

ARE YOU READY?

Disaster Preparedness for Dialysis Patients

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 half your 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 that 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: www.medicare.gov/Publications/Pubs/pdf/10150.pdf
- ESRD Network 15 Web site: www.esrdnet15.org/disaster.htm