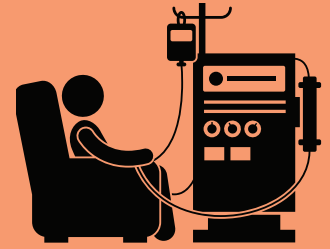


My Emergency Preparedness Guide



A guide for dialysis patients

EVERYONE SHOULD HAVE A PLAN

As a person with kidney failure, or end stage renal disease (ESRD), planning ahead is critically important. During an emergency, being unable to receive dialysis treatment can be a life-threatening situation. Emergency planning includes having the food, medicine, and medical supplies you need to care for yourself when disaster strikes. Talk to your health care provider about the specific supplies you'll need to have on hand.

Who to Call

Keep your home care/hospice company's number close by the phone in case you need assistance. And if you are having a true emergency, call 9-1-1.

EMERGENCY PREPAREDNESS CHECKLIST FOR DIALYSIS PATIENTS

- Prepare an emergency kit that is portable, waterproof, and durable. Your kit should include prescription medications, over-the-counter medications, and other supplies (such as bandages) — enough to last for 2 weeks. Check your kit every 2-3 months and watch for expiration dates.
- Include contact information for your dialysis facility, your nephrologist (kidney doctor) and other healthcare providers, and pharmacies. Also remember a copy of your complete personal medical information and other important documents, such as legal papers and a list of medications and dosages. Store these papers in a waterproof bag or container.
- Ask your dialysis facility about other facilities near you that can treat you if yours closes. Write down the name and phone number of a back-up facility both near your home and near any location where you may evacuate.
- Make sure your dialysis facility has your current street address and phone number(s) to contact you.
- Make arrangements for back-up transportation to your dialysis facility.
- Keep your health insurance and prescription-drug benefit card with you at all times.
- Consider buying and wearing a medical ID bracelet that shows you are a dialysis patient.
- Learn about and buy grocery items as detailed in the Dialysis Patient 3-Day Emergency Diet Plan.

PREPARE AHEAD OF TIME

- During storms and power outages, stay aware of alerts, warnings, and emergency communications. Monitor TV, radio, web, and social media for announcements. Also, sign up for your community alert and notification system.
- Record your county's emergency management, fire, and police non-emergency phone numbers, and the numbers of any other organization or service that you may need.
- Know the emergency plan for your area including evacuation routes, shelter locations, and emergency numbers. Store the information on your mobile device and in your emergency kit.

Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



Water – one gallon of water per person per day for at least three days



Food – at least a three-day supply of nonperishable food



Battery Powered Radio – and extra batteries



Flashlight – and extra batteries



First Aid Kit – be sure to check expiration dates of the contents and keep them up to date



Whistle – to signal for help



Dust Mask – or cotton T-shirt, to help filter contaminated air



Plastic Sheeting and Duct Tape – to shelter-in-place



Wrench or Pliers – to turn off utilities when necessary



Can Opener – to open canned food



Infant Formula and Diapers – if you have an infant



Local Maps– including a map of your area and a map for where you plan to go if you are evacuated

Other Considerations

In an emergency, you may not be able to make telephone calls in your area but may still be able to place calls to another area. Call a friend or relative in another area that you set up ahead of time as your contact person.

Tell family, caregivers, friends, and your dialysis facility where you plan to go. Be prepared to evacuate early since dialysis services need to be provided in a safe environment. If you think you may have to miss your dialysis treatment, start the Dialysis Patient 3-Day Emergency Diet.

Visit These Websites For More Information and Resources

- www.MDEmergencyPrepNetwork.org
- www.MNCHA.org
- <http://preparedness.health.maryland.gov> and www.facebook.com/MarylandOPR
- www.mema.maryland.gov
- www.KCERCoalition.com
- Mid-Atlantic Renal Coalition – KCER Network 5 (DC, MD, VA, WV) www.esrdnet5.org
- <http://www.medicare.gov/Dialysis/Static/Publications.asp>

WRITE THE NAME AND PHONE NUMBER OF YOUR HOME CARE/HOSPICE COMPANY IN THIS BOX.



Helping Maryland's Most Vulnerable



Provided in partnership by the Maryland Department of Health Office of Preparedness and Response and the Maryland-National Capital Homecare Association in consultation with the Kidney Community Emergency Response Coalition