



# Emergency Preparedness Checklist and Tips

**An emergency can happen at a moment's notice.**  
Act now and prepare before disaster strikes!

*This checklist will help you get started.*

**You're not prepared if you cannot check these items on your plan:**

**My dialysis facility has the current street address and phone number(s) needed to contact me and/or household member(s) or care partner(s).**

**I have discussed my emergency plan and my dialysis facility with my household members.**

Dialysis facility name: \_\_\_\_\_

Dialysis facility address: \_\_\_\_\_

Dialysis facility telephone number: \_\_\_\_\_

**I have a back-up plan to get care if my dialysis facility is closed.**

Alternative dialysis facility: \_\_\_\_\_

Alternative dialysis facility address: \_\_\_\_\_

Alternative dialysis facility telephone number: \_\_\_\_\_

**I have a copy of my current treatment prescription record.**

**I check the items in my emergency kit every six months to ensure they have not expired and are working properly.**

**I review and update my emergency list at least every six months.**

Use this list to help you build your emergency kit:

- Prescription medications and list of medications
- Insurance and/or Medicare card
- Current copy of monthly lab report
- First aid kit
- Bottled water
- Renal diet friendly non-perishable food
- Cash
- Spare glasses
- Manual can opener
- Warm blanket
- Battery-powered radio
- Flashlight with extra batteries
- Cell phone with charger
- Books, games, puzzles
- Contact list of healthcare members
- Picture identification
- Car tank full of gas/alternative transportation

## Patient Assistance Hotlines

**ARA:** 888.880.6867 **DaVita:** 800.400.8331 **DCI:** 866.424.1990 **Fresenius:** 800.626.1297 **US Renal Care:** 866.671.8772

**ESRD Network:** \_\_\_\_\_