CARE TO PREPARE
How to prepare for emergencies and disasters for people living with end stage renal disease

If you have to evacuate
Know where you are going and coordinate your dialysis treatment before you leave. Contact the ESRD Network of Texas to assist: (972) 503-3215

Communication
Who do you call in case of an emergency? Does your care team know multiple ways to contact you? What if cell phones do not work because of the disaster?

Care Information
The AAKP My Health (www.aakp.org) can help you track doctor visits, names of your specialists and nurses, medications, lab tests, and more. Keep additional printed copies of the information in your disaster go kit.

Back-Up Care Location
Ask your dialysis or transplant facility where you will receive care if your regular location is unavailable. You can access: www.medicare.gov/dialysis or www.dialysisunits.com to find dialysis facilities near you.

Food and Water
Keep enough for at least five days. Ask your renal dietitian for a copy of the “three day disaster diet.” Have enough clean, fresh water for drinking and sanitation.

Supplies
For your disaster kit, have a weather radio, flashlight, batteries, tools, maps, cash, etc. Keep your supplies together in a container.

Care and Comfort Items
Blankets, pillows, clothing, shoes, games, books, and other items to make you feel comfortable, especially if you have to evacuate.

First Aid Kit and Medications
Should be added to your disaster supply kit. Keep at least 5-7 days of your prescription medications and medical supplies and a first aid kit.

Important Documents
Assemble your insurance papers and cards, personal identification, important papers and keep them in a waterproof container or plastic bag.

Where to find more Information
www.medicare.gov/dialysis
www.kcercoalition.com
www.kidney.org/help