

# WHAT IF...



# NO PHONES

Most patients think they are prepared for an emergency, but few actually are.

## Emergency Checklist

1. Make sure your dialysis facility has your correct address and contact information.
2. Keep extra chargers for your cell phone. Learn ways to keep your cell phone charged longer. You can use your car to charge your phone if power is out.
3. Subscribe to an alert service.
4. Keep a battery-powered AM/FM radio and extra batteries. Find out what the emergency broadcast radio station is in your area to get up-to-date information on what is happening.
5. Be sure to share your emergency plan with family, friends and neighbors. Ask your support group to check on you during emergency events.
6. If an emergency event causes landline phones to stop working, be sure your dialysis facility has other ways to contact you and for you to contact them about treatment rescheduling.



## THE FACTS

- Phone services may work during power outages, but you may need to use a corded phone. Most cordless phones rely on electric power to operate.
- If you have a newer phone service that works on battery back-up equipment during an outage, consider having a spare battery.
- If you are unsure what kind of service you have, ask your service provider.
- Use text messaging, email or social media. These non-voice channels use less network capacity and may work even when phone service has been disrupted.