



# ESRD PATIENT EMERGENCY PLANNING CHECKLIST

## Survival Tips:

- Keep a current list of your medicines and dosages and carry it with you. Also, keep a two-week supply of medicines and diet needs at home.
- Ask a friend or relative in another area to be your contact person. In an emergency, you may not be able to make telephone calls in your area, but may still be able to place calls to another area.
- Ask the staff in your unit for a copy of their disaster plan and read it carefully.
- Keep a copy of important medical information at your home and at your job, if you work outside the home.
- Wear a medical emblem. This has vital information about your medical condition and treatment, and alerts medical staff to your special needs.
- Prepare for loss of indoor plumbing. Basic sanitary needs can be met by using kitty litter, fireplace ashes or sawdust.

## Emergency Kit Suggestions:

- First aid kit and local maps
- 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 nonperishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- 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
- Cell phone with chargers, inverter or solar charger



## End-Stage Renal Disease Network Coordinating Center

[www.esrdncc.org](http://www.esrdncc.org)



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Kidney Community Emergency Response: [www.kcercoalition.com](http://www.kcercoalition.com)

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