

ARE YOU READY???

Steps to Consider For Dialysis Patient and Family Disaster Planning

WHAT TO DO TO PREPARE

- ⇒ KNOW your dialysis unit emergency policies and procedures
- ⇒ KEEP your emergency contact information up-to-date
- ⇒ PROVIDE any necessary out-of-state contact information to your dialysis unit
- ⇒ KNOW your disaster diet and review it frequently with your dietitian
- ⇒ Remember that your VASCULAR ACCESS is for dialysis ONLY
- ⇒ KEEP a current list of your medications and allergies
- ⇒ PREPARE a home disaster kit with any emergency supplies and/or home dialysis supplies
- ⇒ REMEMBER to keep a good supply of medications on hand
- ⇒ KEEP important personal papers with you (i.e., insurance, identification)
- ⇒ HAVE a back-up plan for transportation needs (i.e., evacuation)
- ⇒ REFER to your local and/or state Emergency Preparedness guidelines
- ⇒ Be PREPARED year-round

KEY POINTS TO REMEMBER IF DISASTER STRIKES

- ⇒ EVACUATE if directed to do so by your local authorities
- ⇒ If you must go to a local shelter, ALERT the shelter manager of your dialysis needs
- ⇒ START your disaster diet. Remember to LIMIT fruits and vegetables. LIMIT your fluids to ½ normal fluid intake.
- ⇒ INFORM your home dialysis unit of your location. This will also allow you to see if your home dialysis unit is open for business.
- ⇒ Don't assume that the local hospital can provide your dialysis treatment. Most hospitals will not be equipped to provide chronic dialysis treatments.

WHERE TO GO

- ⇒ Be AWARE your home dialysis unit could be destroyed or damaged
- ⇒ KEEP a list of dialysis facilities in your state or region
- ⇒ KNOW your evacuation plan, especially if you live in an evacuation zone and/or mobile home
- ⇒ KNOW the locations of local or regional shelters

WHO TO CONTACT

- ⇒ TALK to your home dialysis unit nurse manager, social worker, or administrator. ASK for the communication plan, especially in the event that phones are not working.
- ⇒ ASK who to contact at your home dialysis unit
- ⇒ KEEP your dialysis unit identification card with you for helpful phone numbers

RESOURCES

- ⇒ Preparing for Emergencies: A Guide for People on Dialysis (CMS)
Web site: <http://www.medicare.gov/Publications/Pubs/pdf/10150.pdf>
- ⇒ ESRD Network 13 Web site: www.network13.org or 1-800-472-8664
- ⇒ Dialysis Facility Compare (CMS) Web site: www.medicare.gov



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