 - Moist towelettes, garbage bags, and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Manual can opener for food
 - Local maps
 - Cell phone with chargers, inverter or solar charger
 - Money

My Emergency Plan

My emergency plan should include:

- My personal information (driver's license, social security card, insurance card, medical record)
- A copy of an up to date medication and allergy list with you at all times
- A personal evacuation plan in case it is needed
- My clinic and doctor's name, address, and phone numbers
- My clinic's emergency number(s)
- My back-up transportation to dialysis
- Information on other dialysis facilities in the area
- My doctor's recommendations for my diet and fluid intake during an emergency

Make sure your facility has your correct phone numbers including emergency contacts & out of state contact numbers.

My Questions

Ask Your Care Team:

- How do I contact the care team if there is an emergency or disaster?
- Where do I need to go for dialysis if the clinic closes?
- Who is the back-up clinic and what is their phone number?
- How do I get copies of my medical records?

Source: <http://www.Medicare.gov/Dialysis/Static/Publications.asp>

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