

Be Prepared for an Emergency or Natural Disaster!

If you dialyze at home,¹ it is important to plan for your safety before an emergency or natural disaster. These are events that may affect your power, water, emergency services, or shelter. These events could be earthquakes, wildfires, power outages, floods, or severe storms. Use this tip sheet to help you prepare for emergencies you may face.

Common issues include losing power, blocked roads, public transportation shutting down, water pollution, phones and internet not working, having a shortage of medications or dialysis supplies, or not having kidney friendly foods.²



Before an emergency, it is important to know which types of disasters happen the most in your area.²

Get Ready for:

Losing Power

- Make sure that your home dialysis staff has contacted your power and water companies to let them know that you dialyze at home and call these companies if you lose services during a disaster.^{3,4}
- Use backup electricity, like generators, if available.^{4,5}
- Collect flashlights, batteries, radios, and power banks and keep these by your dialysis machine.^{3,4,5}
- Monitor weather reports for storms or fires.



Transportation Issues

- Plan your evacuation route, including backup routes.³
- Ask your home dialysis staff about backup treatment locations both near to and far from your home.^{3,4}
- Collect extra gas if you have your own car in case of evacuation.^{4,5}
- Find out how you will stay up to date on closed roads and public transportation availability.³



Discuss with your dialysis team how to make your *emergency supply kit*, which should include 7-days of supplies you need for home dialysis.^{3,5}



Get Ready for:

Issues With Water

- Store enough clean water for 7 days of drinking, cleaning, and dialysis treatments.^{3,5}
- Track how much water and other fluids you drink based on your dialysis team's advice.^{3,4}



What to Do During a Disaster:

1. Call Your Facility Patient Hotline.
2. Download the FEMA Mobile App or Visit www.FEMA.gov/Disaster.



Issues With Phones and Internet

- Collect all your important documents, like medical information, contact information for dialysis facilities, local emergency services, and emergency contacts.^{3,4,5}
- Use emergency systems^{3,4,5}:
 - **Federal Emergency Management Agency (FEMA) mobile app**
 - **National Weather Service**
 - **Local emergency service lines**
 - **Your dialysis facility**
 - **End Stage Renal Disease (ESRD) Network**
 - **Kidney Community Emergency Response (KCER) Program**
- When phones and internet become available, reach out to your dialysis provider or ESRD Network for post-disaster planning.^{4,5}



Issues With Food

- Store enough kidney-friendly **emergency** foods for 7 days.³
- If using a food bank or other community resources, tell them that you need a kidney-friendly diet.
- For help after the disaster, apply for food programs from groups like FEMA or the U.S. Department of Agriculture (USDA).⁶ Go to www.DisasterAssistance.gov for help with this.
- If you miss treatment, follow the emergency diet given to you by your care team.
- Limit liquids, meats, and fruits and vegetables as much as possible until you resume your regular treatment.



References:

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**Kidney Community
Emergency Response**

This material was prepared by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. NW-ESRD NCC-NC4HEQ-07152024-01