

# YOU'RE INVITED TO A

# PREP RALLY



Being prepared for an emergency can mean a lot of things: making an emergency kit, practicing evacuation routes, creating a care plan, and more. For kidney patients, successful preparation has even more requirements related to diet, medication, and often life-sustaining dialysis treatment.

Studies show that only 30% of Americans have an emergency plan, and this number needs to be 100%—EVERYONE needs to prepare! So, this year, KCER is hosting a “Prep Rally” to raise awareness about the importance of emergency preparation, and to remind members of the kidney community to share their plans with friends and family.

We want to know how  
YOU prepare.

Share your plan with your family, friends, care staff, and KCER:

- Film a “Selfie” video OR
- Complete a **Prep Rally Game Plan Sheet**
- Send KCER your picture with the **Prep Rally Photo Frame**

Ask your facility staff for more information, and follow the KCER Prep Rally on social media with the hashtags #KCERPrepRally and #HowDoYouPrep.



[www.KCERCoalition.com/PrepRally](http://www.KCERCoalition.com/PrepRally) | [KCERInfo@hsag.com](mailto:KCERInfo@hsag.com)



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