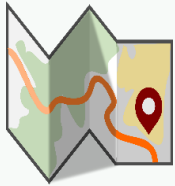


CARE TO PREPARE

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

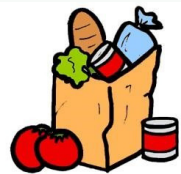


If you have to evacuate

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

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.



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.

Care and Comfort Items

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



Important Documents

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



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?



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.



Supplies

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



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.



Where to find more Information

www.medicare.gov/dialysis
www.kcercoalition.com
www.kidney.org/help