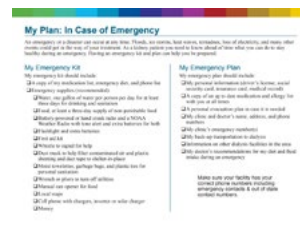


# My Plan: Be Prepared

**Step 1: Plan** Review the following Network and community resources to plan a patient engagement activity to help patients be prepared for natural disasters and emergencies.

## Network Resources

- [My Kidney Kit](#) - All pages are available in English and Spanish. Highlighted MKK “My Choices” pages include:
  - [In Case of Emergency](#)
  - [Diabetic 3-Day Emergency Diet](#)
  - [Pediatric 3-Day Emergency Diet Menu](#)
  - [My Treatment: Medication Safety](#)
  - [How To Disinfect My Drinking Water](#)
  - [Non-Diabetic 3-Day Emergency Diet](#)
  - [Dialysis Emergency Takeoff](#)

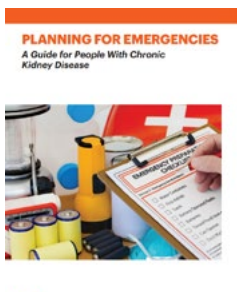
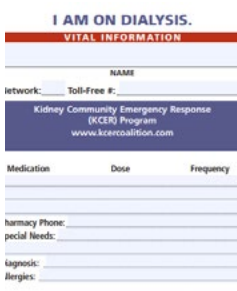


- [Extreme Heat Safety Tips](#)
- [Kidney Patient Views Podcast: Episode 2: Emergency Preparedness](#)  
Podcast hosted by ESRD Network10

## Kidney Community Resources



- [Beat the Heat!](#) This handout from the American Kidney Fund focuses on how kidney patients can stay hydrated without overdoing fluids.
- [Disaster Preparedness for dialysis Patients](#) (video) outlines the steps dialysis patients and families should take to ensure they are prepared in the event of an emergency. The video was made by the Texas ESRD Emergency Coalition (TEEC).
- National Kidney Foundation | [www.kidney.org](http://www.kidney.org) | NKF Cares: 1-855-653-2273
  - [Planning for Emergencies: A Guide for People with Chronic Kidney Disease](#) (booklet)
  - [7 Tips to Protect Your Kidneys During and After an Emergency](#) (website article)



- Kidney Community Emergency Response (KCER) Coalition's website ([www.kcercoalition.com](http://www.kcercoalition.com)) lead by the ESRD Network Coordinating Center (ESRD NCC) has many resources for preparedness specific to dialysis patients, including steps to take before, during and after an emergency. Visit the website to review a variety of [patient resources](#) including:

- COVID-19 focused resources in English and Spanish are available at [thekidneyhub.org](http://thekidneyhub.org).
- [Emergency Disconnect Procedure for In-Center Hemodialysis Patients](#)

This one-page instruction sheet shows in-center hemodialysis patients how to disconnect from dialysis in three steps in an emergency situation.

- [Emergency Preparedness for Dialysis Facilities: A guide for Chronic Dialysis Facilities](#) provides guidance to dialysis clinics to prepare for emergencies.
- Emergency Preparedness Checklist and Tips Poster can be used to “check” and make sure you are prepared before a disaster strikes. Available in [English](#) and [Spanish](#).
- [Emergency Preparedness for Kidney Transplant Patients](#) (Handout)
- [ESRD Patient Emergency Planning Checklist](#)
- KCER Emergency Preparedness Awareness campaign ideas:

- [WHAT IF...KCER Awareness Campaign](#) encourages dialysis patients to assess their level of preparedness, take steps to improve their ability to remain safe in an emergency, and engage with their care team to learn more about disaster preparedness in the facility. Each week there is a different focus.
- [Prep Rally Campaign](#) aims to get patients talking with their care team, family, neighbors, and friends about their plan for an emergency or disaster. It includes a tip sheet and a game plan for patients to use.

- [KCER Kids](#) resources includes general resources developed to help teach youth how to stay safe and get help in emergencies.
- [KCER Ready Quiz](#) is a self-assessment to help dialysis facilities and ESRD organizations promote a higher level of disaster preparedness for their staff and patients.
- [KCER Watch](#) is a monthly e-news bulletin, click to subscribe.
- [Patient Identification Card in English](#) and [Spanish](#). This is a fillable PDF for dialysis patients.
- [Preparing for Emergencies: A Guide for People on Dialysis](#) provides information focused on the essential needs of kidney patients and the kidney community during an emergency or disaster.
- [Save A life Fact Sheet](#) outlines helpful information for dialysis and transplant patients about planning ahead for an emergency.

## National Emergency Resources

- Federal Resources. The United States government has several agencies that work together to help people to prepare, respond and recover from disasters and emergencies.
  - The [www.ready.gov](http://www.ready.gov) has information and resources to help you prepare for “[Make A Plan](#)”, address and recover from disasters and emergencies.
  - [National Preparedness month resources and toolkit](#) includes resources awareness activities every September.
- Common Weather Event Preparedness Resources:
  - Extreme Cold. [Be prepared for a Winter storm](#) and [Avoid Spot, Treat- Frostbite and Hypothermia](#)
  - Extreme Heat. Warning Signs and Symptoms of Heat-Related Illnesses ([English](#)/[Spanish](#))
  - Flooding. [Be Prepared for a Flood](#)
  - Tornadoes. [Be Prepared for a Tornado](#) and [Be Ready! Tornadoes](#)

### Step 2: Act

Work with your staff and PEERS in Action to complete a patient engagement activity.

- Talk with your PEERS in Action to discuss ideas on what resources and activities they would like to see at the clinic to educate patients on emergency preparedness.
- Review the MY KIDNEY KIT pages with staff and patients.
- Invite your PEERS to a team huddle or to participate in a tabletop drill to share their thoughts about emergency preparedness.
- Use one of the KCER campaign ideas to engage patients in emergency preparedness.
- Create a bulletin board highlighting a different emergency topic each week for National Preparedness Month “Disasters Don’t Wait. Make Your Plan Today” or develop your own clinic focused plan. For example:
  - Week 1: Be prepared for an emergency in-clinic (Emergency disconnect)
  - Week 2: Communication Plan (Know how to communicate with the clinic and make sure all contact information is correct)
  - Week 3: Emergency Supplies (Ideas for an Emergency Kit and Emergency Diet plans)
  - Week 4: Plan for common emergencies (Electricity outages, flooding, extreme heat, snow storms)

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

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