

# What If...There's an Emergency?



## Pledge to...COMMUNICATE

In an emergency, it is important for you to be able to contact others. It is also important for them to be able to contact you.

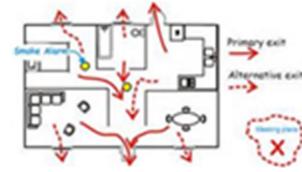
**What if your facility has set up an emergency location somewhere else? You both need to have correct contact information to ensure you know where to go for treatment.**

**What if you are trapped at home and the phones are not working? Your facility needs to have your correct address to send help to you.**

Use this checklist to make sure you and your healthcare team have all the correct information.

- Make sure your dialysis facility has your correct address and contact information.
- Keep a list of emergency numbers for family, hospital, dialysis, etc. The ESRD Network Coordinating Center (NCC) has a form you can use ([http://esrdncc.org/wp-content/uploads/2015/01/ESRDNCC-Emergency-Contacts-Form\\_6natl.pdf](http://esrdncc.org/wp-content/uploads/2015/01/ESRDNCC-Emergency-Contacts-Form_6natl.pdf)). Keep a copy near your phone and in your emergency kit.
- Ask a friend or relative in another area to be your contact person. In an emergency, it may be easier to make a long-distance phone call than to call across town.
- Wear a medical emblem. This has vital information about your medical condition and treatment. It alerts medical staff to your special needs. You can find these in your local pharmacy. The Kidney Community Emergency Response Coalition (KCER) has an information form you can complete and carry in your wallet ([http://kcercoalition.com/kcer-home/in-an-emergency/#additional\\_resources](http://kcercoalition.com/kcer-home/in-an-emergency/#additional_resources)).

# What If...There's an Emergency?



## Pledge to...PLAN

If an emergency happens while you are at home, it is important for your family to know how to get out.

**If you are trapped on a top floor, how will you get out? You need to know your options and how to use them. For example, can you jump into bushes below or do you need a ladder?**

**Once you are outside, where will you find everyone else? It is important to know if someone is still inside and needs help.**

Use this checklist to develop a plan to keep your family safe.

- Put together a plan with your family. Draw a floor plan of your home. Use a blank sheet of paper for each floor. Mark two escape routes from each room. Plan to use an escape ladder from upper floors.
- Decide where a safe place to meet outside is. This may be at the neighbor's or across the street. Mark this on your house plan.
- At least once a year, review your plan with your family and have a drill.

Your family may not be together when a disaster strikes.

**How will you contact one another? How will you get back together?**

- Decide where you and your family will meet if an emergency happens when you are not home together. Include places outside of the neighborhood, in a neighboring town, even in another state!
- Subscribe to alert services. Many communities now have systems that will send text alerts or emails to let you know about bad weather, road closings, etc. Sign up by visiting your local Office of Emergency Management website: [www.ready.gov/today](http://www.ready.gov/today).

# What If...There's an Emergency?



## Pledge to...STOCK

In an emergency, you may not be able to get to dialysis for a few days. It is important to have at least 3 days of foods on hand. You must be strict with these foods to keep your body from building up toxins.

### Ask your dietitian for a 3-day emergency meal plan.

Use this checklist to begin stocking your renal emergency diet foods. If you cannot afford to buy all of these at once, add one or two to your shopping list each month.

- Bread/cereal: loaf of white bread, graham crackers, unsalted crackers (plain), vanilla wafers, dry cereal (puffed wheat, puffed rice, crisp rice)
- Fruits: canned (in own juices): applesauce, pears, peaches, cherries, or pineapple
- Fish/meats: canned and water-packed: tuna, chicken, or turkey
- Frozen or shelf-stable non-dairy creamer
- High-calorie foods: honey, jelly, sugar, sugar-free hard candies
- Vegetables: choose from canned, low sodium green beans, asparagus, or carrots
- Fats: oil (olive or vegetable), individual packets of mayo and margarine are recommended to avoid spoilage
- Low-calorie cranberry juice
- Spring water, diet ginger ale, or diet lemon-lime soda
- Other (seasoning and fluid control aids): herbal seasoning, garlic powder, sugarless chewing gum, breath spray, fresh or reconstituted lemon juice

# What If...There's an Emergency?



## Pledge to...GET

In an emergency, you need to be able to grab what you need quickly if you have to leave your home to get to safety. Decide on a container in which to keep your emergency supplies. It should be sturdy and easy to carry or wheel. It should be ready at any time and located in a place you can get to quickly.

The following are ideas for a “go bag”:

- Back pack: This can hold essentials, like spare keys, flash light, water, change of clothes, and important papers.
- Duffle bag: This can hold more than a back pack. It will be heavier with more items. Consider one that has wheels.
- Plastic tote box: This can hold more of your survival supplies, such as canned foods, toiletries, and first aid kit.
- Suitcase: These are usually just hanging around not in use. Why not stock them with your supplies?!

Visit [www.ready.gov/today](http://www.ready.gov/today) for items to consider including in your “go bag.”

# What If...There's an Emergency?

## Pledge to...PACK



Once you have a container(s) selected for your supplies, it is time to start filling it! Your disaster supplies kit should contain essential food, water, and supplies for at least 3 days. If you do not have everything, consider adding an item or two to your shopping list each month.

Use this checklist to pack basic recommended items:

- Copies of important documents in a waterproof container or plastic sleeve. Documents might include your dialysis prescription, insurance cards, list of medications, emergency numbers, dialysis facility contact information, and 3-day emergency diet
- Extra set of car and house keys
- Credit and ATM cards, and cash in small bills
- Bottled water: one gallon of water per person per day for at least three days, for drinking and sanitation
- Food: at least a 3-day supply of nonperishable food (do not forget your pets!)
- Flashlight
- Battery-operated or hand-crank AM/FM radio
- Extra batteries for radio and flashlight
- First aid kit
- Clothing, shoes
- Manual can opener for food
- Local maps
- Cell phone with chargers
- Prescription medications
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Sleeping bag or warm blanket for each person
- Chlorine bleach and medicine dropper for disinfectant and water purification

Visit [www.ready.gov/today](http://www.ready.gov/today) for more items to consider for your kit.

# What If...There's an Emergency?



## Pledge to...GATHER

In any emergency a family member or you may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Use this checklist to stock your first aid kit. You can also purchase first aid kits at your local pharmacy or department store. If you do not have everything, consider adding an item or two to your shopping list each month.

- Two pairs of Latex (or other sterile gloves if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day. You should periodically rotate medicines to account for expiration dates. **Your nephrologist may also suggest a supply of Kayexalate.**
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Visit [www.ready.gov/today](http://www.ready.gov/today) for more items to consider for your first aid kit.