

# Planning for Emergencies

A Guide for People with Kidney Disease


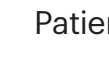
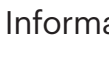
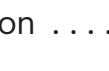
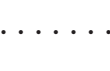



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## Stages of chronic kidney disease

There are 5 stages of kidney disease as shown in the table below. Your healthcare provider will tell you the stage of kidney disease, based on how well your kidneys are working and your estimated glomerular filtration rate (eGFR). The eGFR number comes from a lab test that measures the amount of blood your kidneys are filtering each minute. As CKD gets worse, the eGFR number goes down.

### STAGES OF KIDNEY DISEASE

STAGE	DESCRIPTION	ESTIMATED GLOMERULAR FILTRATION RATE (eGFR)	KIDNEY FUNCTION
1	Kidney damage (e.g., protein in the urine) with <b>normal</b> kidney function	90 or above	 90-100%
2	Kidney damage with <b>mild loss</b> of kidney function	60 to 89	 60-89%
3a	<b>Mild to moderate</b> loss of kidney function	45 to 59	 45-59%
3b	<b>Moderate to severe</b> loss of kidney function	30 to 44	 30-44%
4	<b>Severe loss</b> of kidney function	15 to 29	 15-29%
5	Kidney <b>failure</b>	Less than 15	 Less than 15%

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## Introduction

The delivery of healthcare services, such as dialysis treatment, can be disrupted by natural disasters (blizzards, earthquakes, floods, hurricanes, tornadoes, etc.) as well as by other types of emergency situations, such as electrical power blackouts. The aim of this booklet is to help you prepare for possible emergencies. Hopefully, you will never need to use these emergency measures. However, by knowing what to do and preparing ahead, you can feel secure if an emergency should occur. Study the information in this guide carefully and remember to keep it in a place where you can easily find it. Leave copies of the guide at your workplace and at home and take it with you when you travel. Tell your family members where it is.

## How can I plan ahead for an emergency?

- Keep a copy of your current medications and dosages in writing or on your phone. Keep a two-week supply of medicines at home or at your job.
- Keep a 3-day food supply at home. (See grocery lists on page 18.) Be sure to check periodically for expiration dates and replace items when needed.
- Check with your doctor about having a special medicine on hand that helps to control the level of potassium in your blood (Remember to check the expiration date). Potassium levels that are too high or too low can be dangerous.
- Ask a friend or relative in another area to be your contact person. 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.
- Keep a copy of important medical information at your home and at your job. (You may use the patient and treatment information forms on pages 25–26 of this booklet.) Update the information often. If needed, ask your healthcare staff to help you complete these forms. Include insurance information among these necessary forms.
- You should get and wear a medical bracelet. This has vital information about your medical condition and treatment, and alerts medical staff to your special needs. If you need help



getting one, check with your local pharmacy or ask your social worker. Emergency apps are also available for your smart phone.

- Keep the following emergency supplies in a safe place (most big box stores or hardware stores will carry these items):
  - » A battery-powered AM/FM radio and extra batteries. Find out what the emergency broadcast radio station is in your area. This will give you up-to-date information on current conditions and emergency information, even if you have no electricity or phone service.
  - » Flashlights with plenty of extra batteries or candles and matches. (Remember never to use matches until you have checked for gas leaks.)
  - » A first-aid kit.
  - » A fire extinguisher. Check regularly to make sure it is full.
  - » Prepare for loss of indoor plumbing. Basic sanitary needs can be met by using a bucket, kitty litter, fireplace ashes or sawdust.
  - » An emergency phone list (see page 24). For a complete list of resources see pages 31-32.
- Ask the staff in your unit for a copy of their disaster plan and read it carefully.



### What should I do if a natural disaster occurs in my area?

Many things we depend upon daily may not be available during an emergency situation. You may be without a telephone. Water and electricity may be cut off, preventing you from cooking your meals in the usual way.

If a natural disaster occurs in your area, listen to your emergency broadcast radio station for information about whether to stay indoors or evacuate.

### Stay Indoors

- Plan ahead. Have emergency supplies and extra supplies of your medicines and diet needs on hand.



- Stay indoors and listen to your emergency broadcast radio station for instructions about what to do.
- Have shelf-stable foods and bottled water on hand. Remember that canned foods are often high in sodium. Check labels for sodium and potassium content.
- If you store food and water to plan for a disaster, replace often to guarantee freshness.
- Have a supply of disposable dishes, utensils, and paper napkins on hand to lessen the need for washing dishes.
- Store a hand-operated can opener with the canned goods.

- It is best to eat refrigerator-stored foods first. A full refrigerator will hold the temperature for about 48 hours (24 if it is half full). Limit the times you open it to preserve the cold temperature inside.
- Consider using coolers or thermos containers (use dry ice for extended power outages) and a propane stove or grill to assist with food storage and preparation. Your refrigerator can also act as a cooler.
- Be careful when eating foods that may spoil to avoid food poisoning. If a jar or can is opened, do not keep it longer than four hours unless refrigerated.
- If you eat takeout from restaurants, choose wisely and stay within your diet and fluid restrictions as much as possible. See the National Kidney Foundation's brochure *Dining Out With Confidence: A Guide for Kidney Patients* for tips on how to make safe choices when eating out.
- Wrap food scraps securely for disposal to reduce odor.
- As an added precaution, keep an extra copy of your emergency diet with your food supplies.



## Evacuate

- Know your medications and keep a two-week extra supply in their original containers, if possible. If you need to evacuate, original bottles will provide necessary information when you arrive at your destination.
- Have a backpack with a waterproof pouch packed with key items (listed below) weighing about 10 pounds. Good shoes should enable you to carry this backpack, leaving your hands free if you should need to evacuate.
- Pack key data in a waterproof bag; you can add the key information outlined on page 25 as specific to your health.
- If you must go to a shelter, tell the person in charge about your special needs as someone with kidney disease.

### Things to pack

- |   |   |
|---|---|
| <input type="checkbox"/> several 8-ounce bottles of water | <input type="checkbox"/> matches and candles  |
| <input type="checkbox"/> hand-operated can opener         | <input type="checkbox"/> disposable eating utensils   |
| <input type="checkbox"/> hand sanitizer                   | <input type="checkbox"/> canned and packaged rations of foods, such as peanut butter, saltines, tuna, juices—several days' worth, if possible |
| <input type="checkbox"/> travel-size toiletries           | <input type="checkbox"/> some dry clothes   |
| <input type="checkbox"/> disposable wipes                 | <input type="checkbox"/> supplies you might need to treat diabetes or other conditions  |
| <input type="checkbox"/> toilet paper                     |   |
| <input type="checkbox"/> sunscreen                        |   |
| <input type="checkbox"/> miniature flashlight             |   |
| <input type="checkbox"/> mask and gloves                  |   |
| <input type="checkbox"/> thermometer                      |   |
| <input type="checkbox"/> batteries                        |   |



## For In-Center Hemodialysis

- Call your dialysis center to find out dialysis options. If you have to miss dialysis, begin your emergency meal plan. (See “Emergency meal planning for kidney patients” starting on page 16.)
- If you are not able to dialyze at your unit, make sure you have the names, locations, and phone numbers of back-up dialysis units and hospitals in your area.
- Your local National Kidney Foundation office may be able to help you find out if your regular dialysis unit is open.
- Since regular community transportation services may not be working, be prepared to make other arrangements.

- In a severe disaster, dialysis staff may not be able to continue your individual schedule and orders. They may need to use emergency procedures, which may include a standard dialyzer and a shorter treatment time. Every attempt will be made to give you the best treatment possible.
- Your dialysis unit has a procedure for emergency evacuation. If you are dialyzing at your unit and a disaster occurs, the dialysis staff will assist you in getting off the dialysis machine as quickly direct you in an evacuation procedure.



### For Home Hemodialysis

- Keep a list of dialysis units in your area at home and at your workplace.
- Keep a two-week stock of dialysis supplies at all times. Check expiration dates regularly and replace supplies when needed.
- Register with your local water and power companies so they will be aware of your need to get service restored as soon as possible.
- Learn to be comfortable taking yourself off the machine in an emergency.
- During the emergency, if you lose power while dialyzing, follow the directions for discontinuing dialysis given to you by your home training staff.
- If you are not able to continue your treatments at home during the emergency, contact the home training staff so other arrangements can be made.

## For Peritoneal Dialysis

- Keep a two-week stock of peritoneal dialysis supplies. Check expiration dates regularly and replace supplies when needed. If you use an ultraviolet device, keep the battery charged.
- Include in your emergency medication pack a five-day supply of the antibiotic that your doctor orders for peritonitis. If a disaster occurs, it may be difficult to maintain a clean environment and your risk of peritonitis may be higher.
- If you lose power and use a cyclor, go to manual exchanges.
- If you are on a cyclor and you lose power while dialyzing, follow the instructions given to you by the training staff for discontinuing dialysis in an emergency.

## For Transplant Recipients

- If you are in a shelter or in contact with emergency personnel, let them know you are a transplant recipient and need to take medications regularly and on time. If possible, limit your exposure to potential infections. Sanitizers, gloves, and a mask can help.
- Ask your transplant healthcare team about precautions, additional medications, and preparations that they recommend. You can find a list of transplant centers around the country from the United Network for Organ Sharing (UNOS), 804.782.4800.



## For Diabetes

- Make sure you have extra diabetes supplies such as:
  - » insulin and syringes
  - » batteries, lancets, and test strips, so you can check your blood sugar if you have a monitoring system
  - » sugar, instant glucose or glucose tablets, low-potassium juices (apple, grape, cranberry), sugared soda, and hard candy in case of low blood sugar reactions.
- Ask your pharmacist about how long you can keep insulin without refrigeration. Remove insulin from the refrigerator to avoid opening too often.





### Is diet important if I have to miss dialysis in an emergency?

- If you have to miss dialysis, follow your emergency diet.
- Limit protein to one-half your current intake.
- Restrict fluid intake to two cups or 16 ounce a day.
- Do not use salt or salt substitutes with your meals.
- Avoid all foods with high-potassium content

### Emergency Meal Plan For People on Dialysis

A grocery list and sample meal plans for emergency situations are included. This diet is more restricted than your usual diet.

The restricted plan is needed to control the buildup of things like potassium, phosphorus, urea, and fluid, which can be life threatening if you miss several dialysis treatments due to the emergency.

## Three-day emergency grocery list for people on dialysis

ITEM	AMOUNT (PER PERSON)
<b>Bread/Cereal</b> (use 6–8 servings per day)	
Dry cereal, unsalted, sweetened or unsweetened puffed wheat or rice, shredded wheat	6 single-serve containers or 1 box
Vanilla wafers or graham crackers or unsalted crackers	1 box
<b>Fruits/Juices</b> (limit to 2–4 servings per day)	
Canned or sealed plastic container: applesauce, pears, peaches, pineapple, mandarin oranges, fruit cocktail (drain the liquid)	12 single-serve containers
Cranberry and apple juice or 100% Juice boxes or pouches	2 single-serve containers or 2 packages
<b>Protein</b> (limit meat/fish to 3 oz. per day)	
Tuna, salmon, meat, turkey, chicken, peanut butter (low sodium or unsalted)	6 small cans, 1 jar
<b>Milk</b> (limit to ½ cup per day)	
Plain Almond or soy milk	3 (8-oz) cartons
<b>Sweets</b> (use as desired to increase calories)	
Marshmallows	1 large bag
Jelly beans, sourballs, hard candies, clear mints	5 bags total
Sugar packets	6
Jelly packets	6
<b>Fats</b> (use 6 or more servings per day)	
Mayonnaise (perishable after opening)	6 Individual packets
<b>Other</b>	
Bottled water	6 (8-oz) bottles



## Emergency meal plans for people with CKD and on dialysis

The sample meal plans given provide about 40–50 grams of protein, 1,500 mg sodium, 1,500 mg potassium and less than 500 mL or 16 ounces of fluid. You may adjust selections to fit your personal taste. These meal plans are stricter than your normal kidney diet, to keep waste products from building up in your blood during the emergency. If you are on dialysis, fluid is limited to less than 500 mL (2 cups or 16 ounces) each day (or as recommended by your healthcare provider) to prevent you from swelling or having shortness of breath.





## EVACUATION EMERGENCY MEAL PLAN

### Breakfast

- ½ cup plain almond milk
- 1 single serving of cereal (½–¾ cup)
- 1 packet sugar
- ½ cup canned pineapple (single serving)

### Morning snack

- 5 vanilla wafers
- jelly as desired on wafers
- 10 sourballs

### Lunch

- 12 unsalted crackers
- ¼ cup low-sodium tuna (open new can daily)
- 1 packet mayonnaise
- ½ cup canned pears (single serving)
- ½ cup (4 oz) bottled water

### Afternoon snack

- 5 vanilla wafers
- 10 jellybeans

### Dinner

- 12 unsalted crackers
- ½ cup low-sodium chicken (open new can daily)
- 1 packet mayonnaise
- ½ cup canned peaches (single serving)
- ½ cup cranberry juice (from box or pouch)

### Evening snack

- 2 graham crackers
- Jelly as desired on crackers
- 10 mints





#### STAY AT HOME EMERGENCY MEAL PLAN:

##### Breakfast

- ½ cup milk prepared from dry milk and ½ cup (4 oz) bottled water
- 1 slice toast
- 1 teaspoon margarine or butter
- ½ cup canned mandarin oranges

##### Morning snack

- 3 graham crackers
- Honey or jelly as desired on graham crackers 10 hard candies

##### Lunch

- 2 slices white bread
- 2 tablespoons unsalted peanut butter
- ½ cup canned peaches
- ½ cup (4 oz) bottled water

##### Afternoon snack

- 6 unsalted crackers
- jelly as desired on crackers
- 10 large marshmallows

##### Dinner

- 2 slices white bread
- ½ cup low-sodium chicken (open new can daily)
- 2 tablespoons mayonnaise (single packets or open new jar daily)
- ½ cup canned mandarin oranges
- ½ cup cranberry juice

##### Evening snack

- 5 vanilla wafers
- jelly as desired (use on wafers)
- 10 sourballs

## Emergency Phone Numbers

### EMERGENCY NUMBERS

Fire, Police, or Ambulance .....**911**\_\_\_\_\_

Poison control.....\_\_\_\_\_

Red cross .....\_\_\_\_\_

Office of emergency services .....\_\_\_\_\_

Local NKF .....\_\_\_\_\_

### MEDICAL NUMBERS

Your doctor .....\_\_\_\_\_

Your dialysis unit.....\_\_\_\_\_

Back-up dialysis unit.....\_\_\_\_\_

Dialysis provider emergency #.....\_\_\_\_\_

Local hospitals.....\_\_\_\_\_

Insurance carriers.....\_\_\_\_\_

Pharmacy .....\_\_\_\_\_

### PERSONAL CONTACTS

Family member/friend .....\_\_\_\_\_

Contact person outside area .....\_\_\_\_\_

### LOCAL SERVICES

Plumber.....\_\_\_\_\_

Electrician/electric co. ....\_\_\_\_\_

Transportation co. ....\_\_\_\_\_

Telephone repair.....usually 611\_\_\_\_\_

## Patient Information

Complete the information below and keep it with you. If you need to go to another center, you'll need to have this available. Also, make copies of your insurance ID cards and keep them with this booklet.

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone\_\_\_\_\_ Cell phone \_\_\_\_\_

### EMERGENCY CONTACT

Name\_\_\_\_\_

Relationship to you \_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone\_\_\_\_\_ Cell phone \_\_\_\_\_

Your Medicare number \_\_\_\_\_

Other insurance \_\_\_\_\_

Policy number\_\_\_\_\_

Your dialysis center\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone\_\_\_\_\_

Head nurse\_\_\_\_\_

Your kidney doctor \_\_\_\_\_

Phone\_\_\_\_\_



### Treatment Information

If you need to go to another center or if your treatment information is destroyed or unavailable, this information will help your caregivers provide you with the appropriate treatment. Your nurse or doctor can help complete this form. It should be updated as changes occur.

Date completed \_\_\_\_\_

When was your last treatment? \_\_\_\_\_

Primary kidney diagnosis \_\_\_\_\_

Allergies \_\_\_\_\_

Treatment medications \_\_\_\_\_

Pertinent past medical history \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Type of treatment: Center hemodialysis \_\_\_\_\_ CAPD \_\_\_\_\_

Home hemodialysis \_\_\_\_\_ CCPD \_\_\_\_\_

### Dialysis Prescription

Dialyzer \_\_\_\_\_ Dialysate \_\_\_\_\_

Hours per run \_\_\_\_\_ Times per week \_\_\_\_\_

Dry weight \_\_\_\_\_ Average weight gain \_\_\_\_\_

Heparin use \_\_\_\_\_

Access type and site \_\_\_\_\_

Needle size \_\_\_\_\_ Blood flow rate \_\_\_\_\_

Re-Use  Yes  No Lidocaine  Yes  No

HBsAg status \_\_\_\_\_ Blood Type \_\_\_\_\_

Special needs/problems \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Peritoneal Dialysis Information

### CAPD

System \_\_\_\_\_

Number of exchanges \_\_\_\_\_ Fill volume \_\_\_\_\_

Estimated dry weight \_\_\_\_\_

### EXCHANGE INFORMATION

Percentage of dextrose (based on weight increase):

1-2 lbs. 1.5% \_\_\_\_\_ 3-5 lbs. 4.5% \_\_\_\_\_

2-3 lbs. 2.5% \_\_\_\_\_ Icodextrin/Extraneal \_\_\_\_\_

Low calcium 2.5 mEq/L dextrose \_\_\_\_\_

Low calcium 2.5 mEq/L dextrose \_\_\_\_\_

Other medications \_\_\_\_\_

### PERITONITIS

Is patient trained to do IP antibiotics? Yes No

Does patient have antibiotic at home? Yes No

Name of antibiotic \_\_\_\_\_

### DIABETIC

Yes No Insulin \_\_\_\_\_

Specify amount insulin used SQ Dose \_\_\_\_\_

Evening Dose \_\_\_\_\_

Sliding scale for insulin (attach if available) \_\_\_\_\_

### CCPD

Type of cyclor \_\_\_\_\_

Nighttime total liters delivered \_\_\_\_\_

Hours of therapy \_\_\_\_\_

Fill volume per cycle \_\_\_\_\_ Fill time \_\_\_\_\_

Dwell time \_\_\_\_\_ Drain time \_\_\_\_\_

Daytime dwell Yes No Daytime volume \_\_\_\_\_

### EXCHANGE INFORMATION

Percentage of dextrose (based on weight increase)

1-2 lbs. 1.5% \_\_\_\_\_ 3-5 lbs. 4.5% \_\_\_\_\_

2-3 lbs. 2.5% \_\_\_\_\_ Icodextrin/Extraneal \_\_\_\_\_

Low calcium 2.5 mEq/L dextrose \_\_\_\_\_

Higher calcium 3.5 mEq/L dextrose \_\_\_\_\_

Other medications \_\_\_\_\_

### PERITONITIS

Is patient trained to do IP antibiotics? Yes No

Does patient have antibiotic at home? Yes No

Name of antibiotic \_\_\_\_\_

### DIABETIC

Yes No Insulin IP \_\_\_\_\_ SQ \_\_\_\_\_

Specify amount insulin used SQ Dose \_\_\_\_\_

Evening Dose \_\_\_\_\_

Sliding scale for insulin (attach if available) \_\_\_\_\_

## Transplant Information

It's important to keep information about all your medications with you at all times. Fill in the following list and have extra copies at home, at work, in your car or anywhere else you might find helpful.

### TRANSPLANT MEDICATIONS LIST

Medication Name & Strength	Number of Times per Day	Quantity per Dose	When Taken	Special Instructions

### IMPORTANT PHONE NUMBERS

Transplant doctor .....

Transplant coordinator .....

Pharmacist .....

Insurance .....

Contact United Network for Organ Sharing (UNOS) at 888.894.6361 or **unos.org** for information, if you are waiting for a transplant or need to obtain transplant care.

## Emergency Resources for People with CKD

### Help Getting Dialysis in an Emergency

The National Forum of End Stage Renal Disease (ESRD) Networks: 804.390.9822; **esrdnetworks.org/resources-news/disaster-planning-resources-links**

American Association of Kidney Patients (AAKP): 800.749.2257, **aakp.org**

- Emergency Guide
- Patient Emergency Information sheet

The Nephron Information Center: **dialysisunits.com**

- Find dialysis unit phone numbers

### Helpful Organizations in an Emergency

American Red Cross: 202.303.4498; **redcross.org**

Federal Emergency Management Agency (FEMA): 800.621.FEMA (3362), 800.462.7585 (TTY); **fema.gov**

Food and Drug Administration (FDA) U.S. hurricane site: 888.INFO.FDA (888.463.6332); **fda.gov/consumers/consumer-updates/hurricane-season-be-prepared**

National Hurricane Center: **nhc.noaa.gov**

National Weather Service: **weather.gov**

U.S. Department of Housing and Urban Development: 202.708.1112, 202.708.1455 (TTY); **hud.gov**

## Emergency Grant Information

National Kidney Foundation: 800.622.9010, 212.889.2210; **kidney.org**

American Kidney Fund: 800.638.8299, 301.881.3352, 866.300.2900 (Español); **akfinc.org**

AAKP: 800.749.2257, 813.636.8100; **aakp.org**

American Red Cross: 202.303.4498; **redcross.org**

FEMA: 800.621.FEMA (3362), 800.462.7585 (TTY); **fema.gov**

## Kidney Disease Organizations

National Kidney Foundation: 800.622.9010, 212.889.2210; **kidney.org**

AAKP: 800.749.2257, 813.636.8100; **aakp.org**

American Kidney Fund: 800.638.8299, 301.881.3352; **akfinc.org**

The National Forum of ESRD Networks: 715.354.3735; **esrdnetworks.org**

## Mental Health Resources

American Academy of Child and Adolescent Psychiatry: 202.966.7300; **aacap.org**

Anxiety and Depression Association of America: 240.485.1001; **adaa.org**

Centers for Disease Control and Prevention (CDC): 800.CDC.INFO, 888.232.6348 (TTY); **bt.cdc.gov/mentalhealth**

Substance Abuse and Mental Health Services Administration (SAMHSA) 800.985.5590; **disasterdistress.samhsa.gov**

Depression and Bipolar Support Alliance: 800.826.3632; **dballiance.org**

GriefNet.org: **griefnet.org**

National Association of the Mentally Ill: 800.950.NAMI (6264); **nami.org**

National Institutes of Mental Health: 866.615.6464; **nimh.nih.gov**

Mental Health America: 800.969.6642; **mentalhealthamerica.net**

Post-Traumatic Stress Disorder Alliance: **ptsdalliance.org**

U.S. Department of Veterans' Affairs—National Center for Post-Traumatic Stress Disorder: 800.273.8255 (Press 1); **ptsd.va.gov**



## Are there special considerations in different kinds of disasters?

Here are some things to think about in special situations.

### Blizzards

- Listen to the local emergency broadcast television or radio station for updates on the storm and instructions about what to do.
- If you are at home, don't attempt to go out or to drive until the storm is over, and the roads have been cleared.
- If you are at the dialysis unit when the blizzard hits, stay there until weather and road conditions have cleared.
- If you are a dialysis patient and you have to miss dialysis, begin your emergency meal plan.
- If you have to go to a shelter, tell the person in charge about your special needs as someone with kidney disease, including your need for transportation to a dialysis center.
- Keep a blanket, bottled water, protein bar, and flashlight in your car in case you are stuck in the storm. Road salt or cat litter is helpful for under your tires as well as outdoor walkways and steps.

### Earthquakes

- Stay indoors; do not go outside unless collapse of the building seems likely.
- Once the initial shaking has stopped, be aware that aftershocks may occur.
- Stay away from tall objects that could fall over.
- Listen to a battery-powered radio to keep up with what is going on in the area.
- Turn off any lighting and electrical devices.
- Do not use the telephone except in extreme emergencies.
- Check your emergency supplies; remember to conserve supplies.
- Find the location of the nearest dialysis unit in a safe area that has not been affected by the earthquake.
- Do not light candles or matches until gas leaks have been assessed by emergency personnel, and no gas leaks have been found.
- If you have to leave your home, remember to take the phone number of your dialysis unit and other information, as well as your medicines.
- If you have to go to a shelter, tell the person in charge about your special needs as a kidney patient.
- Make sure to wear shoes when walking after the earthquake, in case of broken glass.
- Keep a flashlight in a place where you can find it.

- If you live in an area where earthquakes occur, make sure your potted plants and wall clocks are secured in place.
- If you are a dialysis patient and you have to miss dialysis, begin your emergency meal plan.

## Floods

- Listen to your local emergency broadcast television and radio station for information and instructions about what to do.
- If you have to leave your home or the dialysis unit:
  - » Stay out of already flooded areas and places where floods are likely to occur, such as low-lying areas, canyons, washes, etc.
  - » Move to high ground if you see or hear rapidly rising water.
  - » Do not drive through flooded areas or cross water that may be more than knee deep.
  - » Be very careful at night when it is harder to spot flood dangers.
  - » If you use peritoneal dialysis, be sure your access site stays clean when trying to evacuate under flood conditions.
- If you have to go to a shelter, tell the person in charge about your special needs as someone with kidney disease.
- If you have kidney disease and you have to miss dialysis, begin your emergency meal plan.



## Hurricanes

- Listen to your local emergency broadcast television or radio station for news about the storm. You may have to leave your house before the storm arrives to avoid high-risk situations such as: areas on the coastline, on an offshore island, near a river, etc. or in a mobile home.
- Make your plans in advance, so you will not waste time when the storm arrives.
- Find out about safe routes inland.
- Know where official shelters are located. If you have to go to a shelter, tell the person in charge about your special needs as someone with kidney disease.
- If you are a dialysis patient and you have to miss dialysis, begin your emergency meal plan.

## Tornadoes

- Go to the designated shelter areas or basement. If you have to go to a shelter outside your home, tell the person in charge about your special needs as someone with kidney disease.
- Stay away from windows, doors and outside walls.
- If in danger from objects flying around, lie face down and protect your head and your access arm.
- Listen to your local emergency broadcast radio station for weather bulletins and instructions about what to do.
- Do not leave the building or your shelter area until an “all clear” is announced.
- If you are a dialysis patient and you have to miss dialysis, begin your emergency meal plan.

## Terrorist attack

The Department of Homeland Security ([dhs.gov](https://www.dhs.gov)) has up-to-date information on preparedness for a terrorist attack.



## What if I have more questions?

If you have more questions, you should speak to the healthcare team at your dialysis unit or transplant center.

Also, download this booklet available from the Federal Emergency Management Agency (FEMA) (800.480.2520): [ready.gov/sites/default/files/2021-11/are-you-ready-guide.pdf](https://www.ready.gov/sites/default/files/2021-11/are-you-ready-guide.pdf)



## Where can you get more information?

If you want to read more about kidney disease, the National Kidney Foundation has more than 50 other publications that cover many subjects such as:

- CKD risk factors, like high blood pressure and diabetes.
- Complications of CKD, such as heart disease, anemia, or bone problems.
- Nutrition for people with CKD, with information about carbohydrates, protein, sodium, phosphorus, and potassium.
- Treating kidney disease early.
- Treating kidney failure with transplantation or dialysis.

There are two ways to learn about the many free resources available to you:

- Call the NKF Cares Patient Help Line toll free at **855.NKF.CARES** (855.653.2273).
- Visit the National Kidney Foundation website at **[kidney.org/store](https://www.kidney.org/store)**.

All publications are free, but there is a limit of five per person. Becoming an educated patient is very important to being healthy.

## Setting a standard for care

The National Kidney Foundation, through its *Kidney Disease Outcomes Quality Initiative* (KDOQI®), defines stages of kidney disease and offers guidelines that help your healthcare professional and healthcare team make important decisions about your medical treatment.

The information in this booklet is based on those recommended guidelines.



*The information contained in this publication is based on current data and expert guidance available at the time of publication. The information is intended to help patients become aware of their disease and its management. This publication is not intended to set out a preferred standard of care and should not be construed as one. Neither should the information be interpreted as prescribing an exclusive course of management. Patients should always consult with their healthcare professional regarding decisions about their individual plan of care.*



# NATIONAL KIDNEY FOUNDATION®

Fueled by passion and urgency, the National Kidney Foundation (NKF) is a lifeline for all people affected by kidney disease. As pioneers of scientific research and innovation, we focus on the whole patient through the lens of kidney health. Relentless in our work, we enhance lives through action, education, and accelerating change.

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