

In Case of Emergency

An emergency or a disaster can occur at any time. Floods, ice storms, extreme heat, 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 Should Include:

- A copy of my emergency plan, including my medication list, dialysis prescription, emergency diet and phone list

Emergency supplies:

- Bottled or distilled water, one gallon of water per person per day for at least three days for drinking and sanitation
- 3-Day Emergency Diet Plan and Shopping List items
- Small radio with batteries or a hand crank
- 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
- Cleaning supplies, garbage bags and plastic ties
- Wrench or pliers to turn off utilities
- Manual can opener
- Walking shoes and change of clothes
- Cell phone and charger
- Money
- Hand sanitizer
- Plain, unscented household chlorine bleach
- Food and water for any pets

My Emergency Plan Should Include:

- A list of dialysis clinics in the area ([Visit Care Compare](#))
- My personal information (driver's license, social security card, insurance card, medical record)
- A copy of an up-to-date medication and allergy list
- A copy of my dialysis prescription
- A personal evacuation plan in case it is needed
- My clinic's emergency number(s)
- My doctor's recommendations for my diet and fluid intake during an emergency
- Hotline Phone Numbers**
 - Dialysis Clinic Organizations:
 - Kidney Community Emergency Response (KCER): 866-901-3773
 - ESRD Network 10: 1-800-456-6919
 - ESRD Network 12: 1-800-444-9965
- A list of important phone numbers for doctors, dialysis clinic, support people and resources. Keep a printed copy in the event of losing power or internet service.

Important Contact Information

Dialysis Clinic: _____

Address: _____

Phone: _____

Kidney Doctor: _____

Address: _____

Phone: _____

Back-up Dialysis Clinic: _____

Address: _____

Phone: _____

Back-up Transportation: _____

Address: _____

Phone: _____

Pharmacy: _____

Address: _____

Phone: _____

Utility Contacts: _____

Emergency Contact(s) In/Out-Of-Town: _____

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

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?

For more information or to file a grievance, please contact:

ESRD Network 10	ESRD Network 12
911 E. 86th St., Ste. 30	2300 Main St., Ste. 900
Indianapolis, IN 46240	Kansas City, MO 64108
Toll-Free: 800-456-6919	Toll-Free: 800-444-9965

esrd.qsource.org

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