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## Hot Topics

### How to Disconnect from the Dialysis Machine in an Emergency

If there is an emergency at a dialysis facility, patients may need to be disconnected from their dialysis machine before the end of their treatments. It is important that patients understand how to disconnect themselves in case a situation occurs where staff can't assist them. Members of the National KCER Patient and Family Engagement Learning and Action Network (N-KPFE-LAN) created a resource with simple instructions to help patients learn how to take themselves off the dialysis machine in an emergency.



**Read More:** <https://bit.ly/2PEjo3h>

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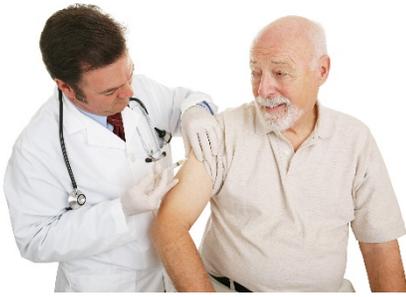
### Enjoy a Safe Holiday Season

This is the time of year when families gather, parties are scheduled, and the roads are packed with holiday travelers. Help protect yourself and your family by spreading some holiday safety tips available when you click the link below.

**Read More:** <https://bit.ly/2zQ1eJa>



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## Making It Safely Through the Peak of Flu Season

We are entering the peak of flu season, and according to the Centers for Disease Control and Prevention (CDC), the best way to prevent catching the seasonal flu is to get vaccinated every year. The flu vaccine has been shown to have many benefits, including reducing the risk of flu related illnesses and hospitalization. It's especially important for people who are at high risk for the flu, especially those 65 and older and people with chronic health conditions, like kidney disease, to get the vaccine.

**Read More:** <https://bit.ly/2xTxpof>

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## Education/Communication

### Winter Holiday Fire Safety Tips

This is an exciting time of year; a time for spending quality time with family and friends in a warm home decorated for the holidays and preparing special meals. But those extra seasonal touches also mean a greater risk for fires. Following a few simple tips can ensure a happy and safe holiday season.



**Read More:** <https://bit.ly/2Eb6hpf>

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### Using Social Media to Improve Communications in an Emergency

Social media has redefined not only how people communicate with each other, but how organizations and governments communicate with their people during emergencies. When used effectively, social media can prevent communication breakdown and reinforce warning messages to the public. This article provides examples of how some emergency managers are using social media to communicate to their audiences during emergencies.

**Read More:** <https://bit.ly/2Qucini>

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### Tips for Staying Safe in Cold Weather

To say it's cold outside might be an understatement for some people. Some communities are already seeing record-breaking temperatures this winter. For older adults and people with chronic conditions, like kidney disease, the below-average temperatures bring health risks—specifically, hypothermia. Click on the link below to learn the signs and symptoms of hypothermia, and to get information on how to reduce your risk of developing it.

**Read More:** <https://bit.ly/2gcshog>



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You can find this month's KCER Watch, along with past editions, on our website:

[www.kcercoalition.com/kcerwatch](http://www.kcercoalition.com/kcerwatch)

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