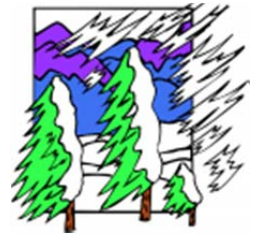




PLANNING FOR EMERGENCY THREATS – WINTER STORMS & EXTREME COLD SAFETY TIPS



Be Prepared

- **Review** the “In Case of Emergency” page of the MY KIDNEY KIT. It has ideas for an Emergency and an Emergency Plan.
- **Make** an Emergency Kit
 - + Rock salt to melt ice
 - + Sand to improve traction
 - + Snow shovels
 - + Enough heating fuel
 - + Blankets and warm clothing
- **Make** an Emergency Plan
- **Include** a Family Communications Plan
- **Listen** to radio or television newscasts for the latest information from the National Weather Service.
- **Minimize** travel
- **Bring** pets inside
- **Winterize** your car/truck
- **Winterize** your home

During Winter Storms and Extreme Cold:

- Stay indoors during the storm.
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Watch for signs of frostbite. (www.ready.gov)
- Watch for signs of hypothermia. (www.ready.gov)
- Drive only if it is absolutely necessary. If you must drive: travel in the day, don't travel alone, keep others informed of your schedule, stay on main roads and avoid back road shortcuts.
- Let someone know your destination, your route, and when you expect to arrive.
- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold.
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.

- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

*Information from: “Winter Storms and Extreme Cold.” www.ready.gov. Updated: 2/11/2013. Federal Emergency Management Agency. Accessed 9/9/13.

For more information go to: www.ready.gov or call 1-800-BE-READY

For more information or to file a grievance please contact the Heartland Kidney Network at:

Heartland Kidney Network, 920 Main, Suite 801, Kansas City, MO 64105

Toll-free Patient Line (800)444-9965 • net12@nw12.esrd.net • heartlandkidney.org

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