



KCER Watch

Safety and Health Topics: Weather Winter

December 2019

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National Influenza Week

The National Influence Vaccination Week (NIVW) brings awareness to the importance of influenza (or flu) vaccination. NIVW takes place December 1-7, 2019 so if you, or someone you know, hasn't gotten the flu shot yet this week is the perfect time to do so. Research shows that the best way to prevent seasonal flu is to get vaccinated every year. This is especially important for people with a chronic disease. The Centers for Disease Control and Prevention (CDC) [Preventive Steps webpage](#) has more information on preventive steps you can take to avoid spreading the flu.

Winter Storm Preparedness Checklist

The National Weather Service refers to the winter storms as misleading and deadly because most deaths are indirectly related to the storm. For example, winter storms pose dangers such as an accident due to icy roads, heart attack while shoveling snow, or a fire due to inappropriate heating practices. It's important to be prepared for winter weather before it hits. Use the [KCER Emergency Preparedness Checklist and Tips \(PDF\) handout](#) to get prepared.

Hot Topics

Caution: Carbon Monoxide Can Kill

As the weather outside drops to cooler temperatures, many people are turning up the heat inside their homes. The CDC wants you to be aware of the dangers of carbon monoxide poisoning, which can come from gas fires, boilers, central heating systems, or water heaters. Carbon monoxide is odorless, colorless, tasteless and hard to detect. Here are some tips from the CDC on how to keep the silent killer out of your house.



Read More: [CDC Carbon Monoxide Poisoning website](#)

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Education/Communication

Fire Prevention Safety During the Holidays



It's the holiday season. It's a time of year for many family gatherings and celebrations. House fires during the holidays are more frequent and more deadly than any other time of year. Consider these important steps for staying safe and preventing fires.

Read More: [National Fire Protection Association website](#)

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Visit the KCER Website for Emergency Preparedness Tabletop Exercises

The Kidney Community Emergency Response (KCER) website offers free downloadable table top exercises for ESRD Networks and dialysis centers to review. Tabletop exercises are an important step in any emergency preparedness and disaster recovery plan.

Read More: [KCER webpage](#)

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Disconnecting From a Dialysis Machine in an Emergency

It is important for patients to be educated and prepared on what to do in the event of an emergency at the dialysis center. Download and share the KCER Emergency Disconnect Procedure for In-Center Hemodialysis Patients one-page instruction sheet on how to disconnect from dialysis in three steps in an emergency situation.

Read More: [KCER Coalition's Emergency Disconnect Procedures for In-Center Hemodialysis Pts \(PDF\)](#)



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Patient Emergency Hotlines

- DaVita: 800.400.8331
- Fresenius: 800.626.1297
- Dialysis Clinic, Inc. (DCI): 866.424.1990
- American Renal Associates (ARA): 888.880.6867
- Satellite: 800.367.8292
- U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)—Disaster Distress Helpline: 800.985.5990
- U.S. Renal Care: 866.671.8772
- Veteran Disaster Relief Hotline: 800.507.4571

The **KCER Patient Identification (ID) Card** can assist patients with having critical information on hand in case of an emergency. Download it now at the [KCER Patient ID Card webpage](#).

I AM ON DIALYSIS. VITAL INFORMATION			PERSONAL INFORMATION	
NAME Network: _____ Toll-Free #: _____ Kidney Community Emergency Response (KCER) Program www.kcercoalition.com			Address: _____ Home Phone: _____ Cell Phone: _____ Emergency Contact: _____ Relationship: _____ Emergency Contact Phone: _____ Nephrologist: _____ Nephrologist Phone: _____	
Medication Dose Frequency			DIALYSIS PRESCRIPTION Hours _____ Times per week Dialyzer: _____ Dialysate: _____ Medicare #: _____ Medicaid #: _____ Other Insurance ID: _____	
Pharmacy Phone: _____ Special Needs: _____			FACILITY Name: _____ Phone: _____	
Diagnosis: _____ Allergies: _____				

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www.kcercoalition.com/kcerwatch

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<https://www.surveymonkey.com/r/8YFGLC5>



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