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: _______________________

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