

Dialysis Patient in a Disaster:

To find a dialysis facility call these Dialysis Disaster numbers:

- TEEC at 866-407-3773 (press 2 for Spanish)
- Fresenius / FKC: 1.800.626.1297
- DaVita: 800.400.8331
- DCI: 866.424.1990
- DCI Donor Hotline/Transient Patients: 800.969.4438
- ARA: 888.880.6867
- Satellite: 855-396-2212, option 3 (Texas)
- SAMHSA - Disaster Distress Helpline: 800.985.5990
- US Renal Care: 866.671.8772
- Veteran Disaster Relief Hotline: 800.507.4571

You will need to tell the dialysis team if you are COVID-positive or negative and your Hepatitis B status

Emergency Instructions:

1. Stay at home unless you are hurt.
2. Begin survival diet**: 2 cups fluid per 24 hours, no fresh fruit or vegetables fluid per 24 hours, no fresh fruit or vegetables
3. Wait at home for instructions and details about dialysis on TV, radio, messenger, or phone.
4. If you must go to a shelter, tell the person in charge about your special needs.

Remember: Hospitals may not be equipped to provide maintenance dialysis treatments.

ADVICE ABOUT YOUR DIET** [more info: click here](#)

[Informacion en Espanol: Su Dieta](#)

(Aqui)

- If you are unable to receive your scheduled dialysis treatment due to extreme weather or any other disaster, remember:
- You should follow this diet **only** for the period of
- time that is necessary until your dialysis services can be resumed time that is necessary until your dialysis services can be resumed.

FLUIDS:

IT IS NECESSARY TO RESTRICT FLUIDS EVEN MORE THAN BEFORE!

with the fluid specified in your meal plan.

- With the fluid specified in your meal plan
- Your 2-cup daily limit –per 24 hours
- Take your phosphate binder 4 ounces or 1/2 cup of fluid in addition to the 1 1/2 cups in your meal plan. cup of fluid in addition to the 1 1/2 cups in your meal plan.
- Canned or bottled carbonated beverages will provide more calories than bottled water and often are a better choice for non-diabetics. Provide more calories than bottled water and often are a better choice for non-diabetics.
- Chew gum to quench thirst.

SODIUM:

- Avoid table salt and salt substitutes.
- Flavor with herbal seasoning, garlic powder, and lemon juice.
- One egg or one ounce of meat (cooked) that has been stored at a safe temperature can be substituted for 1/4 cup of low sodium canned meat.

FOOD SAFETY:

- If foods that normally require refrigeration cannot be kept cold enough, they should not be consumed after 4 hours.
- Use ice or snow to keep foods chilled when refrigeration is not available

FOOD STORAGE:

- Keep foods stored in a sturdy box in a closet, or garage (away from water or animals).
- Replace bottled water every six months.
- Breads should be stored in your freezer.
- Crackers and cereals should be stored in a tin or sealed container and Replaced monthly.
- Powdered drinks such as Tang, Kool-Aid or
- Crystal Lite can be kept on hand but require water. Avoid sports drinks such as Gatorade.
- Store sugar, candies and dry milk in a sealed container to protect from insects.

These diet suggestions are just suggestions—talk to your dialysis team or doctor for your specific health. Info taken from [An Emergency Preparedness Guide](#) from ESRD Network 14 website.

Weather update: <https://www.weather.gov/hgx/>