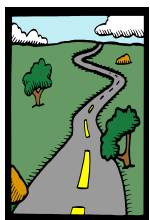


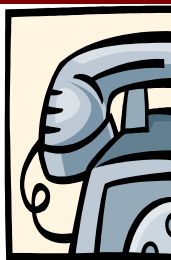
# GET READY

## How to prepare for emergencies and disasters: Helpful hints for people living with end stage renal disease.



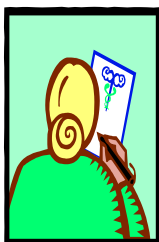
### IF YOU HAVE TO EVACUATE

Call your local emergency management agency to find out what types of disasters are likely to happen in your area. Find out if you are in an evacuation zone.



### COMMUNICATION

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



### CARE INFORMATION

The AAKP My Health ([www.aakp.org](http://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 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](http://www.medicare.gov/dialysis) or [www.dialysisunits.com](http://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 box. You can keep a smaller kit in your car.



### CARE ITEMS

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



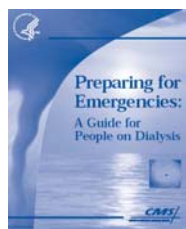
### FIRST AID KIT & MEDICATIONS

Some items you can keep in your disaster supply kit are: at least 5-7 days of your prescription medicines, a first aid kit, and other medical supplies



### IMPORTANT DOCUMENTS

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



### WHERE TO FIND MORE INFORMATION

[www.medicare.gov/dialysis](http://www.medicare.gov/dialysis)  
[www.kcercalition.com](http://www.kcercalition.com)  
[www.kidney.org/help](http://www.kidney.org/help)  
888-33-KIDNEY