



KCER Watch

Safety and Health Topics: Weather Winter

December 2019

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National Influenza Week

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

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



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