

# WHAT IF...



# NO PHONES

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

## Emergency Checklist

1. Make sure the dialysis clinic has your correct address and contact information.
2. Keep extra chargers for your cell phone.
3. Text messaging uses less power and can usually get through when calls can not.
4. Have family, friends, and neighbors check on you during emergency events.
5. Keep a non-cordless phone in your home. It is likely to work when power is out.
6. Subscribe to an alert service.
7. Listen to your radio or TV for the latest information.

## THE FACTS

- Local phone lines often go out before long-distance lines.
- **Do not count on your cell phone.** If land lines are down, an increase in cell traffic can overload the Network. The disaster might also take out cell towers.

